

USANA



Holiday
Gift Guide

2021 | US/EN




Welcome

Gratitude is in the air. Friends and family fill our hearts with joy as we come together for home-cooked dinners, cherished traditions, and dazzling, fun-filled parties—gifts are exchanged with smiles and laughter.

This season, we're thrilled to share our latest holiday gift guide with you. Discover thoughtful ideas for everyone on your list to give the treasured gift of health.

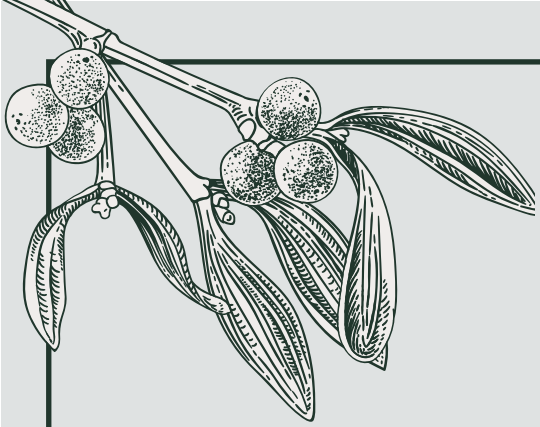
From all of us at USANA, we wish you and your family a very merry and bright holiday season.



USANA







Help Us End Hunger

At the USANA Foundation, the spirit of giving flourishes year-round to deliver nutrition to those who need it most. Unique challenges and incredible milestones marked this past year, but USANA Associates and employees still safely served around the globe.

This coming year, we have a goal to fund 30,000 Garden Towers by our 30th anniversary to provide long-term relief to those in need. Together, we can address food insecurity and unlock opportunities for those who would otherwise go hungry. Thank you so much for your support—it means more than you know.

To join us in the fight to end malnutrition for good, visit USANAFoundation.org.







SCROOGE-APPROVED Savings

Share the gift of health and save this holiday season with these limited-time offers. Shop today to check off everyone on your list.

1-Winter Hands Trio

Item #981 | LTO | \$28.95

Enjoy nostalgic holiday scents with luxurious hand creams.

2-Sleigh the Day Pack

Item #990 | \$131.00

Ring in a radiant New Year with **Light Complexion Serum**, **Vivid White Sheet Mask**, **Luminous Moisture Cream**, and a **FREE** jade facial roller.

3-Santa's Helpers Wellness Pack

Item #926 | \$125.85

Support whole-body health with **Proflavanol C²⁰⁰**, **Proglucamune**, **USANA Vitamin D**, and **FREE Visionex DS**.*

4-Glow Duo

Item #944 | Save 23% | \$75.00

Spoil your skin down to the pores with **Celavive Exfoliating Scrub + Mask** and **Radiant Facial Oil**.

These exclusive promotions are available November 5–December 17. Limited-time offers are only available while supplies last. Preferred pricing shown. Contact your local Independent USANA Associate to learn more.



3



4



Stocking Stuffers

SMALL SURPRISES, BIG SMILES

Calm Response

A topical aromatic essential oil balm to promote calm feelings and a centered disposition.

USANA Oral Probiotic

A refreshing tablet with probiotic strains for healthy teeth and gums.*

Celavive Exfoliating Scrub + Mask

Gently exfoliate with charcoal to help smooth and brighten your skin's appearance.

USANA Whitening Toothpaste Featuring ADP-1

Fluoride-free toothpaste featuring postbiotic ADP-1 for a deeper clean.

Hydrating + Lifting Sheet Mask

A powerful, nourishing beauty treatment that lifts and smooths the look of your complexion.

Booster C 600

An ideal seasonal supplement for immune support featuring elderberry, zinc, and vitamin C.*

Hydrating Eye Essence

Revitalize the look of the delicate skin around your eyes with this lightweight eye cream.

Rev3 Energy Surge Pack

A cleaner, smarter source of energy in convenient stick packs.

USANA Hand Sanitizer

Soothe and hydrate hands with our citrus scented antiseptic suitable for the entire family.

USANA Pure Essential Oils Are Now Available

Enjoy a six pack of Breathe, Lavender, Lemon, Peppermint, Sleep, and Tea Tree oils while supplies last.





GIVE GREEN

Join our environmental endeavors with thoughtful, eco-friendly gifts this holiday season:

Proflavanol C & a plant

Go green (literally) with a hardy succulent or trendy air plant paired with powerful antioxidant protection.

Radiant Facial Oil & a spa treatment

Give that special someone a relaxing escape, highlighted with luxurious **Celavive** skincare.

Procosa & season tickets

Your weekend warrior deserves joint support to keep them moving both on and off the field.*

Donate a Garden Tower

The person who has everything will appreciate this zero-waste way to help those in need.

Visit USANAFoundation.org/garden-towers for more donation ideas.



CELEBRATE SUSTAINABILITY WITH USANA

Wrap gifts with repurposed ribbon, fabric, and recycled wrapping paper. Take it a step further by saving gift wrap and intact bags for next year.

Shop at small businesses to support your community.

Use plantable greeting cards. They're real—and really awesome—with seeds embedded in recycled paper.

Serve with friends and family at a local charity—a win-win activity for everyone.



Going Green

FOR PLANET, PEOPLE, PRODUCT

Community is one of USANA's core values central to creating the healthiest family on earth. We believe we all must do our part to improve the lives of future generations. Over the years, we've consciously worked to reduce our carbon footprint. And our commitment to corporate sustainability is stronger than ever with a focus on our planet, people, and product. Learn more at [whatsupUSANA.com/sustainability](https://www.whatsupUSANA.com/sustainability).





Gifts For Him

Pair wellness with a dash of fun to treat the men in your life. These perfectly practical gifts are sure to keep them feeling their best all year long.

1-USANA CellSentials

An essential foundation of vitamins and minerals plus powerful antioxidant protection.*

Pair with a hardback journal for recording every adventure.

2-Proglucamune

Primes immune cells' natural protective response to help him stay fit and well.*

Pair with a scarf or full-brimmed hat for protection in any weather.

3-BiOmega

Omega-3 fatty acids to support a healthy brain, cardiovascular function, and more.*

Pair with an audiobook or eBook subscription for hands-free reading.

4-Palmetto Plus

Saw palmetto, lycopene, and soy isoflavones from botanical extracts to support men's health.*

Pair with polarized sunglasses for a sharper look wherever his day takes him.

5-CoQuinone 100

Supports cardiovascular health, sound muscle function, and healthy nerve function.*

Pair with wireless headphones to take his music and podcasts on the go.

6-Procosa

Vegetarian glucosamine HCl to help maintain healthy cartilage and joints.*

Pair with running or hiking shoes to keep him climbing to new heights.

7-Creamy Foam Cleanser

Removes impurities, provides rich hydration, and can be used as a shave cream.

Pair with a quality razor and brush for a smooth shave.





Gifts For Her

Thoughtful, personal touches create perfect gifts for the women in your life. Show how much you care with premium nutritionals and high-performance skincare she'll love.

1-USANA CopaPrime+

Strengthens neural pathways and helps maintain brain health.*

Pair with a smartwatch to keep her day running as fast as she does.

4-EstroPro

Helps to provide gentle relief from commonly experienced menopausal symptoms.*

Pair with ergonomic, stylish walking shoes so she can embrace the day in comfort.

2-Vitalizing Serum

A botanical-based serum with a high concentration of active ingredients to support your skin's beauty-preserving functions.*

Pair with an elegant, handmade bracelet she'll cherish for years to come.

5-Protective Day Lotion/Cream SPF 30

Hydrates and protects from the leading cause of premature skin aging with four UV filters.

Pair with a fun sunhat—spending time outdoors has never looked better.

3-Visionex DS

Protects the retina while maintaining the integrity of the lens.*

Pair with designer sunglasses for a stylish look.

6-Hepasil DTX

Delivers powerful phytochemicals to her hardest-working organs.*

Pair with her favorite box of dark chocolates to savor among good friends.





Gifts for Little Ones

Fuel young minds and bodies with fun,
interactive gifts, plus nutritional products
for a new year of endless adventures.

1-Usanimals

Excellent nutritional support with broad spectrum vitamins and minerals in an easy-to-eat chewable kids will love.*

Pair with a train set for kids who like to build and explore.

2-BiOmega Jr.

A delicious, citrus-flavored, omega-3 gel supplement for healthy cognitive development.*

Pair with colorful playdough to develop fine motor skills.

3-Children's Complete Duo

Save when you purchase **Usanimals** and **BiOmega Jr.** together.

Pair with an exciting book series to nurture their imagination.

4-Body Rox

A daily multivitamin and antioxidant helps to fill any gaps in nutrition during critical stages of growth and development.*

Pair with an instant-film camera so they can capture every exciting moment.





Brilliant Gifts

Glowing skin is always in—and USANA's high-performance skincare delivers key beauty-boosting ingredients. Give the gift of radiance this holiday season for gorgeous, lasting results.



1-Radiant Facial Oil

Super botanical oils that soothe and hydrate all skin types.

2-Gentle Milk Cleanser

Remove impurities without stripping moisture to deliver 24 hours of rich hydration.

3-Celavive Exfoliating Scrub + Mask

Gently exfoliate and detox to help smooth and brighten your skin's appearance.

4-Celavive + Brightening

Reduce dark spots, even skin tone, and reveal true radiance with a unique blend of powerful, brightening products.

Luminous Moisture Cream

A smooth, illuminating moisturizer to visibly reduce pigmentation.

Light Complexion Serum

Visibly brighten and promote a more even-toned complexion.

Dark Spot Corrector

A unique applicator tip allows you to target and visibly correct the appearance of dark spots.

Vivid White Sheet Mask

Reduce the appearance of skin discoloration and brighten your natural glow.





Dr. Jennifer Lee's NEW YEAR SKINCARE TIPS

Board-certified dermatologist Dr. Jennifer Lee shares five tips to keep your skin dreamy—whether it's snowing or sunny in your hemisphere.

Soak in the SPF

Wearing sunscreen is a no-brainer when it's hot and the skies are clear, but it's still important to protect your skin on cloudy days. Use a morning SPF product like **Protective Day Lotion** to help ensure your skin is protected all day, every day.

Your Pollution Solution

Air quality can put a real damper on your glow. Use a charcoal mask, like **Celavive Exfoliating Scrub + Mask**, to deep-clean your pores and detox your skin.

Adjust the Humidity

Cooler months bring dry, irritating skin, while high-humidity climates may cause breakouts. Find balance by keeping your living space well-ventilated and ensuring air circulation.

Take a Gentle Approach

Extreme temperatures make your skin more sensitive. During cold seasons, be gentle with your skin—try not to scrub too hard or overly cleanse. Avoid hot showers any time of year, which are harsh on skin—use gentle, lukewarm water instead.

Brew a Cup of Tea

Hot and cold teas are just the thing to turn up or temper the heat, and some—like spearmint and green tea—can be good for your skin as well. Also try a cup of **Detox Tea Mix** at night to aid beauty sleep.

Find more self-care solutions on [whatsupUSANA.com](https://www.whatsupUSANA.com).





Guilt-Free Sweet Treats

Rethink your seasonal treats with these USANA-approved recipes.



Gingerbread Cookies

Makes about 30 cookies

Ingredients

- ½ cup **Nutrimeal**, Vanilla
- 3 ½ cups oat flour
- 1 ½ tsp. baking powder
- ¾ tsp. baking soda
- ½ tsp. kosher salt
- 1 Tbsp. ground ginger
- 2 tsp. ground cinnamon
- ¼ tsp. ground cloves
- 6 Tbsp. unsalted butter
- ¾ packed cup coconut sugar
- 1 large egg
- ½ cup molasses
- 2 tsp. vanilla
- Optional: decorating ingredients

Instructions

1. In a small bowl, whisk together **Nutrimeal**, flour, baking powder, baking soda, salt, ginger, cinnamon, and cloves until well-combined.
2. Mix butter, coconut sugar, and egg in a blender on medium speed until combined.
3. With blender on a low speed, gradually stir in dry ingredients until smooth.
4. Divide dough in half and wrap each in plastic. Chill in refrigerator for 2–5 hours.
5. Remove dough from refrigerator, preheat oven to 375 °F, and line a baking sheet with parchment paper.
6. Place one portion of dough on a lightly floured surface. Sprinkle flour over dough and a rolling pin.
7. Roll dough to a ¼" thickness and cut out 15 cookies.
8. Space cookies roughly 1 ½" apart on backing sheet and bake for 7–10 minutes.
9. Remove from oven and allow cookies to cool completely.
10. Decorate—and enjoy each delicious bite!

Chocolate Peppermint Cupcake

Makes 12 small cupcakes

Ingredients

Batter

- ½ cup **Nutrimeal**, Chocolate
- 1 cup Medjool dates, pitted (roughly 12 dates)
- 1 cup water
- ½ cup cocoa powder
- 1 Tbsp. baking powder
- 1 tsp. vanilla extract
- Pinch of Kosher salt
- 1 cup oat flour
- ½ cup non-dairy milk
- 1 tsp. peppermint extract

Icing

- 1 cup Medjool dates, pitted (roughly 12 dates)
- ½ cup non-dairy milk (plus more to adjust thickness)
- ½ cup creamy almond butter
- ¼ cup cocoa powder
- Pinch of Kosher salt
- Optional: crushed peppermint candy for topping

Instructions

1. Preheat oven to 350 °F.
2. Combine dates and water in a blender and blend on high speed until smooth.
3. Add the rest of the batter ingredients and blend briefly on low until just combined.
4. Spoon batter into cupcake baking tins and bake for 25 minutes.
5. For the frosting, blend all ingredients together on high speed until smooth and creamy, adding more non-dairy milk as necessary.
6. Transfer frosting to a piping bag and chill at least 1 hour prior to frosting.
7. Let cupcakes cool completely before frosting.
8. Frost each cupcake, top with crushed peppermint candy, and share a decadent bite with a close friend.

Cranberry Orange Zucchini Bread

Makes 1 loaf

Ingredients

- ½ cup **Nutrimeal**, Vanilla
- ⅓ cup melted coconut oil
- ¾ cup honey or sugar-free maple syrup
- 2 eggs
- ½ cup non-dairy milk
- 1 tsp. baking soda
- 1 tsp. ground cinnamon
- 2 tsp. vanilla extract
- ½ tsp. fine-grain sea salt
- ¼ tsp. ground nutmeg
- 1 ½ cups grated zucchini
- ½ cup dried whole cranberries, lightly sweetened
- 1 Tbsp. orange zest
- 1 ¾ cups oat flour

Instructions

1. Preheat oven to 325 °F.
2. Grease a 9 x 5-inch loaf pan to prevent sticking.
3. In a large mixing bowl, whisk coconut oil and honey (or syrup) until combined.
4. Add eggs and beat well.
5. Add milk, baking soda, cinnamon, vanilla, salt, and nutmeg and whisk until well-blended.
6. Squeeze out excess moisture from zucchini (you can use a potato ricer or nut milk bag).
7. With a big spoon, stir in zucchini, cranberries, and orange zest.
8. Add flour and **Nutrimeal** and stir until combined. (Some lumps in the batter are fine.)
9. Pour batter into greased loaf pan and sprinkle lightly with cinnamon.
10. Bake for 55–60 minutes.
11. Remove loaf from oven and let cool completely before serving.
12. Carve out a hearty slice for yourself—you've earned it.



USANA

Make Magic This Season

Start shopping at [USANA.com](https://www.usana.com) or contact
your local, Independent USANA Associate.



Let's Get Social

#LiveUSANA
#HealthyThroughTheHolidays
#USANAgives

-  /USANAhealthsciences
-  @USANAinc
-  @USANAinc
-  whatsappUSANA.com
-  /USANAhealthsciences
-  @USANAinc
-  @USANAhealthsciences



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