SHAKLEE NEWS

DID YOU KNOW:

Since 1993, Shaklee has provided NASA with a customized version of its re-hydration beverage PERFORMANCE, under the name AstroAde for use by shuttle astronauts.

19 YEAR OLD NEEDS:
B Complex - Alfalfa - GLA

Our 19 year old daughter mentioned recently how much different she feels if she forgets to take her supplements. She told us:

"The main difference I feel is when I forget to take B Complex, Alfalfa, and GLA.

Without **B Complex**, I am more clumsy at work and find it harder to focus, follow multi-step instructions, as well as a significant drop in my energy level.

Taking **Alfalfa** on a regular basis has also improved my digestion. I never get constipated when I'm on Alfalfa and just feel healthier in my gut.

Over the last few weeks, I began doubling and tripling my intake of **GLA**. I experienced no pre-menstrual symptoms, which consists of depression, muscle aches, nausea, skin sensitivity, and acne.

After realizing how much better I feel being on my supplements, I am very careful to take them every day now. I am so thankful for these products!" Bill & Jane

Shaklee Cleaners:

1 bottle of Basic H2
Replaces 5,824
Bottles of Windex!

"THE INCOME FROM MY BUSINESS ALLOWS OUR FAMILY TO ENJOY THINGS THAT WE MIGHT NOT HAVE NORMALLY BEEN ABLE TO."

I am a critical care nurse by trade. After I finished nursing school I was looking for a company that had nutritional supplements that I could trust. My search led me back to Shaklee. Shaklee has benefited us in so many ways. When I was seven, I was diagnosed with asthma. Using Shaklee cleaning products in my home has helped to minimize triggering allergens! And the income that my business generates allows our family to enjoy things in life that we might not have normally been able to have. I am so grateful for the freedom I have been able to enjoy by building a Shaklee business and the community of positive, uplifting people that I have met in this company!"

My husband recently lost 30 pounds on Shaklee 180 and sharing his story has stimulated growth in the business and given us an avenue to help other people gain control of their weight and health."

MY BEST SUCCESS TIP:
Never give up and never compare! Everyone's journey in Shaklee isn't going to be the same – some will grow faster and some will grow at a slower pace. The important thing is to keep going and focus on how sharing your unique experience can help someone you meet make a decision to improve their life with Shaklee. Lizzie

Vivix is 13X more effective than Resveratrol alone

Beauty begins with your cells

Scientists believe that daily cell damage may be a key factor in normal aging.

- ★ Slows cellular aging by protecting and repairing DNA
- ★ Activates cellular defenses and neutralizes free radicals
- ★ Increases cellular energy
- ★ Proprietary muscadine grape polyphenol blend
- ★ Backed by six patents

Glaucoma: The pressure in both my eyes was 18 and the Dr. suggested laser surgery. He said it needed to be in the low teens. After 3 months of taking Vivix my eye pressure went down to 12 in one eye and 13 in the other. My eye doctor was amazed. My pressure has continued to go down and currently is at 11 in one eye and 12 in the other! As a result, I will continue to take Vivix. I used to go to the doctor every 3 or 4 months and now I go every 6 months. Thank You Shaklee!
Carolyn M

PROSTATE TUMOR: Lowell's doctor found a tumor on his prostate gland. Lowell talked with a few friends who are biochemists — and they recommended no biopsy. He began using 2 doses of Vivix per day along with his other supplements. Every 6 months he was examined — first time, enlarged and harder; second time, smaller and softer; third, fourth, fifth times, smaller and softer; 6th time GONE and it has remained gone! Linda

AGING IN REVERSE with SHAKLEE Youth

OPTIFLORA DI

Probiotic clinically proven for digestive and immune health

Potency advantage
OptiFlora DI delivers unique benefits via a proprietary formula with 10 billion CFUs with 4 bacterial strains, the most prominent being the powerhouse Bifidobacterium lactis HN019 which is proven to improve the speed at which our food is digested and metabolized.

Clinically proven probiotic for digestive and immune health.

- Support intestinal flora balance/ add good bacteria
- Maintain regularity
- Reduce occasional gas, bloating, and constipation

54 Year Old Has Many Issues to Overcome!

My sister has lived for 54 years without making any investment in her health and has developed SO many issues to overcome. Recently, she agreed to try to address some of her health issues nutritionally. She started on the **Shake, Vitalizer, OsteoMatrix, and CoQHeart**.

Today, after just a few months on this program, she received the following report from her doctor:

- Triglycerides have gone from 162 to 138
- Total cholesterol, from 245 to 203
- HDL (good) cholesterol, from 66 to 73
- LDL (bad) cholesterol, from 142 to 102
- Ratio, from 3.7 to 2.8
- Blood sugar, from 108 to 97
- And her osteopenia has improved!

"Willing to make an investment in her health"

She has agreed to add **Cholesterol Regulation** Complex to her regimen. The cholesterol-lowering medication she used in the past caused her joints to ache terribly. She is eager to make further progress in improving her levels. Chris

This or That?

See how Life Shake compares to other popular "healthy" foods.

ON THE GO

2 SCOOPS LIFE SHAKE™ PLANT FRENCH VANILLA IN 8 OZ. COLD WATER

520	CALORIES	160
17 g	PROTEIN	20 g
39 g	SUGAR	5 g
22 g	FAT	4 g
62 g	CARBOHYDRATES	16 g
$7.80	PRICE/SERVING	$3.13

STARBUCKS® CLASSIC COFFEE CAKE & ALMOND MILK LATTE (16 OZ. GRANDE)

Vitamins in a Powder!

CitriBoost

- **Your daily multivitamin in powder form that provides 100% DV of essential vitamins and nutrients**
- **Includes a prebiotic and probiotic to support gastrointestinal and immune health**
- **A great alternative to supplements and suitable for the whole family**

OVERNIGHT OATS

1/3 Cup Oatmeal (Old Fashioned)
1 T. Chia Seeds
1 Scoop Life Shake or Energizing Soy
Pinch of salt (Himalayan)
1 Cup Milk of choice

Stir dry ingredients. Add milk. Refrigerate overnight OR for at least 1-2 hours.

Before serving add toppings of choice … fruit, granola, nuts, coconut, etc.

FALL & SPRING ALLERGIES

Headaches, Migraines, Itchy Eyes, Exhaustion, Drippy Nose, Congestion, Coughing, Sneezing

PRODUCTS YOU CAN COUNT ON:

1. NutriFeron
2. Formula I
3. Alfalfa

Thanks to Alfalfa and NutriFeron
I am free of all the nasty side effects from allergy medications! I was allergic to virtually "everything" it seemed and was resigned to being on meds for the rest of my life UNTIL I remembered how awesome the Shaklee products were when I was growing up. Now the only times I feel my allergies kick back up is when I forget to take my Alfalfa and NutriFeron. Tim

Allergy Induced Asthma:
"I have conducted my own experiment with NutriFeron on my family. Bailey, 6 years old, has taken one every day for months now. I chose her because she's the only one that has been diagnosed with 'allergy induced asthma'. She has not shown any allergy symptoms nor has she had that barky cough." Christie

Stan swears by Formula I:
Since I've discovered the secret of taking 3-4 Formula I all at once in the morning with food, I have virtually eliminated the allergies from my life. This program has worked for lots and lots of folks.