

Health Basics

- Can lose five pounds in five days†
- Can lose two pounds a week for 12 weeks†
- Low-glycemic ingredients providing a source of sustainable energy to help control carbohydrate cravings*
- In a clinical study, the average inches lost were 1.5 inches
- Works as a scientific alternative to fad diets
- Provides balanced nutrition including everything you need for weight-loss success



*It's no secret that the key to effective weight loss is making positive changes in diet and exercise. However, making those healthy lifestyle changes and improving eating habits can often seem like an insurmountable task. With that in mind, USANA scientists developed The RESET™ weight-management program to help people jumpstart healthy eating habits and begin to make a clean break from unhealthy, high-glycemic foods.**

Five Days to a New You

The 5-Day RESET program is a nutritionally balanced program of macronutrients (high-quality protein, good carbohydrates, and healthy fats) and micronutrients (vitamins, minerals, and antioxidants). The program is simple—every day you drink three Nutrimeal™ shakes and eat an Oatmeal Raisin Nutrition Bar, a Peanut Butter Crunch Nutrition Bar, a serving of fruit, and a serving of vegetables. You should also take the AM and PM HealthPak™, drink 64–80 ounces of water, and walk for approximately 20–30 minutes (about 3,000 steps) every day.

The 5-Day RESET kit is available in a flavor variety pack—with a mixture of Dutch Chocolate, French Vanilla, and Wild Strawberry Nutrimeal—that includes everything you need:

- 15 single-serving pouches of Nutrimeal
- 5 Peanut Butter Crunch Nutrition Bars
- 5 Oatmeal Raisin Nutrition Bars
- 5 AM/PM HealthPak packets

To help you get the most out of RESET, the kit also comes with a helpful program guide, a motivational magnet, and an exclusive DVD packed with information and featuring a 30-minute fitness program with world-class athletes Jennifer Azzi and Derek Parra.

Control the Cravings

Nutritional science has linked high-glycemic foods to the incidence of obesity, insulin resistance, and type 2 diabetes. All of the USANA® Foods in RESET are guaranteed to be low glycemic. As the foundation of a nutritious diet, low-glycemic foods release energy slowly and do not cause drastic blood glucose spikes and crashes. Therefore, you don't feel hungry as quickly, so you don't feel an overwhelming need to eat, which may help you lose weight.† In addition, the fiber content of RESET helps provide a long-lasting sense of fullness to help reduce hunger levels throughout the day.*

Lose the Pounds

The 5-Day RESET program is not about starvation. It is a nutritionally balanced, low-calorie system to help you lose the first few pounds and find the motivation to keep working toward your total weight-loss goal.*

Find the New You

After you have completed the first five days with the 5-Day RESET program, make the new healthy habits part of your lifestyle by choosing the next phase that is right for you.

To help you achieve your ideal weight, Transform every day:

- Replace two meals with Nutrimeal shakes and eat one low-glycemic meal.
- Eat one USANA bar as a snack and one other low-glycemic snack.
- Follow a moderate exercise program, working up to 10,000 steps.
- Take your Essentials™ or HealthPak.

To help you maintain your ideal weight, Maintain every day:

- Replace one meal with a Nutrimeal shake and eat two low-glycemic meals.
- Eat one USANA bar as a snack and one other low-glycemic snack.
- Continue a moderate exercise program.
- Take your Essentials or HealthPak.

RESET and Your Health

RESET provides easily digestible soy, whey, and other proteins daily. Research shows that 25 grams of soy protein a day as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. One serving of Nutrimeal provides over 6 grams of soy protein. Whey protein is an excellent source of amino acids essential for building a healthy body.*

RESET also supplies dietary fiber to help maintain optimal health. Diets high in soluble and insoluble fiber generally are rich in essential nutrients. Fiber is important for maintaining digestive health. When regularly eaten as part of a diet low in saturated fat and cholesterol, soluble fiber has been shown to help support healthy cholesterol levels, provided they are healthy to begin with.1*

References

1. Van Horn L. Circulation 1997;95(12):2701-4.

Meals	5-Day RESET	TRANSFORM PHASE	MAINTAIN PHASE
Breakfast	Nutrimeal shake	Nutrimeal shake	Nutrimeal shake
Snack	USANA bar	USANA bar	USANA bar
Lunch	Nutrimeal shake	Nutrimeal shake	Low-glycemic meal* with plenty of fresh vegetables and fruits
Snack	USANA bar	Low-glycemic snack*	Low-glycemic snack*
Dinner	Nutrimeal shake	Low-glycemic meal* with plenty of fresh vegetables and fruits	Low-glycemic meal* with plenty of fresh vegetables and fruits
	Also eat one serving of fruit and one serving of vegetables per day	*Begin to reintroduce low- to moderately low-glycemic grains, breads, cereals, rice, pasta, and potatoes	

† 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 five 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.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.