Holiday GIFT GUIDE



USANA® HEALTH SCIENCES | 2019

REMEMBER THE TRUE MEANING OF *the Season*

The holidays, more than any time of year, are a wonderful opportunity for us to make the world a warmer, kinder, and more peaceful place.

It's a special time to invite family and friends into our homes to make happy, unfading memories. But I also encourage you to look to those outside your home this holiday season. There are countless people in need all around us. Whether they lack something material, emotional, or spiritual, you can be there for them.

As Winston Churchill said,

"We make a living by what we get, but we build a life by what we give."

Throughout this magical season, there are gifts to be shared, kind words to be spoken, and hearts to be lightened. I urge you to make the most of the precious time we have all been given and look for ways to make your community a better place for all.

May your holidays be filled with generosity, love, and peace.



— *Kevin Guest,* CEO of USANA

CELEBRATE THE SPIRIT OF THE SEASON

Celebrate the spirit of the season by giving back to those in need. Bake cookies for your neighbours, take lunches to those who work over the holidays, visit a nursing home, or consider donating to a food bank or other charitable cause.

USANA FOUNDATION

One charitable organization to consider is the **USANA Foundation**, which has provided over 8.5 million meals worldwide since 2012. The Foundation's ongoing mission is to ensure impoverished children and families reach their fullest potential by providing food and nutrition throughout the year.

To Donate or to learn about other opportunities to get involved with the **USANA Foundation, visit** www.usanafoundation.org.

GIVE THE

Gift of Health

Spread holiday cheer and give the gift of health with exclusive USANA® products designed to support those you love.

LOOK YOUR BEST THIS HOLIDAY SEASON

It doesn't matter if you have dry/sensitive skin or combination/oily—we have two signature packs to bring out your inner glow, with a free Proflavanol® C^{100} and Celavive vanity bag as our gift to you. Give others the gift of glowing skin this holiday season.



FREE VITAMIN D

BONES & JOINTS PACK

Available November 15 – 29

Own your mobility with our new, limited-time Bones & Joint Pack. While supplies last you'll received a **FREE** Vitamin D with the purchase of Procosa® and MagneCal D™.

$69.90



SAVE $82.95 + FREE VANITY BAG

USANA® CELAVIVE™ HOLIDAY SPECIAL

Available November 15 – December 27

CELAVIVE PACK (COMBINATION/OILY)
Creamy Foam Cleanser, Perfecting Toner, Vitalizing Serum, Hydrating Eye Essence, Protective Day Lotion, Replenishing Night Gel, and a **FREE** Proflavanol® C^{100} + Celavive vanity bag.

$269.00



CELAVIVE PACK (DRY/SENSITIVE)
Gentle Milk Cleanser, Perfecting Toner, Vitalizing Serum, Hydrating Eye Essence, Protective Day Cream, Replenishing Night Cream, and a **FREE** Proflavanol® C^{100} + Celavive vanity bag.

$269.00



GIFTS FOR AN *Active Mind + Body*

Once the Holidays are over, the New Year arrives. Get an early start on your resolutions with our amazing USANA products, designed to support an active mind and body.

Check out these tips to jump start an active and gratifying new year for your entire family.

BREAK BIG DREAMS INTO SMALL STEPS. *Accomplishing a series of small goals will help you stay motivated.*

SET MEASURABLE GOALS. *Your goals should include specific targets, timeliness, and objectives to allow you to see and track your progress.*

WRITE YOUR DREAMS DOWN. *Seeing your goals in a tangible way makes them easier to remember.*

GIVE YOURSELF A MEDAL. *Reward yourself for your wins, both big and small, along the way. You deserve it.*

LEARN FROM THE PAST. *Look at previous failures as a way to learn and grow.*

MAGNECAL D™

Support your bone health with this blend of calcium and magnesium fortified with vitamin D.





PROCOSA®

Optimize mobility and keep your joints healthy with this groundbreaking formula.

CELLSENTIALS®

This comprehensive approach to foundational health will help your body keep up with your active goals.

GLOWING GIFTS FOR *the Skincare Guru*

Healthy-looking skin is a gift that keeps on giving, especially with all the upcoming parties and holiday events. Treat your favourite skincare guru to our most popular high-performance USANA® Celavive™ products. And gift yourself the glow while you're at it—we checked, you're on the "very nice" list.

VITALIZING SERUM

Support your skin's natural renewal process with botanicals and powerful peptides for dramatically younger-looking skin.

HYDRATING EYE ESSENCE

Visibly brighten, lift, soften, and de-puff with a lightweight formula designed to improve the appearance of the delicate skin around the eyes.



Dr. Jennifer Lee's HOLIDAY SKINCARE TIPS

Keep your healthy skincare routine on track during the holidays with these tips from USANA's dermatologist, Dr. Jennifer Lee. »



CONDITIONING MAKEUP REMOVER

Moisturize while effortlessly removing even the toughest makeup and impurities with this staple first step in any nourishing skincare routine.

Don't Forget!

About the guys in your life —their skin deserves the best, too.

HYDRATING + LIFTING SHEET MASK

Indulge in our intensely moisturizing beauty treatment to visibly hydrate, lift, firm, and smooth in just 20 minutes.

APPLY EYE CREAM *under your makeup. Mix eye cream with a little concealer and apply for smooth, silky coverage.*

SHEET MASKS *are good for an extra boost of skin hydration, especially during dry winter months. Use once or twice a week.*

WAIT 1-2 MINUTES *between product application to allow for absorption.*

AVOID SCRUBBING OR RUBBING TOO HARD *around the eyes–use gentle makeup removers (or facial oil).*

Sneak Some

USANA IN THOSE STOCKINGS

Give your family the gift of good health—and healthy habits—with one of these pocket-sized surprises slipped into their stockings.



BIOMEGA™

High-quality, ultra-pure fish oil supplement.



USANA® ORAL PROBIOTIC

Nightly tablet that works to balance your microflora.

PURE REST™

Fast-acting, sugar-free melatonin supplement that promotes the body's natural sleep and wake cycles.



VITAMIN D

USANA's *maximum-strength vitamin D supplement.*

HYDRATING + LIFTING SHEET MASK

Brightens, lifts, and smooths the look of complexion in just 20 minutes.

USANA® WHITENING TOOTHPASTE FEATURING ADP-1

Whitening, fluoride-free toothpaste polishes and brightens your teeth for a healthy-looking smile.







HEALTHY HOSTING FOR THE HOLIDAYS

As guests arrive, be prepared to bring some healthy ideas to the table. **Follow these tips for a few simple ways to be a fantastically healthy host.**

CHOOSE SNACKS that are a healthy twist on the classics.

REPLACE SUGARY JUICES and sodas with club soda and flavoured water when mixing beverages.

PLACE SOME SENSÉ BODY CARE PRODUCTS OR CELAVIVE® in the bathroom for your guests to use.

OFFER SMALLER PORTIONS and a lot of variety.

TURN UP SOME HOLIDAY TUNES and don't get overwhelmed.

SWEET TREATS WITH *a Healthy Twist*

This year, it's all about savouring the flavours of the season without compromises that come from added sugars, saturated fats, and processed ingredients. Whip up one of these delicious recipes featuring classic holiday tastes with a healthy twist.



REV3 PISTACHIO ENERGY BALLS

makes 22

ingredients

1 Rev3 Energy Surge™ Pack
1 cup raw almonds
1 cup pistachio nuts, divided in half
1 cup unsweetened dried cherries (or any dried fruit)
10 unsweetened medjool dates, pitted
1 tsp. water
1/8 tsp. sea salt

instructions

1. Place almonds in a high-speed food processor and blend until you've created a meal.
2. Add dried fruit, dates, Rev3 Energy Surge™ Pack, sea salt, and water into processor.
3. Blend 2-3 minutes for a dough-like consistency.
4. Add half the pistachios and pulse 30-60 seconds or until nuts are chopped and combined with dough.
5. Remove dough from processor.
6. Place remaining pistachios in processor and blend until you've created a meal.
7. Transfer pistachio blend to a small bowl and set aside.
8. Scoop out dough using a 1 Tbsp. cookie scoop and roll into balls.
9. Roll balls in pistachio blend.
10. Surprise and delight your guests with this delicious pick-me-up treat.



RASPBERRY GINGER REV3 MOCKTAIL REFRESHER

serves 4



ingredients

- 4 Rev3 Energy Surge™ Packs
- 1/4 cup fresh raspberries
- 1/2 lime, sliced
- 1 tsp. ginger, freshly sliced
- 3 mint leaves
- 1 cup water
- 3 cups seltzer water

instructions

1. Place raspberries, lime, ginger, and mint leaves in a large jar and muddle thoroughly.
2. Stir in water and place sealed jar in refrigerator to let the mixture infuse overnight.
3. MAKE REV3 SIMPLE SYRUP: Mix Rev3 Energy Surge™ Packs in an additional 1/2 cup water in a small saucepan over medium heat. Simmer, stirring occasionally, until completely dissolved. Let cool.

to serve

1. Fill glasses 2/3 full with ice.
2. Top with 1/4 cup of the fruit concentrate and drizzle with 1/4 of the Rev3 syrup. Slowly fill glass with 3/4 cup seltzer water for a beautiful infusion.
3. Serve shortly before your next holiday adventure.



GLUTEN-FREE NO-BAKE NUTRIMEAL™ BARS

makes 25 gluten-free bars

ingredients

- 6-8 scoops Dutch Chocolate Nutrimeal™
- 3 cups gluten-free rolled oats or quinoa flakes
- 1 cup smooth almond butter
- 1 Tbsp. non-dairy milk of choice (more if batter is crumbly)
- 1 cup organic brown rice syrup

instructions

1. Thoroughly combine Nutrimeal and rolled oats in large mixing bowl.
2. In a microwave-safe bowl, mix almond butter and brown rice syrup and melt until combined.
3. Add wet mixture into dry mixture until fully incorporated, adding milk as necessary to form a thick batter.
4. Pour batter into a 10"x10" pan lined with parchment paper and press firmly in place.
5. Refrigerate for 30 minutes.
6. Slice into bars while considering where in the house to hide them.

DARK CHOCOLATE PEPPERMINT PROTEIN SHAKE

serves 1

ingredients

- 2-3 scoops Dutch Chocolate Nutrimeal™
- 1 large banana, frozen
- 2-3 ice cubes
- 1 cup non-dairy milk of choice
- 1/4 tsp. pure peppermint extract
- Pinch of sea salt
- 1 Tbsp. dark/vegan chocolate chips *(optional)*
- 2 Tbsp. cocoa powder *(optional)*
- 1/2 fresh avocado *(optional)*

instructions

1. Place all ingredients, except topping, in a blender and blend until smooth.
2. Pour in serving glass and layer on topping.
3. Enjoy feeling full for longer with Nutrimeal's low-glycemic formula and eight grams of fibre.
4. ADD TOPPING: Greek yogurt, homemade whipping cream, or vegan whipped topping

FOODS TO FIGHT *Holiday Stress*

Your body and brain need the right nutrients to function at their best. A healthy diet is especially necessary to handle everything this season throws at you.

Here's a quick list of foods and nutrients to thrive through the holidays.

GO FOR WHOLE.

Grains, that is. Whole grains are a better source of fibre and other nutrients than refined grains. These healthy carbs are also used by the body to create serotonin, which can help reduce stress.

BEYOND CITRUS.

Vitamin C is both a powerful antioxidant and used by the body to make collagen tissue. And it isn't exclusive to citrus: **find it in winter squash, spinach, broccoli, and red peppers.**



CHAMOMILE FOR ME, PLEASE.

Green tea, chamomile, and other herbal teas can reduce stress and help with occasional gastrointestinal symptoms. And no candle could compare to a pot of freshly brewed peppermint.

PASS THE TURKEY.

The tryptophan found in **turkey** is an essential amino acid, which your body can use to make serotonin. Beyond stress reduction, serotonin helps regulate hunger and feelings of well-being.

DARK CHOCOLATE (REALLY).

Say no more—we're sold. **Dark chocolate** has been shown to reduce stress hormones. But make sure it's dark-dark, at least 70%.

EAT YOUR GREENS.

Leafy greens like spinach, kale, and arugula are calorie-light and nutrient-dense, including feel-good folate. Folate is used by the body to produce dopamine, the pleasure chemical that helps you feel calm. Picky eaters in the family? Sneak some green into your next **Nutrimeal™ shake**.



For more information about USANA products, contact your Independent USANA Associate.