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**STUDY SHOWS VITAMIN D SUPPLEMENTS TAKEN EARLY IN
LIFE HELP IN THE PREVENTION OF OSTEOPOROSIS**

*- Clinical study at Australian Catholic University indicates the benefits of
USANA Active Calcium chewables on bone development in females ages nine to 13 -*

SALT LAKE CITY—July 19, 2010—“Eat your veggies,” “Don’t run with scissors” and now “Take your calcium and Vitamin D.” A clinical study conducted at the School of Exercise Science at Australian Catholic University, has shown that taking high quality calcium supplements like USANA’s Active Calcium could help preadolescent girls set the stage for a lifetime of strong, mineral-rich bones. **Study results indicated that a supplement containing high quality calcium plus Vitamin D significantly improved bone density, mass and strength in girls ages nine to 13—exactly what experts want to achieve in that time of life to prevent future skeletal issues.**

This study is unique because it’s the first randomized, controlled trial to assess bone responses to calcium in twins. Using twins factors out genetic complications that have plagued studies; in working with the Australian Twin Registry, 20 pairs of female twins between the ages of nine and 13 were selected to participate. Scientists administered one twin in each pair a placebo and one twin USANA’s Active Calcium. After six months the study showed significant improvements in bone development in the twin who received the supplement.

“Experts regard osteoporosis as a pediatric disease because the best time to prevent is during childhood and early adolescence,” says Dr. Tim Wood, Executive Vice President of Research and Development at USANA Health Sciences, Inc. “Women put on 50% of their adult bone mineral mass during their teenage years. As such, this is the best time to grow strong, mineral rich bones and the most effective way to prevent osteoporosis later in life.” Dr. Wood adds, “We are particularly excited about these findings because they confirm results previously shown in another study conducted in the U.S. at the University of Utah.”

Osteoporosis is a disease in which bones become fragile and more likely to break. If not prevented or if left untreated, osteoporosis can progress painlessly until a bone breaks. While women are four times more likely than men to develop the disease, men also suffer from osteoporosis. It’s important for the body’s bone structure and integrity that bones absorb the right levels of calcium and magnesium, and vitamin D helps this process. USANA’s Active Calcium is a balanced and complete formula of these important ingredients. For a calcium supplement to be effective, it must be absorbable, and USANA’s Active Calcium formula is the outstanding choice among competitors.

Learn more about USANA's products by visiting the [website](#), reading the [blog](#), or on [Facebook](#) or [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.