

Third-Party Research Performed in Collaboration with USANA

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USANA In-House Clinical Research Posters

- Advanced Doses of Vitamin D are Required to Achieve Optimal Vitamin D Status, Particularly During the Winter
- Bioavailability of Epicatechin after Consumption of Grape Seed Extract in Humans
- Bioavailability of USANA Essentials vs Four Select Competitor Products
- Grape Seed Extract Plus Vitamin C Improves Indices of Vascular Health
- Hepasil DTX™ Increases Antioxidant and Detoxification Capacity by Boosting Glutathione and Vitamin C Levels
- Influences of a Healthy Lifestyle Program on Body Composition and Markers of Cardiovascular and Metabolic Health
- Method of Assessment of Antioxidant Status *In Vivo*
- Vitamin D Supplementation is Required During the Winter to Obtain Optimal Vitamin D Status

USANA In-House Clinical Research Papers

- Effects of Antioxidant Supplementation on Oxidative Stress in Trained Cyclists
- Glycemic Index (GI) Score for USANA's Peanut Butter Crunch Nutrition Bar
- Pharmacokinetics of Poly C versus Ascorbic Acid
- Bioavailability of Silicon from Three Sources
- Comparative Bioavailability of Coenzyme Q10 in Four Formulations
- Effects of Broad-Spectrum Antioxidant Supplementation on the Antioxidant Status of Human Plasma
- Glycemic Index (GI) Score for USANA's Fibergy Bar and Chocolate Nutrimeal
- Calcium-Magnesium-Vitamin D Supplementation Improves Bone Mineralization in Preadolescent Girls
- Glycemic Index (GI) Scores for USANA's Chocolate, Vanilla, and Strawberry Nutrimeals
- Glycemic Index (GI) Score for USANA's Oatmeal Raisin Nutrition Bar
- Glycemic Index (GI) Score for USANA's TenX Antioxidant Blast Dietary Supplement
- Reversal of Metabolic Syndrome through a Lifestyle Change Program Involving a Low Glycemic Diet and Exercise
- A Novel Assay for Determining Plasma Antioxidant Capacity
- Comparative Absorption of Water Soluble Vitamins from Five Supplements

- Ubiquinone versus Ubiquinol Clinical Research Bulletin

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