What to expect when you start taking USANA Nutritionals

Please read the following important information about USANA Nutritional Supplements. It will help you know the best way to take the pills, and what to expect in terms of potential short-term side effects.

USANA Nutritionals are scientifically advanced nutritional products developed to help provide optimal lifelong nutrition throughout all stages of life. Most people are able to start the USANA Nutritional Program with absolutely no set backs while beginning to experience the health benefits of high-quality nutritional supplements immediately.

For some people, taking these advanced nutritional supplements represents a significant dietary change. Please keep in mind these supplements are extremely potent and optimal levels of nutrients are being provided that the body has never had before. The body is therefore able to finally rid itself of toxins, which have been accumulating for years (called detoxification). It is important to understand the possible signs and symptoms of detoxification so that you can deal with them confidently and properly.

How to Take Your Supplements:

You will take your supplements twice daily. To avoid possible discomfort, take nutritional supplements with food, preferably with a complete meal. Food buffers the stomach to reduce the chance of gastrointestinal upset and also enhances the body’s ability to better absorb certain nutrients. It is also very important to keep the body hydrated by drinking 8 to 10 glasses of water every day. By drinking plenty of fluids, your body is able to more easily distribute nutrients to your cells.

Detoxification:

Nutritional supplements allow your body to purge itself of toxins. When you begin taking your supplements, your body may experience a detoxification process. The most common detoxification reaction is muscle aches and/or mild headache. These symptoms will usually pass within a few weeks. If the discomfort is unbearable, USANA recommends taking a few days off of your supplements, until the reaction subsides. Then start back on your supplements, but at lower doses (approximately one third of the recommended dose). Once you are tolerating this amount of supplementation, slowly build up to the standard doses.

Some people actually develop a “detox” skin rash somewhere on their body. As you know, the skin is an important route for ridding the body’s toxins. This rash is a dry, red rash that
looks almost like a mild sunburn. Some people confuse this with an allergic reaction to the supplements. This is not typically so. Allergic reactions to the USANA Essentials are extremely rare.

People may also experience some aspect of loose stools or even diarrhea. This again is a common "detox" reaction because the GI tract is another prime route for eliminating toxins from the body. These symptoms can often be related to increased intakes of vitamin C, magnesium, and/or fiber. These symptoms will usually diminish within a couple of weeks. It is an important part of the detoxification and healing process. Therefore, USANA encourages people to continue the supplements as recommended unless the bottom gets too sore. If it does, it is again recommended that you take lower doses of the supplements until you feel better and then begin adding the supplements back slowly until the recommended doses are reached. Increasing dietary fiber may also increase the amount of intestinal gas and the frequency of bowel movements. This will improve with time as the body adjusts to the higher intake of fiber, but is an important aspect of getting rid of the toxins, which have accumulated in the body.

**Natural Relaxation Response:**

A small percentage of people develop a natural relaxation response when minerals are absorbed into their body. This is of great concern to those who have just been told that nutritional supplementation will help improve their energy level. They take the supplements as recommended only to find themselves more fatigued and dragging themselves through their day. If you experience this response, USANA recommends taking all of your minerals with a light bedtime snack. This allows you to take advantage of your body’s response while getting a good night’s sleep.

**Taking Your Supplements with Medication:**

Nutritional supplements simply contain nutrients we should be getting from our foods, but at levels we can no longer obtain from our foods. If you can eat anything, you can also take nutritional supplements. The only exception to this is for those taking the medication Coumadin (Warfarin), which blocks vitamin K in the body as a way of thinning the blood.

**How long does it take for USANA supplements to start working?**

The beauty of these supplements is that your body will take what it needs and discard the rest. It takes 3 months to completely get it into your blood, 6 months into your organs and 9 months into your bones.

**Why does it take 3 months to get into the blood stream when food stays in the small intestine for up to 4 hours where nutrients enter the blood stream?**

The life of blood cells is approximately 100 days (i.e., they turn over completely about every 3 months), and for many organs it is about 6 months and for bone about 9 months. This has nothing to do with digestion or absorption. The USANA tablets disintegrate within about 30 minutes and are available for absorption immediately thereafter, as with any other food or liquid.