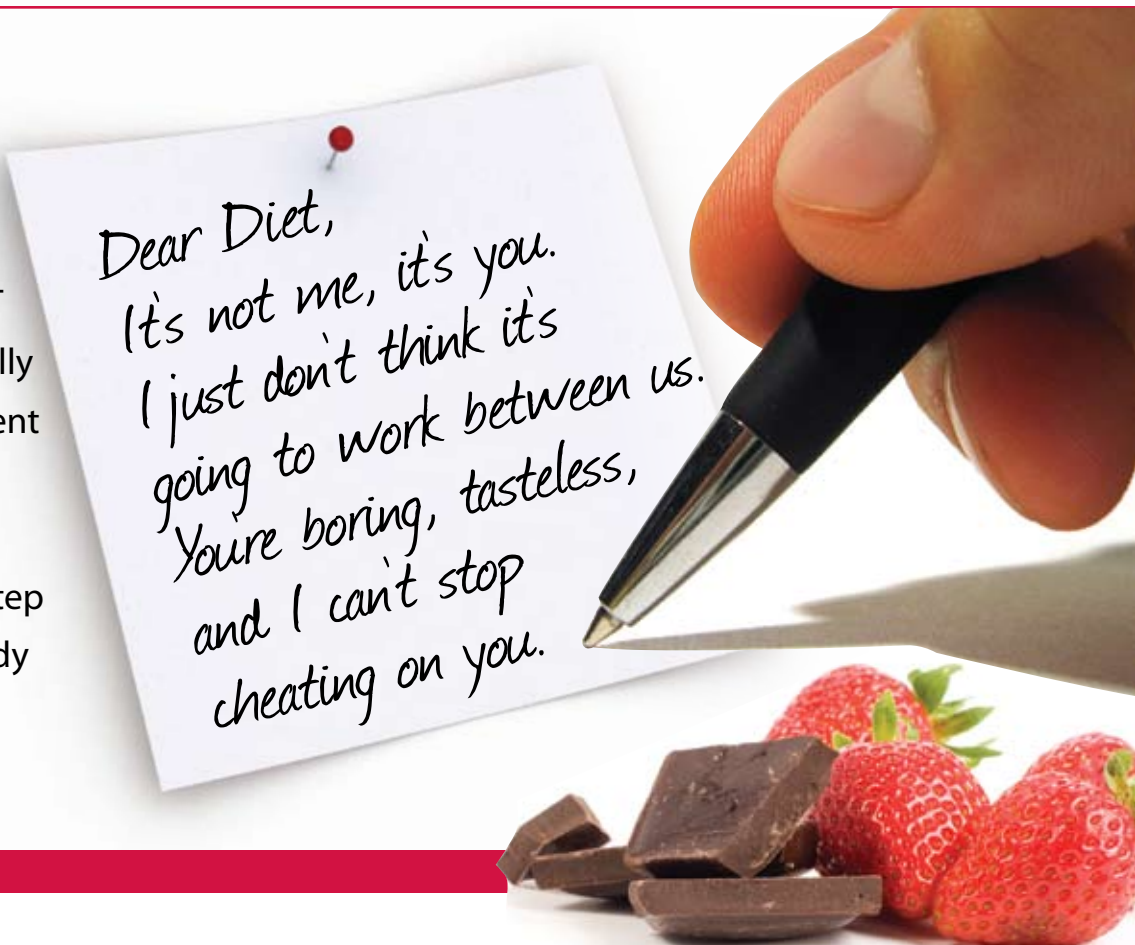




HAVE YOU EVER WISHED YOUR BODY HAD A RESET BUTTON?

Now it is possible to reduce the endless cycle of carbohydrate cravings and begin a lifetime of healthy habits with RESET from USANA. A nutritionally balanced meal-replacement program that will jump-start your weight-loss efforts, RESET is the first step toward resetting your body and your life.*



Dear Diet,
It's not me, it's you.
I just don't think it's
going to work between us.
You're boring, tasteless,
and I can't stop
cheating on you.



“Unlike other weight-loss programs, RESET actually works. With USANA’s scientifically developed meal plan and a moderate amount of exercise, RESET is a terrific way to come to a greater understanding of healthy living.”*

—Kathy Kaehler
Celebrity Trainer and USANA Spokesperson

Simple & Convenient

With all of the individually wrapped meals and snacks you will need, RESET takes the guesswork out of eating right while on the go.

Low-Glycemic Formulas

Research shows that eating low-glycemic foods as part of a balanced diet is a healthy way to help control hunger and start losing weight.

Quick Results

One USANA study found that the average weight loss after completing the 5-day RESET Jump Start program is about five pounds.*



*Individual results may vary. RESET weight-management system lowers your daily caloric intake and recommends moderate exercise for best results. Typical results are 4.5 lbs. in 5 days. It is suggested that you take these products to your physician and secure his/her advice if you intend to change your diet, begin an exercise program, are pregnant or lactating, have allergies, are taking medications, or are under the care of a physician. Children under the age of 18 should not participate in the RESET program, except on the advice of their physician and/or dietician.

It's no secret that the key to effective weight loss is making positive changes in your diet and exercise habits. However, making those healthy lifestyle changes can often seem like an insurmountable task. With that in mind, USANA scientists developed the **RESET™** weight-management system, complete with low-glycemic meal replacements that are designed to help you make better choices for your health.

The benefits of **RESET** go beyond weight loss. Consisting of three simple phases, this program will not only help you shed pounds, but it will assist you in making positive changes to your overall lifestyle.*

The first five-day phase of **RESET** provides you with a clean break from high-fat and high glycemic foods. This Jump Start phase will help kick your body into gear and help curb your cravings for carbohydrates. USANA's low-glycemic meal replacements, combined with 30 minutes of walking each day, could help you lose up to five pounds in five days.*

Keep in mind that it is important to take your **Essentials™** or **HealthPak™**. When limiting your food intake, it is especially important to take supplements and provide your body with all the nutrients it needs to stay healthy.*



RESET Jump Start Phase—5 Days to a New You

Breakfast	Snack	Lunch	Snack	Dinner
Nutrimeal™ shake AM HealthPak	USANA® bar	Nutrimeal shake	USANA bar	Nutrimeal shake PM HealthPak
Also eat one serving of fruit and one serving of vegetables each day.				

The second phase of **RESET** is called Transform. With the Transform phase, you replace two meals with a **Nutrimeal™** shake, eat one low-glycemic meal, eat one **USANA®** bar as a snack and one other low-glycemic snack, while introducing a moderate exercise program into your daily routine. This phase allows for continued improvement as you take one step closer to your weight-loss goal.*

The third and final phase of **RESET** is called Maintain. Once you have reached your ideal weight, you replace one meal with a **Nutrimeal** shake, eat two low-glycemic meals, eat one **USANA** bar as a snack and one other low-glycemic snack each day, as well as continue moderate exercise. The Maintain phase will help you keep the weight off and maintain optimal health.*

Note: For the best results, be sure to take your **USANA Essentials**, exercise, and add your meal replacements to your Autoship. Included in the 5-day Jump Start kit is an informative DVD that includes a 30-minute exercise program.

Transform Phase—Weight-Loss Program

Breakfast	Snack	Lunch	Snack	Dinner
Nutrimeal shake	USANA bar	Nutrimeal shake	Low-glycemic snack	Low-glycemic meal*

*With plenty of fresh vegetables and fruits

Maintain Phase—Healthy Maintenance Program

Nutrimeal shake	USANA bar	Low-glycemic meal**	Low-glycemic snack	Low-glycemic meal**
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**Begin to reintroduce low- to moderately low-glycemic grains, breads, cereals, rice, pasta, and potatoes

The glycemic index is a key factor in success with **RESET**. Low-glycemic foods often provide greater satiety and sustained energy and can help control appetite and delay hunger, making it easier to lose weight.* All of **USANA's** foods are clinically proven to be low glycemic.



Before



After



Results not typical. The average weight loss with **RESET** is 4.5 lbs. in five days.

"USANA's **RESET** program was the catalyst I needed to jump start my weight-loss journey of losing over 110 pounds. After seeing results with **RESET**, I gained confidence in myself, which led to making better decisions when it came to my health. **USANA's** products are changing my life."

~John Dey

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