

**Health Basics**

- Provides excellent nutritional support for growing children\*
- Great-tasting natural berry flavor
- Fun and easy-to-eat chewables

**Did You Know?**

- Usanimals™ provides one of the most complete antioxidant complexes available among children's supplements



ITEM# 105

**USANA DIFFERENCE**

- Effective
- Safe
- Science-based
- Pharmaceutical Quality

Good nutrition plays a critical role in everyone's health and is especially important for children because they are constantly growing, from birth to the end of adolescence. Pound for pound, a 5-year-old child needs more thiamin, riboflavin, niacin, vitamins A and C, and vitamins B6 and B12 than a 25-year-old man.<sup>1</sup> Usanimals™ supplement, USANA's Essentials for kids, are an advanced formulation of nutrients necessary for a healthy childhood.

**NUTRITION FOR GROWTH**

Growth involves much more than just the development of children's bodies. It is an intricate balance of varying growth rates, physiological changes, and shifting hormone status. While growth in childhood is slower than in infancy or adolescence, energy output is high with play periods that include plenty of running, jumping, and testing of new physical skills.

**TODAY'S CHILDHOOD NUTRITION**

Many studies show that children do not receive the nutrition they need from their diets. Less than 25 percent of young people eat the recommended five servings or more of fruits and vegetables each day, and nearly one-quarter of all vegetables consumed by children and adolescents are french fries.<sup>2</sup> Adequate amounts of key nutrients such as zinc, vitamin B6, magnesium, and calcium are missing from the diets of more than 50 percent of children from 2 to 10 years old.<sup>3,4</sup>

**ESSENTIALS FOR CHILDREN**

In addition to a phytonutrient blend of blackberry, cranberry, raspberry, and wild blueberry fruit powders, Usanimals contain a comprehensive array of antioxidants, vitamins, and minerals, in amounts designed especially for active, growing children.

**BEING HEALTHY CAN BE FUN**

Children love the fun animal shapes and great-tasting natural wild berry flavor of Usanimals. Parents love it too, because USANA uses only natural flavors and sweeteners.

**References**

1. Brody J. Jane Brody's Nutrition Book. New York: Bantam Books; 1987.
2. Krebs-Smith SM, et al. Arch Pediatr Adolesc Med 1996;150:81-86.
3. Albertson AM, et al. J Am Diet Assoc 1992;92:1492-96.
4. Kennedy E, Goldberg J. Nutr Rev 1995;53(5):111-26.

**DIRECTIONS:** CHEW 1 TABLET (FOR CHILDREN 13 – 47 MONTHS), 2 TABLETS (FOR CHILDREN 4 YEARS OR OLDER).

**Supplement Facts**

SERVING SIZE 1 TABLET FOR CHILDREN 13-47 MONTHS, 2 TABLETS FOR CHILDREN 4 YEARS OR OLDER

	% DV for children 4 years or older (2 tablets)		
	Amount per tablet	% DV for children 13-47 months (1 tablet)	% DV
VITAMIN A (AS BETA CAROTENE)	2,500 IU	100%	100%
VITAMIN C (AS ASCORBIC ACID AND SODIUM ASCORBATE)	125 mg	310%	420%
VITAMIN D3 (AS CHOLECALCIFEROL)	200 IU	50%	100%
VITAMIN E (AS D-ALPHA-TOCOPHERYL SUCCINATE)	50 IU	500%	330%
VITAMIN K (AS PHYLLQUINONE)	20 µg	†	50%
THIAMIN (AS THIAMIN MONONITRATE)	1.25 mg	180%	170%
RIBOFLAVIN	1.25 mg	160%	150%
NIACIN (AS NIACINAMIDE)	10 mg	110%	100%
VITAMIN B6 (AS PYRIDOXINE HYDROCHLORIDE)	1.25 mg	180%	130%
FOLATE (AS FOLIC ACID)	200 µg	100%	100%
VITAMIN B12 (AS CYANOCOBALAMIN)	6 µg	200%	200%
BIOTIN	75 µg	50%	50%
PANTOTHENIC ACID (AS D-CALCIUM PANTOTHENATE)	5 mg	100%	100%
POLYENYLPHOSPHATIDYL CHOLINE (FROM SOY)	25 mg	†	†
INOSITOL	15 mg	†	†
ANTIOXIDANT PHYTONUTRIENT COMPLEX (BLACKBERRY, CRANBERRY, RASPBERRY AND WILD BLUEBERRY POWDERS)	40 mg	†	†
CALCIUM (AS CALCIUM CARBONATE)	75 mg	10%	15%
IODINE (AS POTASSIUM IODIDE)	50 µg	70%	70%
MAGNESIUM (AS MAGNESIUM CITRATE, AMINO ACID CHELATE AND OXIDE)	25 mg	15%	15%
ZINC (AS AMINO ACID CHELATE)	5 mg	60%	70%
SELENIUM (AS AMINO ACID COMPLEX)	15 µg	†	45%
COPPER (AS COPPER CITRATE)	0.5 mg	50%	50%
MANGANESE (AS MANGANESE GLUCONATE)	0.5 mg	35%	50%
CHROMIUM (AS CHROMIUM POLYNICOTINATE)	25 µg	†	40%
MOLYBDENUM (AS AMINO ACID CHELATE)	12.5 µg	†	35%
VANADIUM (AS VANADIUM CITRATE)	5 µg	†	†
BORON (AS AMINO ACID COMPLEX)	0.5 mg	†	†
SILICON (AS AMINO ACID COMPLEX)	1 mg	†	†

† DAILY VALUE NOT ESTABLISHED

**OTHER INGREDIENTS:** CRYSTALLINE FRUCTOSE, HONEY POWDER, MODIFIED CELLULOSE, NATURAL WILD BERRY FLAVOR BLEND, XYLITOL, ASCORBYL PALMITATE, CITRIC ACID, MALIC ACID, SALT.

**LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.**

**WARNING: NOT FOR INFANTS LESS THAN 13 MONTHS OLD.**

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