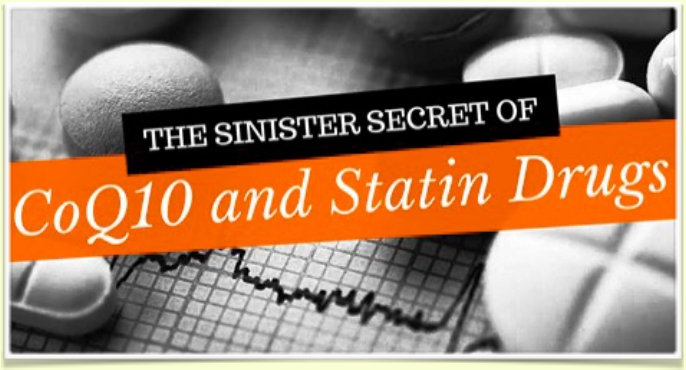
FEEL HEALTHIER IN 7 DAYS!

The Shaklee 7 Day Healthy Cleanse combines 4 supplements
ALFALFA — OPTIFLORA — HERB LAX — DTX COMPLEX

In a clinical study:
- 80% of participants experienced improved **ENERGY** levels
- 73% of participants improved their **HUNGER** management
- 60% of participants felt improvements in **MOOD**
- 74% of participants improved in quality of **SLEEP & THINKING**

Will you lose weight and/or inches on the "7 Day Healthy Cleanse"? The average weight loss is a little over 6 pounds and an inch around the waist.



It is widely known that statins severely deplete your body's natural levels of CoEnzyme Q10 (CoQ10), which is very dangerous. A Columbia University study found that **within 30 days, your levels of CoQ10 can be decreased by half.**

Not only does CoQ10 help your heart, it boosts cellular energy throughout your body and fights fatigue. In addition, CoQ10 helps to reduce muscle pain and weakness, which are the most commonly reported side effects of cholesterol-lowering drugs.

Shaklee's CoQ10: CoQHeart

MAGNESIUM

Up to HALF of Americans are deficient in this nutrient!
Magnesium deficiency symptoms per Dr. Mark Hyman, MD:

MUSCLE CRAMPS INSOMNIA AUTISM ANXIETY ADD PALPITATIONS HEADACHES ASTHMA OBESITY MENSTRUAL CRAMPS IBS REFLUX FIBROMYALGIA CONSTIPATION ANGINA MIGRAINES KIDNEY STONES HIGH BLOOD PRESSURE PMS TROUBLE SWALLOWING KIDNEY STONES OSTEOPOROSIS BLOOD PRESSURE

The Relaxation Mineral

Think of magnesium as *the* relaxation mineral. Anything that is tight, irritable, crampy, and stiff — whether it is a body part or a mood — is a sign of magnesium deficiency.

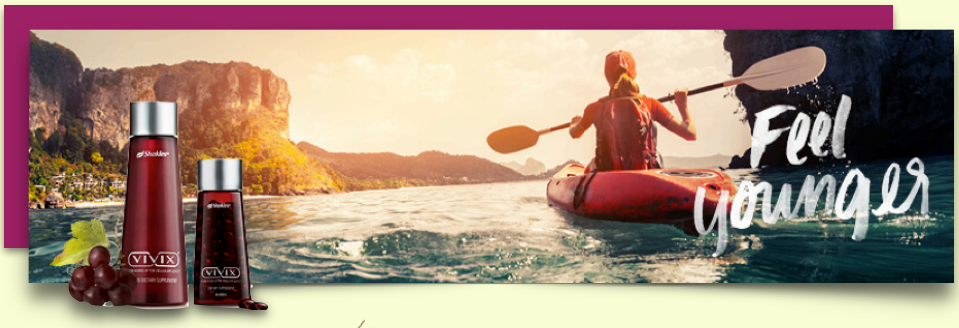
Potent Protection

SLOW CELLULAR AGING NATURALLY

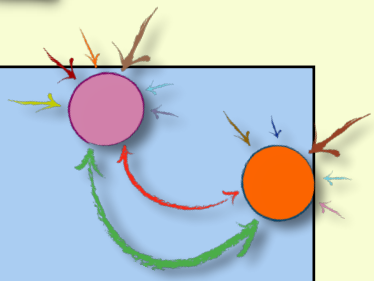
Aging can be defined as the gradual loss of cellular function. Every day, our cells are damaged from environmental exposure, diet, and stress—and this damage can accumulate over time.
Backed by five patents, Vivix contains a proprietary, all-natural blend of diverse polyphenols designed to combat free radicals and SLOW AGING at the cellular level.

VIVIX

Protect and repair DNA from damage
40% lower rate of telomere shortening
13x more powerful than resveratrol alone in slowing a key mechanism of aging



STRESS RELIEF COMPLEX



Contains Ashwagandha, L-Theanine and L-Tyrosine and Beta Sitosterol.

Dr. J Axe states: "Ashwagandha has been referred to as Indian ginseng because of its ability to enhance stamina and has extraordinary stress relieving properties. And the National Institutes of Health reports that theanine reduces psychological and physiological stress responses, and that tyrosine was identified as a regulator of stress induced anxiety.

Use Stress Relief Complex for a calmer and healthier physical and mental state without causing drowsiness consider.

DID YOU KNOW?

Stress speeds up the spread of CANCER!
Stress can elevate your body's levels of cortisol, and continuously high levels have been linked to long-term health consequences. Stress Relief Complex helps support your body's response to stress.

YOU WILL BE ABLE TO "FEEL" A DRAMATIC DIFFERENCE WITH STRESS RELIEF!

Easy to Get DHA Into Kids

Karen M. shares:

"My kids like all the Shaklee chewable vitamins, and ask for them. I started using the Mighty Smart Chews as soon as they were available and now that is the first thing they ask for each morning. I decided to try them myself and I think they taste just like a tangelo without all of the mess. I have been looking for a good option to get DHA into my kids (that they will eat) for a long time now and I am psyched that it is here."

Abigail's Story

STROKE - SEIZURES - DEMENTIA

Back in 2000, I left work and went to the emergency room because of numbness that was progressing down my left arm. They eventually came up with a diagnosis that I have a genetic disorder that makes me prone to strokes, seizures and progressive dementia.

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I had my first seizure the next morning in the hospital and my first stroke about six months later. My mental capacity started to lessen as well with each additional seizure.

Looking back, I can see how my job performance was slowly suffering as was my social life. I had another stroke which affected my balance and I ended up having to walk with a cane. My world was getting smaller and smaller as the seizures and strokes continued. The damage to my mental state was devastating. I couldn't hold a decent conversation — I would simply sit silently and just listen to others. I would cry in pure frustration, knowing it was only going to get worse. I spent most of my time, home alone, not wanting to do anything or deal with anyone.

Last year my sister, Susan, met Julie Young and was introduced to Shaklee. Susan tried some of the products, including MindWorks. She told me about it and how it was helping her. I then gave it a try.

After about 3 weeks on MindWorks, I started noticing a difference. I was feeling more alert, and more positive. I remembered more, was speaking more with less difficulty. It was making a major difference. Susan would say, " you went from not talking at all to non-stop talking!"

I am truly grateful for MindWorks, and for what all the other Shaklee products are doing for me. After my third stroke about 6 years ago, I had to quit teaching Sunday School … I am very happy to say I am back teaching the 5 and 6 year olds. By using MindWorks and Vivix, not only has my balance improved but July 4th I ran a 4 mile race.

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MindWorks and the other Shaklee products turned my life around. I became a distributor so that I can share this amazing gift with others.

Abigail

"Being home with my kids was always a dream of mine. Now with Shaklee, I am able to be home with my kids and make more money than I was when I was going to work!"

Lauren Napoli, Shaklee Distributor

Wreaking Havoc

WE OVER-CONSUME BY 5 TIMES!

We know that too much sugar is bad for our waistlines and our heart health, but now there's mounting evidence that high levels of sugar consumption can also have a negative effect on **brain health** — from cognitive function to psychological wellbeing.

A 2012 study on rats, conducted by researchers at UCLA, found that a diet high in fructose (that's just another word for sugar) **hinders learning and memory** by literally slowing down the brain. The researchers found that rats who over-consumed fructose had damaged synaptic activity in the brain, meaning that communication among brain cells was impaired.

Research has also found that people who eat a standard American diet that's high in processed foods — which typically contain high amounts of saturated fat, sugar and salt — are at an increased risk for developing **depression**, compared to those who eat a whole foods diet that's lower in sugar.

It's a risk factor for age-related **cognitive decline and dementia**. A growing body of research suggests that a sugar-heavy diet could increase risk for developing **Alzheimer's** disease.

After Struggling for Many Years with ACNE my amazing Shaklee moment was using Enfuselle skin care products on my face. And now, my 6 year old daughter strokes my face and says "you're beautiful mommy!" *Laura McCaffery*

Shaklee Contact:

Shaklee Energizing Shakes Dramatically Curb The Desire For SUGAR / CARBS!

I have a Shaklee Shake every day and it takes me through until 12-1:00 totally satisfied — no cravings or hunger pains! On the rare days that I do not have the shake (along with my vitamins) … I find myself searching for carbs and snacks mid-morning and throughout the day.

Lorri K

Lorri's Daily Routine:

Shaklee Energizing Life Shake

Shaklee Life Strip (Vitamins, Minerals, Vivix)