

# FAST FACTS ABOUT DIGESTION/DETOX PRODUCTS BY USANA

The following are quick fact and benefits of the digestive and detox products:

## USANA PROBIOTIC

Probiotic food supplement for digestive and immune health.

- sugar-free
- gluten-free
- dairy-free
- supports healthy digestion and nutrient absorption
- modulates the body's natural immune response
- contains 12 billion colony-forming bacteria per serving
- contains inulin acting as prebiotic, which feed your natural beneficial bacteria and may further support establishment of Bifidobacterium in the intestine\*
- incorporates live and active cultures

Get it here: <http://bit.ly/buy-probiotic>

## HEPASIL DTX™

Comprehensive liver-support formula featuring the InCelligence Detox-Support Complex (Milk thistle (silybum marianum) extract, N-acetyl L-cysteine (NAC), alpha-lipoic acid (ALA), Broccoli (brassica oleracea) extract, turmeric (curcuma longa) extract, green-tea (camellia sinensis) extract, Olivol® olive-fruit extract).

- **InCelligence Detox-Support Complex** delivers a comprehensive array of phytochemicals including green-tea extract, milk-thistle extract, broccoli concentrate, and the patented Olivol® olive-fruit extract
- **Utilizes patent-pending Nutritional Hybrid Technology (NAC)**, enabling USANA to manufacture a truly unique, comprehensive liver-support supplement by safely combining previously incompatible – but equally important- nutrients in one bi-layer tablet
- NAC helps your body make its own glutathione (a powerful antioxidant)
- broccoli concentrate and polyphenols from green-tea have beneficial effects on a number of cell-signaling pathways
- Olivol® olive-fruit extract helps defend cells from oxidative damage
- Turmeric (curcumin) supports antioxidant activity and healthy immune response. Curcumin has also been shown to influence the production of your body's own antioxidants and help retain normal levels of key detoxification enzymes

Get it here: <http://bit.ly/buy-hepasil>

## DIGESTIVE ENZYMES

Enzyme-containing digestive support supplement. Contains a broad range of plant-based enzymes plus artichoke extract.

Amylase -breaks down starch  
Bromelain -breaks down protein  
Lipase -breaks down fat  
Papain -breaks down protein  
Protease -breaks down protein

Cellulase -breaks down cellulose (usually comes from plant material like fruits and vegetables)  
Lactase -breaks down lactose (milk proteins)  
Artichoke extract

- supplies enzymes to support normal digestion and optimal macronutrient absorption
- take one (1) to three (3) tablets with a meal or as needed
- contains a natural enzyme blend
- **artichoke extract** helps relieve digestive complaints, like mild stomach upset, by aiding the digestion of fatty foods, especially after a large meal
- contains no animal-derived ingredients
- helps relieve occasional stomach discomfort, indigestion, and the sense of over-fullness that may occur after eating a large meal
- supports the body's ability to digest lactose properly
- high amounts of HCL in a digestive enzyme can destroy probiotics. USANA Digestive Enzyme doesn't use HCL, so you can take the probiotic and digestive enzyme safely together.

Get it here: <http://bit.ly/buy-digestive-enzymes>

## MYSMART FIBERGY™ PLUS BOOSTER

Contains several sources of fiber: 2.9 grams of Psyllium and organic cane fiber as bulking agents that help food digest more slowly; agave inulin also supports a healthy gut microbiome by acting as a prebiotic. A serving of Fibergy Plus supplies the 2.9 grams of the soluble fiber from psyllium.

- dairy-free
- gluten-free
- soy-free
- fat-free
- cholesterol-free
- 12 grams fiber per tablespoon (15 calories)
- one tablespoon provides nearly half of your suggested daily fiber
- low in sodium
- supports weight management by keeping you feeling satisfied
- promotes good digestive health by aiding regularity and promoting a balanced gut microbiome
- helps keep your health healthy by supporting many aspects of cardiovascular function
- unlike many others fiber supplements, Fibergy Plus contains several sources of dietary fiber so you get the full benefits provided by different types of soluble and insoluble fiber
- help satisfy your hunger and contribute to the feeling of fullness after a meal
- help avoid blood sugar spikes and crashes after eating

Get it here: <http://bit.ly/buy-fibergy-plus>

# ASK THE SCIENTIST FAQ

## QUESTION

Why do USANA's probiotics have such a low number of bacteria compared to other probiotics on the market? Can you explain the reason for this and how our probiotics compare to others?

## ANSWER

Thank you for reaching out on this question. The answers to both questions overlap some on the science, so I'll explain a little about both points together and then separately. Our main goal with the USANA Probiotic is to put out the best version of a general-health probiotic. That means not only **using the best probiotic strains**, but also **using a dose that is effective**. We often see consumers fall into the mentality that more is always better, both with strain diversity and with total CFU count. It sounds like this is the thought process that is leading to the questions you're receiving. However, that presumption is no more true for probiotics than it is for any other supplement.

**With any supplement, what matters the most is the quality of the ingredients and that the dose being provided is clinically effective.** In fact, with many supplements, not only is more not always better, but sometimes too high of doses can even be detrimental!

Probiotics follow the same rules, that **what is most important is that you've got high quality probiotic strains at the right dose**. The total CFUs in the USANA Probiotic were selected because that dosage is effective for most people for gut health. Adding a higher dosage would be unnecessary for most people and would end up costing them more for no additional benefit. And the two strains that are used are because they are the best strains for their purpose; there is no convincing scientific evidence that adding more strains is better.

On the question of why we chose **the number of CFUs** that we did, some reasons that we see other companies putting in higher CFUs are often because:

1. their strains are less effective and a higher CFU count of them is needed to obtain any benefit,
2. the strains that they are using are not shown to be stable during their shelf life or to survive well while passing through the GI tract, so they need to overload the starting number to ensure that a few of them make it to the large intestine when used, and
3. purely for marketing, because they know that many consumers don't have the access to resources to figure out what product is the best or what dose is effective, so they hope to entice them simply with high numbers. We see no reason to waste people's money on more CFUs in our product when the effective dose is the current dose and we have solid evidence showing that our probiotic strains are able to survive transit through the gut.

Likewise, **on the question of why just two strains**, many companies market on the number of strains that they have in their product. Early research seemed to support the conclusion that greater diversity in the gut microbiome was healthier (more recent research is a little more nuanced, but there still isn't any sign that greater diversity in the microbiome is a bad thing) and so it made for

good marketing for companies to advertise that they had more strains, since greater number of strains should mean greater diversity!

What isn't usually talked about is the fact that there is not support for the use of multiple strains over fewer strains. What strains are there matters much more than how many different strains are there. This seems to be for two reasons.

1. First, in general most people have somewhere between 1,500 and 15,000 different bacterial species in their colon (the large variation can be due to the method used to identify the species and differences between people). And these are species being looked at. Since each species can be made up of several different strains, you can see how the overall diversity can multiply exponentially! So whether a probiotic is giving 2 strains or 20 strains, it is a very, very, very small number of strains compared to the overall diversity in the gut, around a fraction of a percent. Likewise, a single drop of water in a bathtub doesn't make a large difference in the total amount of water.
2. The second reason that number of strains in a probiotic does not seem to matter is that most probiotic strains, including those in the USANA Probiotic, do not set up long-term residence in the gut. The main role of probiotics is to help shape the gut ecosystem into one that beneficial bacteria are able to thrive in. Most probiotics live fairly transiently in the gut, so it is not the number of probiotic strains that has an impact on your gut microbial diversity, but what the probiotics do while they're there to shape an ecosystem that supports a diverse microbiome. In that sense, probiotics can be considered to be the gardeners of a microbial garden. And the two strains that we use have been shown to be effective gardeners. So again, if there isn't a benefit to adding additional strains, we see no reason to add them just for marketing.

I can't speak for everyone, but for me, ensuring that I'm using a probiotic that

- I know is making it to my gut
- is at an effective dose, and
- is proven to support my microbiome

is what's most important to me.

I hope those explanations help some in explaining to others why we chose the CFU count that we did and why we are using two strains that we trust. If you have any additional questions on it, please don't hesitate to let me know.

Thank you,

Rachel A. Brewer, PhD  
Director of New Product Research

## QUESTION

WHY CHOOSE THESE STRAINS FOR PROBIOTIC?

## ANSWER

The two strains of bacteria shown to colonize the intestines and deliver health results.

Each stick pack of USANA Probiotic contains a unique 50/50 mixture of two of the most studied probiotic bacteria strains: Bifidobacterium animalis subsp. lactis (BB-12®) and Lactobacillus rhamnosus (LGG®). These bacteria are similar to the Bifidobacterium and Lactobacillus that are part of a natural gut flora (primarily found in the colon). Dozens of studies on these strains have demonstrated benefits for digestive health and immunity.\*

These strains are so effective, in part, because they survive transit through the harsh, acidic environment of the stomach to colonize the intestines. Reaching the intestines alive is essential for getting results from your probiotic. The strength of the strains is boosted by a small amount of inulin fiber in the formula. Inulin acts a prebiotic, which feeds your natural beneficial bacteria and may further support establishment of Bifidobacterium in the intestine.\*

## QUESTION

How Much Fiber Do I Need?

## ANSWER

Nine out of 10 people need to consume more fiber. The average adult only eats about 16 grams of dietary fiber a day. The recommended intakes for total fiber are much higher and only vary slightly by age and gender:

- Adults 50 years and younger: 38 grams for men and 25 grams for women
- Adults over 50: 30 grams for men and 21 grams for women, due to decreased food consumption

Designing your daily diet around fruits, vegetables, legumes, and whole grains can help increase fiber consumption. Low-fat diets rich in fiber-containing grain products, fruits, and vegetables may reduce the risk of some types of cancer, a disease associated with many factors.

## QUESTION

What is The natural flavor in USANA Digestive Enzyme?

## ANSWER

The natural flavor in USANA Digestive Enzyme is vanilla. It is also used in a couple other products to mask unpleasant flavors of the raw materials. There is nothing hidden in the vanilla flavor, and it does not contain MSG or any ingredient of concern

## QUESTION

Can I take the Probiotic and the Digestive Enzyme at the same time?

## ANSWER

High amounts of HCL in a digestive enzyme can destroy probiotics. Either plan accordingly to take probiotics and enzymes at different times, or choose an enzyme that does not use HCL—such as the digestive enzyme from USANA. Because USANA doesn't use HCL, their probiotic and digestive enzyme can be safely taken together.