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## **USANA Health Sciences Launches Vitamin D Supplement**

SALT LAKE CITY—(BUSINESS WIRE)—November 2, 2009—[USANA Health Sciences, Inc.](#), (NASDAQ: USNA) today launched its seasonal Vitamin D supplement. The supplement will be available every year from November to March, the months when many people do not get enough vitamin D.

“Recent reports show that populations around the world are suffering from vitamin D deficiency, and there is also evidence that suggests vitamin D deficiency increases during the winter months because of decreased exposure to sunlight,” said Dr. Tim Wood, USANA’s Executive Vice President of Research and Development. “The problem is widespread and increasing, with potentially severe repercussions for overall health and bone-fracture rates. USANA’s Vitamin D supplement is formulated with maximum strength vitamin D to ensure you get the vitamin D you need throughout the winter months in one tablet.”

Vitamin D is essential to bone mineralization and growth and plays an important role in the maintenance of muscle strength and coordination. Vitamin D also supports cardiovascular health and promotes balanced immune function. The current recommendation of 400IU of vitamin D per day may not be enough to prevent vitamin D deficiency during the winter months. USANA’s supplement has 2000IU of vitamin D per tablet.

Learn more about USANA’s products by visiting our [Web site](#), reading our [blog](#), becoming a fan on [Facebook](#), or following us on [Twitter](#).

### About USANA

USANA Health Sciences develops and manufactures high-quality nutritionals, personal-care, energy and weight-management products that are sold directly to Preferred Customers and Associates throughout the United States, Canada, Australia, New Zealand, Hong Kong, Japan, Taiwan, South Korea, Singapore, Malaysia, the Philippines, Mexico, the Netherlands and the United Kingdom.