



Shaklee

BUILD YOUR IMMUNITY



SAFE IMMUNE SUPPORT FOR YOU
Immunity Power Pack

NUTRIFERON: A real “break-through” product. NutriFeron will increase your Interferon “naturally”. Take daily and maintain a strong immune system.

VITALIZED IMMUNITY: Have you used Emergen-C or Airborne? Now we have Vitalized Immunity that is much more effective and fast acting! One tablet = 16 oranges!

DEFEND & RESIST COMPLEX: Stimulate your resistance with the help of Echinacea, Black Elderberry and Larch Tree. Swallow, chew or crush ... take for 7 days and you will be “good as new”!

Heel Spurs and Calcium

When I was coaching a soccer team, the underside of my heel began to hurt getting progressively worse. I went to a podiatrist who explained that I had a bone spur caused by a build-up of calcium deposits. To take away the pain, the doctor injected a steroid and told me that the shot should last about 6 months. Not an encouraging picture as the second steroid shot would last 5 months, and the third shot 4 months!

When I got home I told my wife, Jo Ann, what the doctor had told me. She recommended I take Shaklee's calcium supplement. I told her she must be crazy! The doctor told me I had too much calcium that caused the bone spur!

Fortunately, she had heard Dr. Bruce Miller say that there are different kinds of calcium. The kind I had ingested from dairy, cheese and ice cream was the hard to absorb calcium which can simply “deposit”. Dr. Miller said that Shaklee's calcium supplements were easy to assimilate and could help dissolve the hard to break down calcium in a bone spur.

So, reluctantly, I took my wife's advice, and added calcium to my Shaklee supplement regimen, The spur never returned! That was 35 years ago. Today, I recommend Shaklee's Calcium, Osteomatrix, whenever someone has "spurs" on their feet or vertebrae.

And the cost? No more doctor visits, no more drugs ... only the small cost of the Shaklee calcium supplements! What a great investment! Thank You Shaklee.

Jerry Aldrich



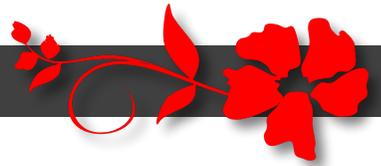
My Son's Grades Doubled!

"Our 8 year old son Colin got the "Effort Award" at School which is one of the highest achievements. He's getting all 4's on his work and homework and tests.

Before MindWorks, we were stuck at 2's and frustrated no matter how hard we worked with him. I decided to crush up 1 MindWorks tablet and mix in his morning oatmeal to see if it would make a difference ... and it has!"

Shirley





← **Healthier Choice** →



**Clorox
Wipes**

VS

**Shaklee
Germ Off
Wipes**



- * Flammable
- * Harmful if inhaled or absorbed by the skin
- * Solvents linked to birth defects, behavioral and cognitive issues
- * Skin irritant
- * VOC's - harmful fumes into the air

- * Not flammable
- * No harmful fumes
- * Fragrance free, bleach free, alcohol free
- * No skin irritation
- * No VOC's - no harmful fumes into the air

GERMS BE GONE

GERM OFF DISINFECTING WIPES: Kills odor-causing bacteria found on hard, non-porous household, kitchen, and bathroom surfaces. Great for cleaning around the toilet. Leaves your bathroom and kitchen fresh and clean. The smart way to clean and disinfect. Fragrance Free.

BASIC G GERMICIDE: One quart makes 64 gallons. Great on disinfecting throughout the house. On cleaning day put 1 Tbsp. in a gallon of water and clean all hard surfaces. Gentle but very **EFFECTIVE!**

Through the years it has become increasingly important to Shaklee that every home ought to be one of the safest places to live. That being said, they've created a "Healthy Home" and "Get Clean" line of nontoxic & hypoallergenic products that outperform several national and 'green' brands—or your money back.



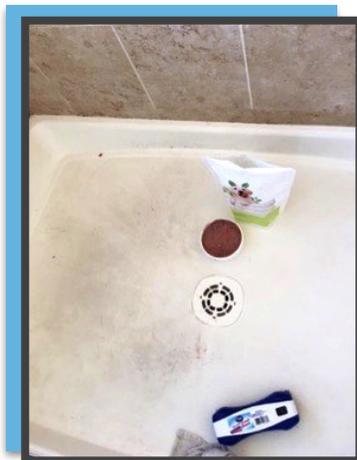
HOW TO CLEAN A SHOWER FLOOR

with safe, non-toxic Shaklee cleaners that really work!

1) Spray a **Basic G** solution of 1/2 tsp. G to 16 oz water (you don't need more than that as it's highly concentrated) on half of the shower floor to get it wet and sanitized.

2) Sprinkle a scoop of **Nature Bright** over the area and work it in evenly with the scrub brush to help clean and whiten. Keep it wet and continue to work in Nature Bright.

3) Rinse off the brush and dip it gently



into the jar of **Scour Off**. (Again, you don't need much to do the job.) Start scrubbing with the brush up and down, back and forth, all around. Make sure it stays damp. Rinse with a wet rag so you can see where you might need a bit more scrubbing. Voila!

The combination of those three products create magic. You can mix and match any of the Shaklee products together with no negative effect.

Muriel D.

The Amazing Benefits of "Ashwagandha"



Ashwagandha has been used by Ayurveda for thousands of years as a rejuvenate and an adaptogenic herb, meaning that it is used to help the body resist physiological and psychological stress. Ashwagandha is used to tone, support, and revitalize bodily functions. It has been revered over time for its dual capacity to energize and calm at the same time. In addition to its dual energizing/calming effect, ashwagandha offers a number of benefits:



Supports a healthy immune system

Calms mental processes

Fosters healthy sleep patterns

Benefits a healthy reproductive system in both males and females

Supports sustained energy levels, strength, and vitality

Supports healthy back and joints

Shaklee Stress Relief Complex formula contains ashwagandha, a traditional herb used to help the body adapt to heightened stress. It also contains L-theanine, beta sitosterol, and L-tyrosine. Stress can elevate your body's levels of **cortisol**, and continuously high levels have been linked to longterm health consequences. Stress Relief Complex was designed to help support your body's response to stress.



YUMMY, SIMPLE SNACKS FOR YOUNG AND OLD!

1. Peel a banana and dip it in yogurt. Roll in crushed, no-added-sugar cereal or granola and freeze.



2. Orange Smoothie Drink. Add 1-2 scoops of the Shaklee Life Shake; Soy or Almond Milk; 1/2 C. Orange Juice; 1/3 Banana; Vanilla; Ice ... Blend.

3. Spread celery sticks, sliced cucumbers or sliced apples with almond, peanut, or cashew butter (no added sugar). Option: Top with raisins.

4. Sprinkle grated Monterey Jack cheese over a corn tortilla. Grill and top with mild salsa.

LIFE SAVER PRODUCT



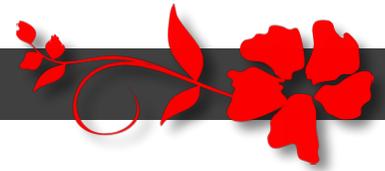
I have to share with you the wonderful results I have gotten with the Shaklee Stress Relief Complex.

I can honestly say, since I began taking this, 15 days ago, I have not taken one Ibuprofen which is remarkable and unheard of for me. My life literally depended on this!!

I have suffered from severe headaches the last 15 years, joint problems and aches and pains too much to deal with without the help of Ibuprofen. I knew the risks I was taking with ibuprofen but thought I couldn't live without it.

I began taking two stress complex in the morning after my breakfast. By mid morning, I was thinking more clearly, I could focus on my job and nothing seemed to bother me mentally or physically. I am thrilled that there is something I can take on a daily basis without side effects and really works! This has been a life saver!

Pam Schwalbach



How do you feel when you wake in the morning? Do you jump out of bed ready to take on the day, or do you feel stiff and slow-moving? If the latter sounds more like you, your joints are probably talking to you.

"My life is completely changed

with Joint Health Complex. I had double knee replacement in my 20's after playing lots of high impact sports like soccer and hockey. I thought I would have to suffer through it, but my knees feel so much better! I've had pain getting up every morning, now that is gone. I ran a mile for the first time in over a decade! **Joint Health Complex** has totally improved my quality of life!" *Mark Wabalas*

World's Most Popular Multivitamins ... HARMFUL??

One of the most popular brands in America is Centrum. In one capsule, you can receive all the necessary nutrients you need to maintain a healthy lifestyle. It sounds too good to be true. And it is.

So here's the deal: as in life, with supplements you pay for what you get. I would rather my patients throw their Costco multivitamin in the garbage and not take anything at all. It sounds rather harsh, but I cannot in good faith have my patients take something that I know is harmful.

In the last few years several studies have shown an increased risk of death when taking multivitamins. Yikes. And here is an older, landmark study that showed that taking beta-carotene causes increased risk of death in smokers.

Yet, in many other studies multivitamins or single vitamins have been shown to decrease certain cancers, prevent neural tube defects (and autism!), reduce the risk of heart disease, decrease the risk of osteoporosis, and on and on.

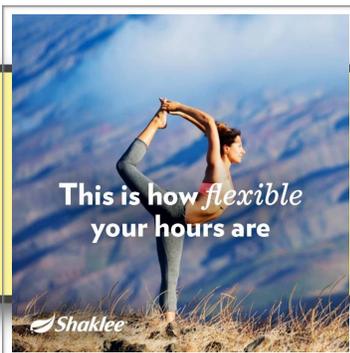
Okay, so what's going on here?

The first thing you should know is that where a vitamin comes from is very important. In the beta-carotene study the researchers were shocked to discover that supplemental beta-carotene was associated with higher death rates. They were studying it because they knew that smokers who consumed high levels of beta-carotene in their diets were much, much less likely to die. **So what gives?** Well, the supplement they manufactured for the study was **synthetic**. It is simply not processed in the body the same way as natural beta carotene. *Dr. Erika Krumbeck*

The Dangers of
**CENTRUM
VITAMINS**



Shaklee Option: **Vita Lea** is a high-potency formulation vitamin/mineral product designed to support the unique needs of men and women. Unlike Centrum and others, Vita Lea is free of artificial colors, preservatives and synthetic processing aids. Cost: only 34 cents per day!!



Shaklee Distributor: