Welcome to Your RESET PLUS!







For best results, do your RESET PLUS on a Monday through Friday to avoid the weekend temptations. Before you begin, weigh yourself on an empty stomach first thing in the morning (use bathroom first). Keep a log of your weight every morning & watch the pounds go down.

*** CellSentials – Take 2 of each in AM. 2 of each in the PM (4 tablets total in AM, 4 tablets total in PM). You have a 28 day supply of award winning supplements.**

*** 28 Single Serve Nutrimeal Shakes – Consume 3 shakes per day over the next 5 days. You will have 13 extra to share or consume afterwards to keep your momentum.**

The Plan Each Day

- Within 1 hour of waking up take your 1st shake, AM Vitamins (4 tablets total).

- 2 hours later, 1st healthy snack (see page 2)

- 2 hours later, veggie (see page 2)

- 2 hours later, 2nd shake

- 2 hours – fruit (see page 2)

- 2 hours – 2nd healthy snack

- 2 hours – last shake for dinner & PM Vitamins (4 tablets total).

Tips to Succeed

- Drink at least 64 ounces of water everyday & avoid strenuous exercise during the program.

- Walk 20-30 minutes each day. Coffee, tea & caffeine are ok to have, but avoid sugary Starbucks type drinks.

- Get 7 hours of sleep per night minimum, 8 is ideal. Optimal sleep is critical to your success.

- Eat an additional serving of fruits or veggies if you feel lightheaded. Even a little chicken breast or .5 cup of black beans is fine, but do your best to stick to the program.

- For best results, make your shakes with ice in a blender. Watch this video: http://makeshake.myteamwork.info

Cleanse/ Detoxification Response: The RESET has high levels of fiber & nutrition. Frequent trips to the bathroom or even slight headaches may occur (to about 10% of clients). If this happens, it's a good thing because it means your body is detoxing all the built up chemicals in your system. If you experience too much detoxing at once, cut your vitamin dosage in half for a few days, then go back up to the full dosage after that. Also, your urine will be turning bright yellow due to the potency of the vitamins which give your cells MAXIMUM nutrition.

Final RESET PLUS TIPS

Healthy Snack List- Look for Low Glycemic Whole Food Snacks (150-200 calories)

- Lara Bars (all varieties- roughly 200 calories per bar, great mainstream option)
- Kind Bars (all varieties- roughly 200 calories per bar, great mainstream option)
- 1/4 cup of Raw Almonds (a closed fist full)
- 1/2 cup of Cottage Cheese
- 2 Large Hard Boiled Eggs



Recommended Veggies

- Organic baby carrots
- 4 oz. Raw or cooked broccoli
- 4 oz. Raw or cooked cauliflower
- 8 oz. cooked green beans
- 1 whole tomato
- 3 to 4 stalks of celery
- 1 whole pepper (all varieties)

8 oz. Cooked Spinach

Recommended Fruits

- 1 large apple
- 1 large grapefruit
- 1 large orange
- 6 oz. of berries (all varieties)
- 7 oz. cantaloupe or honeydew
- 20 fresh cherries
- 4 ounces of grapes (all varieties)

What comes after RESET PLUS: If your goal is to lose more than 4-5 pounds, you can continue with the Transform Phase to lose 10 pounds per month until you hit your goal. Since you already have your CellSentials vitamins for the month and 12 extra shakes, you can immediately follow the Transform Phase for the next 6 days outlined at http://transform.myteamwork.info This plan includes 2 shakes per day, 1 healthy meal, and healthy snacks. Most people continue the Transform phase immediately after their RESET PLUS to keep their momentum going.

What we normally do is schedule a time for us to talk towards the end of your RESET PLUS. What day will you be starting? _____ Ok, so day 5 would be _____. It's best to talk on day 5 so I can get you set up for a successful day 6 through 28. On that day 5 I can talk at **<TIME>** or **<TIME>** which is best for you? _____. Perfect. When we talk next week we will go over your results and review the Transform Phase document link above. This will help us make a plan to achieve your total weight loss goal. And if you are happy with your results and feeling comfortable, we can do your order for the extra Transform Phase products you would need to keep your momentum going. Also let's text every day during your 5 days to keep the communication strong. Let me know if you have any questions or concerns along the way. I expect you to do awesome on your RESET PLUS. Talk to you on *DAY* at *TIME*!

Nutritional Info

US Vita Antioxidant

Directions: Adults take two (2) tablets twice daily, preferably with food.

Supplement Facts

Serving size: 2 Tablets
Servings per container: 56

Amount Per Serving		%DV
Vitamin A [as 25% (516 mcg) Retinyl Acetate and 75% (2700 mcg) as Beta Carotene, Mixed Carotenoids]	1804 µg RAE	200%
Vitamin C (as Poly C Blend: Potassium, Calcium, Magnesium, and Zinc Ascorbates)	200 mg	222%
Vitamin D3 (as Cholecalciferol)	25 µg	125%
Vitamin E (as D-alpha-Tocopheryl Succinate)	67 mg	447%
Vitamin K [as K1 (Phytonadione) 240 µg, and K2 (MK-7 Menaquinone) 30 µg]	270 µg	225%
Thiamine (Vitamin B1)	15 mg	1250%
Riboflavin (Vitamin B2)	15 mg	1154%
Niacin (as Niacin and Niacinamide)	20 mg NE	125%
Vitamin B6 (as Pyridoxine HCL)	16 mg	941%
Folate (as 300 µg Folic Acid)	500 µg DFE	125%
Vitamin B12 (as Cyanocobalamin)	100 µg	4167%
Biotin	150 µg	500%
Pantothenic Acid (as D-Calcium Pantothenate)	45 mg	900%
Choline (as Choline Bitartrate)	51 mg	9%
Mixed Tocopherols (D-gamma, D-delta, D-beta Tocopherol)	40 mg	†
InCelligence Complex	226 mg	†
[Alpha Lipoic Acid, *Meriva® Bioavailable Curcumin Complex, (*Curcuma longa* L., root), Green Tea Extract, (*Camellia sinensis hunt.*, leaves), Quercetin Dihydrate, Rutin, Hesperidin (*Citrus spp. L.*, fruit), Resveratrol, Olivol (Olive Fruit Extract, *Olea europaea L.*, fruit)]		
Inositol	64 mg	†
Coenzyme Q10	6 mg	†
Lutein (*Tagetes erecta L.*, flower)	300 µg	†
Lycopene	500 µg	†

†Daily Value (DV) not established.

Other Ingredients: Microcrystalline Cellulose, Vegetable Fatty Acid, Pregelatinized Starch, Croscarmellose Sodium, Silicon Dioxide, Organic Maltodextrin, Vanilla Flavor, Organic Sunflower Lecithin, Organic Palm Olein, Organic Guar Gum.

*Meriva® is a registered trademark of Indena S.p.A.

Keep out of reach of children. Consult your physician if you are pregnant, nursing, taking a prescription drug, or have a medical condition.

There is a safety seal under the cap. Do not use if the seal is broken or missing.

Store below 25 ˚C.

Laboratory tested, quality guaranteed. Meets USP specification for uniformity, potency, and disintegration, where applicable.

Manufactured by:
USANA Health Sciences, Inc.
3838 W. Parkway Blvd.
Salt Lake City, UT 84120 USA

103.010105 LB.002447

US Core Minerals

Directions: Take two (2) tablets twice daily, preferably with food.

Supplement Facts

Serving Size: 2 Tablets
Servings Per Container: 56

Amount Per Serving		%DV
Vitamin C (as Magnesium Ascorbate and Calcium Ascorbate)	300 mg	333%
Calcium (as Calcium Citrate and Calcium Ascorbate)	113 mg	9%
Iodine (as Potassium Iodide)	250 µg	167%
Magnesium (as Magnesium Citrate and Magnesium Ascorbate)	113 mg	27%
Zinc (as Zinc Citrate)	10 mg	91%
Selenium (as L-Selenomethionine and Sodium Selenite)	100 µg	182%
Copper (as Copper Gluconate)	1 mg	111%
Manganese (as Manganese Gluconate)	1 mg	43%
Chromium (as Chromium Polynicotinate)	150 µg	429%
Molybdenum (as Molybdenum Citrate)	25 µg	56%
Boron (as Boron Citrate)	1.5 mg	†
Silicon (as Calcium Silicate)	2 mg	†
Vanadium (as Vanadium Citrate)	20 µg	†
Ultra Trace Minerals	1.5 mg	†
L-Cysteine	80 mg	†

†Daily Value (DV) not established.

Other Ingredients: Microcrystalline Cellulose, Modified Cellulose, Croscarmellose Sodium, Ascorbyl Palmitate, Organic Maltodextrin, Pregelatinized Starch, Silicon Dioxide, Vanilla Extract, Organic Sunflower Lecithin, Organic Palm Olein, Organic Guar Gum.

Manufactured by: USANA Health Sciences, Inc., 3838 W. Parkway Blvd., Salt Lake City, UT 84120 U.S.A.

Laboratory tested, quality guaranteed. Meets USP specification for uniformity, potency, and disintegration, where applicable.

Keep out of reach of children. Consult your physician if you are pregnant, nursing, taking a prescription drug, or have a medical condition.

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Store Below 25 ˚C. 102.010105 LB.002267

Nutritional Info

US Whey Vanilla Pouch

Nutrition Facts

1 Serving per container
Serving Size: 1 pouch (60 g)

Amount Per Serving
Calories 240

	% Daily Value*
Total Fat 9 g	**12%**
Saturated Fat 2 g	**10%**
Trans Fat 0 g	
Cholesterol 57 mg	**19%**
Sodium 270 mg	**12%**
Total Carbohydrate 24 g	**9%**
Dietary Fiber 8 g	**29%**
Total Sugars 10 g	
Includes 8 g Added Sugars	**20%**
Protein 20 g	

Vitamin D	2 µg	10%
Calcium	390 mg	30%
Iron	2.6 mg	14%
Potassium	420 mg	9%
Vitamin A	260 µg	29%
Vitamin C	12 mg	13%
Vitamin E	2.6 mg	17%
Thiamin	0.5 mg	42%
Riboflavin	0.51 mg	39%
Niacin	6.1 mg	38%
Vitamin B6	0.51 mg	30%
Folate	65 µg	16%
Vitamin B12	0.6 µg	25%
Biotin	35.1 µg	117%
Pantothenic acid	2 mg	40%
Phosphorus	290 mg	23%
Iodine	45 µg	30%
Magnesium	95 mg	23%
Zinc	3.1 mg	28%
Selenium	11 µg	20%
Copper	0.56 mg	62%
Manganese	1 mg	43%
Chromium	10 µg	29%
Molybdenum	21.1 µg	47%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Whey Protein, Fructose, Sunflower Oil, Maltodextrin, Fructooligosaccharide, Natural Flavors, Vitamin & Mineral Blend (Magnesium Citrate, Tricalcium Phosphate, Dipotassium Phosphate, Zinc Gluconate, Ascorbic Acid, Niacinamide (Niacin), Manganese Citrate, Copper Gluconate, Vitamin E Acetate, Biotin, Vitamin A Acetate, Sodium Selenite, Potassium Iodide, Calcium Pantothenate, Molybdenum Citrate, Chromium Chloride, Vitamin D3, Folic Acid, Riboflavin, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Vitamin B12), Modified Tapioca Starch, Sunflower Lecithin, Sugarcane Fiber, Organic Agave Inulin, Flaxseed, Sodium Carboxymethylcellulose, Modified Food Starch, Sea Salt, Xanthan Gum, Blueberry Powder, Apple Powder, Raspberry Powder, Monk Fruit Extract, Stevia Reb M, Ferrous Fumarate.

Contains: Milk.

†No gluten-containing ingredients are used in this product. Produced on equipment that also processes milk and soy.

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This is a sealed container. Do not use if container is broken.

Store at room temperature (25 °C).

Customer Service: 1-888-950-9595

US Whey Chocolate

Nutrition Facts

1 serving per container
Serving Size: 1 pouch (61 g)

Amount Per Serving
Calories 240

	% Daily Value*
Total Fat 9 g	**12%**
Saturated Fat 2 g	**10%**
Trans Fat 0 g	
Cholesterol 55 mg	**18%**
Sodium 260 mg	**11%**
Total Carbohydrate 25 g	**9%**
Dietary Fiber 9 g	**32%**
Total Sugars 10 g	
Includes 8 g Added Sugars	**20%**
Protein 20 g	

Vitamin D	2 µg	10%
Calcium	390 mg	30%
Iron	2.7 mg	15%
Potassium	610 mg	13%
Vitamin A	260 µg	29%
Vitamin C	12 mg	13%
Vitamin E	2.5 mg	17%
Thiamin	0.5 mg	42%
Riboflavin	0.51 mg	39%
Niacin	6.1 mg	38%
Vitamin B6	0.6 mg	25%
Folate	65 µg	16%
Vitamin B12	0.5 µg	29%
Biotin	34.7 µg	116%
Pantothenic acid	2.1 mg	42%
Phosphorus	310 mg	25%
Iodine	45 µg	30%
Magnesium	115 mg	27%
Zinc	3.3 mg	30%
Selenium	11 µg	20%
Copper	0.71 mg	79%
Manganese	1 mg	43%
Chromium	9.9 µg	28%
Molybdenum	20.8 µg	46%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Whey Protein, Fructose, Sunflower Oil, Cocoa Processed with Alkali, Natural Flavors, Maltodextrin, Modified Tapioca Starch, Fructooligosaccharide, Vitamin & Mineral Blend, (Magnesium Citrate, Tricalcium Phosphate, Dipotassium Phosphate, Zinc Gluconate, Ascorbic Acid, Niacinamide (Niacin), Manganese Citrate, Copper Gluconate, Vitamin E Acetate, Biotin, Vitamin A Acetate, Sodium Selenite, Potassium Iodide, Calcium Pantothenate, Molybdenum Citrate, Chromium Chloride, Vitamin D3, Folic Acid, Riboflavin, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Vitamin B12), Organic Agave Inulin, Sunflower Lecithin, Flaxseed, Sodium Carboxymethylcellulose, Sugarcane Fiber, Modified Food Starch, Sea Salt, Xanthan Gum, Blueberry Powder, Apple Powder, Raspberry Powder, Monk Fruit Extract, Stevia Reb M, Ferrous Fumarate.

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