

USANIMALS™ AT A GLANCE

Whether you're a monkey swinging through the lush trees of an Amazon rainforest, a dolphin speeding through the expansive, deep blue ocean, or a busy person on the go in the concrete jungles we call home, we all share a common need for the proper nutrients. So, what are the essential vitamins and minerals we all need to unleash our inner animals and run wild?

WHAT WE NEED	WHY WE NEED IT	WHERE WE GET IT
VITAMIN A 	Eye support	Carrots or sweet potato fries 
VITAMIN B6	Metabolizes protein	Apples with peanut butter 
VITAMIN B12	Helps brain and nerves	Lean meat or fish 
VITAMIN C 	Immune support	Fresh lemonade 
CALCIUM	For strong bones and teeth	Broccoli with cheese sauce 
CHOLINE	Supports brain function	Eggs 
VITAMIN D 	To build strong bones	Sunshine 
VITAMIN E 	Protects the heart and cells	Olives 
FOLIC ACID	For healthy red blood cells	Orange juice 
IODINE 	Supports energy metabolism	Fish and chips 
IRON	For concentration and energy	Roast beef 
MAGNESIUM 	Supports muscle function	Almonds 
NIACIN	Assists the skin and digestive system	Tuna and crackers 
RIBOFLAVIN 	Converts food into energy	Yogurt
SELENIUM	Supports antioxidant enzymes	Spaghetti with meat sauce
THIAMIN 	Converts food into energy	Whole grain cereal
ZINC	Supports immune system and healthy growth	Chicken tenders 



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