

the power to

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# Love Your Body

CHANGE YOUR WORLD

**USANA Active Nutrition** supports life in motion through a holistic approach to health. Live life to the fullest with an exclusive line of nutritionals and foods designed to unlock the motivation and energy to pursue what's most important to you.

Active Nutrition focuses on three categories:

**WEIGHT MANAGEMENT**  
**DIGESTIVE HEALTH**  
**ENERGY**

Each product is:

**GLUTEN FREE**  
**NON-GMO**  
**MADE WITH  
NATURAL INGREDIENTS**  
**CONVENIENT**  
**MANUFACTURED  
IN-HOUSE**

Explore the benefits of each product, and reach out to your local, Independent USANA Associate for more information.

**USANA.**  
ACTIVE NUTRITION

# Weight Management

## Nutrimeal Active

Stay on track of personal wellness goals with the balanced nutrition of **Nutrimeal Active Meal Replacement**, available in delicious chocolate and vanilla flavours. Combine three scoops or one pouch with water to enjoy a rich and creamy meal-replacement shake. Each shake has a balanced blend of macronutrients and less sugar to fuel your busiest days. **Nutrimeal Active** contains 20 or more grams of protein and is available in either a whey or soy protein blend to help maintain growing muscles.

## Nutrimeal

Better dietary choices are doable and delicious with our convenient **Nutrimeal** meal-replacement shake. Each serving is packed with fibre and protein to help to control hunger, curb cravings, and keep you feeling energized. Mix it up with Dutch Chocolate, French Vanilla, and Wild Strawberry flavour options.

## Metabolism+

When combined with other Active Nutrition products and healthy living activities, **Metabolism+** helps support and maintain a robust metabolism. It fuels your body to supply you with the energy you need to thrive. High-quality ingredients—green tea extract, USANA Bioflavonoid complex, and Platycodon Grandiflorum—keep fat from piling up and slowing you down and maintains energy that lasts all day long.

This medicine may not be right for you. Read the label before purchase. Follow the directions for use. If symptoms persist, worsen, or change unexpectedly talk to your health professional.

## Peanut Butter Snack Bar

For a nutritious and delicious treat on the go, our **Peanut Butter Snack Bar** blends high-quality, real ingredients to satisfy hunger and cravings. With only 110 calories, this convenient snack supports immediate needs—energy and satiation—and long-term weight goals. A good source of fibre, it contains easily recognisable nutritious and effective ingredients like apple cider vinegar powder.

# Digestive Health

## Digestive Health Protein Drink

Bring on healthy digestion with our **Digestive Health Protein Drink**—filled with fibre to feed your microbiome, digestive enzymes to help break down food, a full complement of phytonutrients, and 10 g of plant-based protein per serving. This low-glycaemic snack option is easy on your stomach compared to artificially sweetened alternatives and helps maintain digestive health and regularity.

## Detox Tea Mix

Savour the comfort of a warm cup of tea and find relief from infrequent digestive upset. Our **Detox Tea Mix** is formulated without added sugars or artificial ingredients and is gluten free and vegan. Nurture your digestive health while quieting occasional feelings of bloat. Maintain the health of your gut microbiome with each soothing sip.

## Fibergy Active

Put optimal gut health within reach with **Fibergy Active**. A hefty 9 g of fibre, including a unique blend of prebiotic fruit fibres, aids regularity to maintain good digestive health and feed and sustain your gut microbiome. Take it straight or mix it into your favourite beverage to actively assist weight management by helping you feel more satisfied.

# Energy

## Electrolyte Replacement Drink

Elevate your hydration with the simple addition of electrolytes to your water bottle. Quench your thirst with the refreshing, watermelon flavour of our **Electrolyte Replacement Drink** before feelings of dehydration slow you down. Electrolytes support healthy hydration levels, reduce the feeling of overworked muscles, and help you sustain energy and mental clarity to power through your day.

## Rev3 Energy and Rev3 Energy Surge Packs

Cleaner, smarter, stronger. **Rev3 Energy Drink** is a refreshing way to recharge. It's all the power of an energy drink—refined. Rev3 enhances mental alertness and stamina with caffeine from natural sources like antioxidant-rich green and white tea. It also supplies beneficial ingredients with powerful antioxidants, vitamins, and minerals. **Rev3 Energy Surge Packs** offers the same alternative to energy drinks in a ready-to-mix stick pack.

