



Proud Partner

“Know Your Body, Personalize Your Needs”

John Bosse, MS, RD, CD, NSCA-CP – USANA Senior Scientist, Product Innovation
Brian Dixon, PhD – USANA Executive Director of New Products and Technological Innovation

Personalized nutrition is the key to achieving optimal health and noticeable results in every individual, yet often is not given the attention it deserves. As numerous scientific studies provide great insight into the “average” response of a given nutritional intervention, not everyone falls into the “average” category, and many are often left in the same position they started in—unaware of what nutrients their body is lacking and confused as to why they aren’t reaching their optimal health goals.

For example, two individuals of the same gender can weigh the same, exercise the same, have nearly the same body fat percentage, be on the same dietary plan, but achieve different results. In these types of situations, it is likely that a person’s genetics and/or lifestyle are playing a role in your nutritional health, and you should reach out to a nutritional professional to help create a personal dietary plan that includes a nutritional supplement regime. This is especially recommended for athletes and those participating in high-intensity activities.

Athlete Nutrition

For athletes, nutrition at appropriate times during the day is a critical factor in optimal health, and it needs much greater attention than for those who are less active. Properly timed pre- and post-workout nutrition, along with fluid, electrolytes, and energy replacement during exercise have a huge impact on an athlete’s performance and gains obtained from training. When it comes to customizing an athlete’s nutrition plan, several factors must be weighed.

- The athlete’s vitamin and mineral status.
- The amount the athlete sweats during exercise and how “salty” it is.
- The athlete’s tolerance for food before competition without experiencing stomach upset and whether or not this differs between the emotional states before matches versus practices.

These factors ring true for speedskaters as well, who take USANA's high-quality products, including the SportsPak. A customized MyHealthPak consisting of individual packs of morning and afternoon doses of vitamins, minerals, and other supplements. These supplements help optimize the players' bones, joints, and overall fitness and health, allowing them to compete at their very best.

Customize Your Nutrition

Guidance from a sports dietitian or nutrition professional can shorten the trial and error process of learning how much protein, carbohydrates, and fluids you need before, during, and after exercise.

If you are interested in learning more about your nutritional health, consult with your physician. He or she is a great place to start, and it's highly recommended you connect with them to get their opinion on your specific needs. Survey tools like [Block Questionnaire](#) or USANA's [Health Assessment and Advisor](#) can also help.

To ensure you are at least getting all the essential micronutrients you need, consider adding a multivitamin and/or multi-mineral supplement to your daily routine for added protection. If you are looking for a more personalized plan, USANA offers its [MyHealthPak](#), a product that provides a fully customized selection of USANA® Nutritionals for a complete and balanced spectrum of beneficial nutrients to meet your personal dietary needs.

For more information about USANA's products, visit www.USANA.com.



Brian Dixon, PhD received his doctorate in molecular and cellular biology from The Linus Pauling Institute/Oregon State University. His work focused primarily on the aging process, antioxidants, detoxification, and the therapeutic potential of lipoic acid. He also researched heart disease and cancer as part of his graduate work. Upon graduation, Dr. Dixon did his post-doctorate work at the Linus Pauling Institute until he joined USANA Health Sciences in January 2009. Currently, as Executive Director of New Products and Technological Innovation at USANA, he facilitates and manages clinical studies, new product development and independent research partnerships.



John Bosse, MS, RD, CD, NSCA-CP is a Registered Dietitian and Certified Personal Trainer specializing in sports nutrition. He received his Master's Degree in Sports Dietetics from the University of Utah and his Bachelor's Degree in Exercise Science from Colby-Sawyer College. His extensive professional experience spans from developing meal plans and supplementation protocols for NFL, NHL, and NCAA athletes to designing exercise and nutrition programs to promote weight loss in clients of various ages and backgrounds. John's has also conducted research in nutrition and exercise science that has been presented at national and international conferences. As an avid natural bodybuilder, John has a particular passion for helping athletes and other individuals gain and maintain long-term muscle mass and strength.