



Success Stories



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All About Moms

Young mom slims down for second honeymoon

"I lost 95 pounds and went from a size 18 to a size 4. Before I didn't care how I looked, but now I love being able to put on my fitted athletic wear and feel comfortable. No more loose, baggy pyjamas!"*

Tasha Starr
Selkirk, Manitoba

LOST
95 lbs*



Shaklee
180[™]

*Results and experiences from the Shaklee 180 Program are unique to each person, so results may vary. People following the weight-loss portion of Shaklee 180 can expect to lose 1–2 pounds per week.

Mother of three finds increased energy and feels great!

"I attribute my success to Shaklee 180™, especially the lean muscle I retained while losing weight. My weight-loss journey was not magical or quick; however, it was continuous and, best of all, it was a healthy solution."

Laura

St. Thomas, Ontario



LOST
45 lbs*



*Results and experiences from the Shaklee 180 Program are unique to each person, so results may vary. People following the weight-loss portion of Shaklee 180 can expect to lose 1–2 pounds per week.

New wardrobe for new mom

“Still down three sizes one year later. I lost the weight and gained the smarts to keep it off. No mom jeans for this mom.”

Heather

Mount Laurel, NJ

LOST
30 lbs*



*Results and experiences from the Shaklee 180 Program are unique to each person, so results may vary. People following the weight-loss portion of Shaklee 180 can expect to lose 1–2 pounds per week.

Busy mom gets healthier for daughter

"Shaklee 180™ is perfect for the busy mom on the go; it is great nutrition delivered in a fast and easy way. I lost 23 pounds. I want to stay healthier so I can be around for my daughter for a long, long time."*

Silvia
Missoula, MT



LOST
23 lbs*



*Results and experiences from the Shaklee 180 Program are unique to each person, so results may vary. People following the weight-loss portion of Shaklee 180 can expect to lose 1–2 pounds per week.

New mom loses pounds and gains energy

“Before I had my son, I was on a variety of diets. With Shaklee 180™, I am proud to say I lost all the weight I gained during pregnancy, plus I am 20 pounds* lighter than I was before I got pregnant! And I have gained more than enough energy to keep up with my son!”

Shawna

Inver Grove Heights, MN



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From stressed and discouraged
to energetic and happy

*"I regained my confidence, lost
a lot of stress, and am no longer
miserable. I'm still the mother of
three, but instead of feeling 25,
I feel like a teenager in high school."*

Soledad
Chicago, IL



LOST
91 lbs*



*Results and experiences from the Shaklee 180 Program are unique to each person, so results may vary. People following the weight-loss portion of Shaklee 180 can expect to lose 1–2 pounds per week.

Mother of four gets back to her college size!

"I can say my self-confidence also increased, as I am no longer in that 'it's OK, you've had four kids' frame of mind. I actually lost beyond my goal and returned to my college weight."

Kristi
Des Moines, IA



LOST
27 lbs*



*Results and experiences from the Shaklee 180 Program are unique to each person, so results may vary. People following the weight-loss portion of Shaklee 180 can expect to lose 1–2 pounds per week.

Busy mom can share an active lifestyle with her children

"I wanted to be a healthier mom for my kids. I didn't want to be a mom who sat on the couch and ate a box of cookies; I wanted to be a mom who took her kids to the park. Shaklee 180™ helped me. Now I like the person I see on the outside and love the person I've always been on the inside."

Kym
Wentzville, MO



LOST
63 lbs*



Shaklee
180™

*Results and experiences from the Shaklee 180 Program are unique to each person, so results may vary. People following the weight-loss portion of Shaklee 180 can expect to lose 1–2 pounds per week.

Hockey player helps mom get back in the game

"My son introduced me to Shaklee 180™ and I am thoroughly enjoying my new, more active life. Not only did I lose weight, but I was not hungry and my horrible cravings for sweets and carbohydrates went away. I felt satisfied, energized, and healthier!"

Debbie

Grand Ledge, MI



*Results and experiences from the Shaklee 180 Program are unique to each person, so results may vary. People following the weight-loss portion of Shaklee 180 can expect to lose 1–2 pounds per week.



From pear shaped to
proportionately shaped

*“Still can’t believe it –
I can fit into my teenager’s
prom dress and wore it to a
holiday party (as requested
by my husband).”*

Nina Gail
Princeton, FL



LOST
11 lbs*



*Results and experiences from the Shaklee 180 Program are unique to each person, so results may vary. People following the weight-loss portion of Shaklee 180 can expect to lose 1–2 pounds per week.

A reclaimed figure
after three children

*"I had no idea how dramatically
my body shape would change.
I've gone from a size 7 to a
size 4. Woo-hoo! All of this in
8 weeks...amazing!"*

Jen
Charlotte, NC

LOST
12 lbs*



Shaklee
180

*Results and experiences from the Shaklee 180 Program are unique to each person, so results may vary. People following the weight-loss portion of Shaklee 180 can expect to lose 1–2 pounds per week.

Young mother gets her pre-baby body back

"I was a tight size 10 and now I'm a 4. Now when I walk with my double stroller, people stop me and say, 'Are those your kids? You look great. I can't believe you have two kids!'"

Alyson
Clifton, VA

LOST
22 lbs*



Shaklee
180

*Results and experiences from the Shaklee 180 Program are unique to each person, so results may vary. People following the weight-loss portion of Shaklee 180 can expect to lose 1–2 pounds per week.

New mom feels like a new person

"I can do 'normal' chores without being short of breath. Shaklee 180™ is easy on my schedule, too – I can go online when the baby is asleep and order my products. No need to leave the house or go to meetings."

Rebecca

Wallops Island, VA

LOST
35 lbs*



*Results and experiences from the Shaklee 180 Program are unique to each person, so results may vary. People following the weight-loss portion of Shaklee 180 can expect to lose 1–2 pounds per week.

Wedding Stories

Mother-daughter duo makes it a beautiful wedding

"With Shaklee 180™ products, we started on a remarkable journey to a healthier lifestyle. We had more energy, loved the taste of the products, and our bodies shrunk like magic. The wedding was lovely and the pictures turned out great. But the best gift of all is two healthier people."

Brooke & Fran

Lakewood, CO

LOST
2 sizes*

LOST
27 lbs*



*Results and experiences from the Shaklee 180 Program are unique to each person, so results may vary. People following the weight-loss portion of Shaklee 180 can expect to lose 1–2 pounds per week.

From struggling and discouraged
to a happier and healthier bride

*"I had an amazing wedding and
felt great thanks to Shaklee 180™.
I credit my success to Shaklee.
Not only did I get my fantastic
wedding, but I have more energy
and a new love of life!"*

Julie
Rochester, NY

LOST
75 lbs*



*Results and experiences from the Shaklee 180 Program are unique to each person, so results may vary. People following the weight-loss portion of Shaklee 180 can expect to lose 1–2 pounds per week.



Personal Triumphs

Doctor sets good example for patients

"I lost 50 pounds and went from a size 16 to a size 4. I feel healthy and fit long after losing the weight. I'm now a positive example for my patients, and a healthy role model for my daughter."*

Dr. Lori

Mt. Vernon, WA

LOST
50 lbs*



*Results and experiences from the Shaklee 180 Program are unique to each person, so results may vary. People following the weight-loss portion of Shaklee 180 can expect to lose 1–2 pounds per week.

A new outlook on life

"I have lost 65 pounds and regained my self-confidence. I feel stronger, healthier, and younger than I have in 20 years."*

Melissa

Berkeley Heights, NJ

LOST
65 lbs*



Shaklee
180[™]

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**Busy student transforms
his life for the better**

"I lost 74 pounds and I feel great. I work out every day and I have learned to eat right and be healthier. Thank you, Shaklee, for giving me my life back."*

Andrew
Discovery Bay, CA

**LOST
74 lbs***



*Results and experiences from the Shaklee 180 Program are unique to each person, so results may vary. People following the weight-loss portion of Shaklee 180 can expect to lose 1-2 pounds per week.

From being hungry and tired
to energetic and happy

"I was extremely overweight and facing serious health issues as a consequence of my weight. I lost 100 pounds and 30 inches and feel like Shaklee has given me my life back. I can play with my children, work, and go running – things that were hard to do before."*

David
Princeton, IN



*Results and experiences from the Shaklee 180 Program are unique to each person, so results may vary. People following the weight-loss portion of Shaklee 180 can expect to lose 1–2 pounds per week.



**LOST
100 lbs***



Young father loses weight, gains self-esteem

"I lost 43 pounds.* I am no longer embarrassed by my size. I have more energy to play with my daughter and take walks with my wife. I have a better future, thanks to Shaklee and Shaklee 180™."

Donald
Sun Valley, CA



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LOST
43 lbs*



Feeling energized

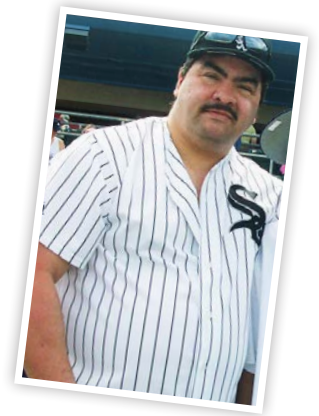
"I have lost 81 pounds, and people who have not seen me for a while are asking how I did it. I am sharing my Shaklee 180™ weight-loss story and enjoying my new, healthier lifestyle."*

Pablo

Chicago, IL



LOST
81 lbs*



*Results and experiences from the Shaklee 180 Program are unique to each person, so results may vary. People following the weight-loss portion of Shaklee 180 can expect to lose 1–2 pounds per week.

What you think, you look.
What you think, you do.

"I lost 72 pounds* with Shaklee 180™ Products. I am living proof that it works. I want to help people have healthier lifestyles. I know Shaklee products will be an integral part of my future plans."

Julie
Lake Forest, CA

LOST
72 lbs*



*Results and experiences from the Shaklee 180 Program are unique to each person, so results may vary. People following the weight-loss portion of Shaklee 180 can expect to lose 1–2 pounds per week.

Because guys want to look good, too!

“Shaklee 180™ exceeded my expectations! Because of my weight loss, I slept more soundly, snored less, and I was still raring to go, even at 11 o’clock at night. It’s even easier to get up in the morning. Who wouldn’t want results like this?”

Charles
Bailey Island, ME



LOST
30 lbs*



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Musician gets his groove back

"I am a New Orleans musician who lost 60 pounds with Shaklee 180™. I gave up smoking, improved my health, and regained my self-confidence. It has helped my performances, as well; I am much more alive on stage."*

Robert
New Orleans, LA

LOST
60 lbs*



Shaklee
180™

*Results and experiences from the Shaklee 180 Program are unique to each person, so results may vary. People following the weight-loss portion of Shaklee 180 can expect to lose 1–2 pounds per week.

From almost losing his job as a mechanic to losing 103 pounds*

"After dropping 103 pounds, I don't worry about my knees, and I don't desire fast food and 'toxic-to-the-waistline' cuisine! Shakelee has created a healthier life for me."*

Matt
Mocksville, NC



LOST
103 lbs*



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Mother-daughter team does a Turnaround

"The products are convenient, and when Shaklee makes it, I use it. The first thing I noticed was looser pants; once that happened, I was willing to stick with the program."

Deb

Naperville, IL

"Shaklee 180™ is now my way of life. I have a much more reasonable relationship with food; I eat all my favourites, just a lot less of everything."

Heather

Wylie, TX



*Results and experiences from the Shaklee 180 Program are unique to each person, so results may vary. People following the weight-loss portion of Shaklee 180 can expect to lose 1–2 pounds per week.



Former college football player tackles weight

"I said, 'You know what? It's about time. I'm almost 55. My family is concerned about my health. I can do 12 weeks.' Now I'm starting to think about things like body mass index, and trying to look a little leaner."

Bill
Millbrook, NY



LOST
80 lbs*



Shaklee
180[™]

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Quick and easy plan helps athlete regain youthful physique

“Before I knew it, people started noticing that I was dropping weight. During this time, my exercise routine remained the same as the prior 3–4 years, but the weight kept coming off. Shaklee 180™ has given me back the body I had in high school.”

Richard
Lexington, SC

LOST
30 lbs*



Shaklee
180™

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New wardrobe, new attitude...
new outlook on life

"I'm happy to say Shaklee 180™ was one of the best things that ever happened to me. It helped me build a healthier relationship with food. Honestly, I was never hungry and I believe that's what helped me stay on it."

Wanda
Wellington, FL



*Results and experiences from the Shaklee 180 Program are unique to each person, so results may vary. People following the weight-loss portion of Shaklee 180 can expect to lose 1–2 pounds per week.

LOST
60 lbs*



Two weeks can change
your life forever

"I knew by the fourth day that Shaklee 180™ was different. Instead of feeling deprived, I felt satisfied. After two weeks I still felt great and had lost some weight. I said, 'I can do this!' And I liked the way I felt, so I committed."

Karen
La Grange, IL



*Results and experiences from the Shaklee 180 Program are unique to each person, so results may vary. People following the weight-loss portion of Shaklee 180 can expect to lose 1–2 pounds per week.

LOST
65 lbs*



From personal obstacles
to personal triumphs

"Now I feel more alive and stronger...a role model to my family, to my students, and friends. Shaklee 180™ has made that possible."

Elana
Pikeville, MD



LOST
47 lbs*



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From a long recovery after a back injury to a trim, energetic guy

"I want to be there when my daughter gets married; I want to be there for her kids and my grandchildren's kids, too."

Dub
Oceanside, CA



LOST
62 lbs*



Shaklee
180[™]

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From unhappy exhaustion to happily working double shifts

"I have more energy and feel fantastic. As a result of my weight loss, I am a happier person, no longer struggling with emotional difficulties. Thank you, Shaklee, for changing my life."

Sue
Clinton Township, MI



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Once embarrassed, now
an aspiring health coach

“Yes, Shaklee 180™ lit my fire. After losing weight, I came away with more vitality, more passion for people and life, and more confidence. I completed a triathlon and am on my way to being a certified health coach.”

Cindy
Albuquerque, NM

LOST
30 lbs*



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The difference is incredible!

"I feel like my body is more toned, and losing the weight has given me more confidence in myself. I have a lot more energy and I don't feel like I want to lie down and take a nap."

Christine
Hebron, IN



LOST
21 lbs*



Shaklee
180[™]

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From several diet fiascos to a plan that brought success

"As a result of losing weight, my knees are no longer in constant pain."

Mark
Ipswich, MA



LOST
46 lbs*



Shaklee
180[™]

*Results and experiences from the Shaklee 180 Program are unique to each person, so results may vary. People following the weight-loss portion of Shaklee 180 can expect to lose 1–2 pounds per week.

Active Lifestyles

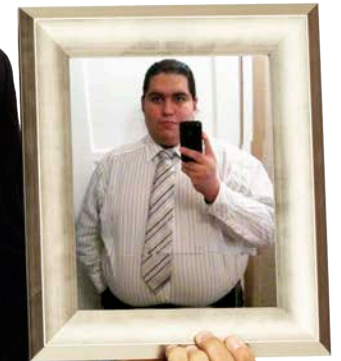
Back in action

"I lost 200 pounds* and 13 inches around my waist. I'm still losing weight and I'm more active and healthy like I was as a kid. I work out regularly, and I can run and play basketball without getting winded."

Edgar

Lynwood, CA

LOST
200 lbs*



Shaklee
180[™]

*Results and experiences from the Shaklee 180 Program are unique to each person, so results may vary. People following the weight-loss portion of Shaklee 180 can expect to lose 1-2 pounds per week.

Slam dunk for new dad

"I lost 38 pounds and 3 inches around my waist. Now I lead an active and healthy lifestyle with my family."*

Zach

Kanakee, IL



LOST
38 lbs*



Shaklee
180[™]

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Giving the gift of a healthier, happier you

"At this moment, I don't know exactly how many pounds I have lost. I have come to realize it is not just about the weight; it's about being the best you can be for yourself and all your loved ones!"

Eldner
Durham, NC



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"I feel just as good now as I did when I was in my 30s!"

"I can't believe how much energy I have. Friends and family tell me I look great, and my husband loves the new slimmer me! My doctor is pleased with my weight loss and told me to keep doing whatever I'm doing."

Donna
DeForest, IL



LOST
40 lbs*



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From “discouraged” to “delighted”

“I was discouraged, feeling deprived and, worst of all, in denial. As an older woman, my metabolism and my activity level were slowing down. I tried Shaklee 180™ and added some new words to my vocabulary: “determined,” “dedicated,” and, best of all, “delighted.” I now look forward to each day knowing I am healthier and more active than I have been for years.”

Dianna

Blue Springs, MO



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From a solid shape to a svelte new figure

"I told myself the extra weight was a 'mature woman's lot in life,' until I was introduced to Shaklee 180™. It never crossed my mind that my body could look as good as it does right now."

Marcia
Dallas, TX



LOST
25 lbs*



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From a tight size 18 to
a size 8 and feeling great

"Each week the pounds came off
and at the end of 12 weeks, I lost
30 pounds* and dropped 3½ sizes.
My body fat lowered by 6%. Now
I have lost even more. I went from
an 18 to an 8, and my body fat
dropped 8.3%."

Suzanne
Elkhart, IN



LOST
40 lbs*



Shaklee
180™

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A caring nurse takes time to care for herself

"I'm good about taking 10,000 steps a day. If I haven't reached it by bedtime, I step in place by the bed until I get there! Cookies and candy don't tempt me anymore. I say no thanks, that's not my food."

Bernie
Rapid City, SD



LOST
30 lbs*



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Inspiring others,
one person at a time

"I lost 63 pounds and was able to be active again. I feel engaged in life again, as if I have something to offer others. I want to help others with the struggle to a healthier life – it could actually help save lives!"*

Judy
Healdsburg, CA



LOST
63 lbs*



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Back on track and feeling great

"I lost 40 pounds with Shaklee 180™ and recently completed a 57-mile ultramarathon in my fastest time yet. I felt strong all the way to the finish."*

Tim

Battle Creek, MI



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Exercising with greater ease

"When I started Shaklee 180™, I was overweight and could not exercise because of sore knees. I have now lost 80 pounds and, because of that weight loss, I can take walks and do water aerobics. I feel wonderful. Shaklee 180 has changed my life."*

Marilyn
Isle, MN



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LOST
80 lbs*



Looking and
Feeling Great

Feeling like a model again

"I lost 30 pounds and went from a size 16 to a size 4. I've kept the weight off, and I look and feel 100% better than I did 10 years ago! I credit Shaklee 180™ products for my transformation."*

Sophia
Chester, NY



LOST
30 lbs*



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Wearing single-digit-sized clothing and loving it

"I have lost 47 pounds with Shaklee 180™. Someone actually asked me if I had liposuction."*

Dawn
Wilmington, NC



LOST
47 lbs*



Shaklee
180™

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Cravings were the first to go,
followed by the pounds!

"After the holidays, family and friends started asking if I was losing weight. Was I ecstatic! For the first time in 10 years, I got to go shopping for my first smaller pair of jeans – two sizes smaller!"

Tammie
Cedar Park, TX



LOST
49 lbs*



Shaklee
180[™]

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No longer grumpy, tired,
nervous, or hungry

*"It's so rewarding to
measure yourself and
see the numbers go down.
No one will ever convince
me that Shaklee 180™
isn't the healthiest way
to lose weight and get
your life back."*

Sue
Hamilton, OH



LOST
35 lbs*



Shaklee
180™

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Fast food is a thing of the past;
new shape, new energy

*“One of the health benefits
of losing weight was
having my cholesterol drop.
Also, I had to buy a new belt
and new pants – my old
pants kept falling down
around my knees!”*

Gregg
Rexford, NY



LOST
43 lbs*



Shaklee
180[™]

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