



# 1,000+

# CHOOSE USANA

WHEN IT COMES TO ACHIEVING THEIR BEST HEALTH, THE ~~700+~~ **MEMBERS** OF TEAM USANA TRUST USANA NUTRITIONALS TO HELP THEM PLAY AT THE TOP OF THEIR GAME...DO YOU?

[USANAathletes.com](http://USANAathletes.com)



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# 2014 SOCHI MEDAL STANDINGS



33



30



28



26



25

you'd have to eat approximately **22,000 calories** and spend more than **\$33/day** to get the same amount of nutrients found in a daily dose of the USANA Essentials.

  
**18.5** medium oranges  
Vitamin C (1300 mg)

  
**80** medium bananas  
B6 (32 mg)

  
**44** large eggs  
Vitamin D (1800 IU)

  
**4.3** cups cooked spinach  
Folate (1000 mcg)

  
**7** oz. cooked clams  
B12 (200 mcg)

  
**2** lb. bag sunflower seeds  
and quart corn oil  
Vitamin E (400 IU)

  
**3** oz. olive oil  
Olivol<sup>®</sup> (30 mg)



**5** chicken breasts  
Zinc (20 mg)



**1** serving of yogurt  
Calcium (270 mg)



**2** cups cooked spinach  
Magnesium (300 mg)



**9** oz. of baked cod  
Iodine (300 mcg)