

Customized Supplement Pack for Tennis Players



Basic Pack

2 x Chelated Mineral AM & PM
2 x Mega Antioxidant AM & PM
2 x BiOmega (Fish Oil) AM & PM
4 x Active Calcium AM(2) & PM (2)
2 x Procosa II AM & PM

Optimal Pack for Peak Nutrition

BASIC PACK PLUS

2 x CoQuininone AM & PM
2 x Proflavanol 90 AM & PM

EXPLANATION

Chelated Mineral - AM and PM Minerals act as essential co-factors for vitamins and help catalyze many biological processes. Chelated Mineral provides an ideal balance of the essential minerals your body needs.

Mega Antioxidant - AM and PM Mega Antioxidant is a powerful and complete vitamin and antioxidant formula. Contains 15 antioxidant ingredients to give comprehensive, full body protection from oxidative stress and provides antioxidants and all the vitamins your body needs for optimum health. This exciting formula contains USANA's Patented Olivol (Olive Fruit Extract) for added protection.

BiOmega Fish Oil AM and PM No nutritional program is complete without a high-quality source of omega-3 fatty acids which are necessary for optimal health and wellness. These nutrients help support cardiovascular health, sustain optimal neural growth and development, and maintain good joint health. **Contains 1000mg cold-water fish oil rich in the important omega-3 fatty acids EPA and DHA**

Active Calcium

Contains a balanced formula of calcium, magnesium, vitamin K, boron, silicon, and vitamin and provides complete nutritional support for optimal bone development and maintenance throughout all stages of life

Procosa II (glucosamine sulfate for support and maintenance of cartilage).

USANA's advanced Procosa II offers a higher amount of glucosamine sulfate for support and maintenance of cartilage. Procosa II contains a revolutionary COX-II inhibitor that comes in the natural form of turmeric. Glucosamine and turmeric are powerful ingredients that work together to **promote optimal joint health, full joint mobility, support healthy cartilage and collagen and help to lubricate the joint.**

CoQuinone 30

Supports energy metabolism in muscles to optimize athletic performance. The energy that every cell needs to function is produced through a complex process in the mitochondria, an organelle within the cell often called the cellular powerhouse. Cells store energy in a molecule called adenosine-5-triphosphate or ATP. CoQ10 is an essential part of the electron transport chain used to make ATP which is synthesized and used by every cell in the body. CoQuinone 30 contains advanced levels of CoQ10. Cells with the highest energy demands, such as in the heart, contain the highest levels of CoQ10. CoQ10 has been studied for years in the U.S., Europe, and Japan for its role in producing cellular energy and re-energizing the heart and other muscles.

Proflavanol 90

Containing high concentrations of grape seed extract (90 mg in each tablet) and other natural antioxidants, Proflavanol 90 supports the body's fight against free-radical damage with powerful free-radical scavengers. It provides a potent antioxidant formula based on a synergistic combination of grape seed bioflavonoids and Poly C which furnishes broad spectrum health benefits and extra protection against free-radical damage.



Sony Ericsson WTA Tour

"Up until now, the inability of our players to take vitamins and health supplements without fear of accidentally ingesting a prohibited substance

has been a real issue. In USANA, the Tour has found a manufacturer that cannot only meet the Tour's...rigorous anti-doping standards, but one that is also willing to back it up with both athlete and Tour guarantees. This is fantastic news for players, and a critically important step forward in ensuring player health while maintaining the strict anti-doping standards that are necessary to continue to ensure that women's tennis remains a clean sport."

-Larry Scott, CEO of the Sony Ericsson WTA Tour
www.sonyericssonwtatour.com