

Frequently Asked Questions

Shaklee 180™



Q. What is the Shaklee 180™ Weight-Loss Program and why is it different from other weight-management systems and diets?

A. Shaklee 180 consists of clinically tested weight-loss products* and a program that takes you from your “before” to “after” and beyond. The “180” refers to 90 days to lose the weight and 90 days to learn how to keep it off. Along with the great products you’ll find a comprehensive and holistic system full of tools, education, and support to help you stay motivated and reach your goals.

The secret to Shaklee 180 products is leucine: an amino acid that signals your body to retain muscle so you lose the right kind of weight. On conventional diets you lose muscle along with the fat. Shaklee 180 is designed so that nearly every pound you shed is fat.* That’s right – almost all fat. Since your metabolism is powered by your muscle mass, when you retain muscle your metabolism stays stronger, which can help you keep off that hard-fought weight loss.

The Shaklee 180™ Program and Special Diet Needs

Q. What Shaklee 180™ products are kosher certified?

A. The following Shaklee 180 products are certified as Star K kosher: Soy Smoothie Mix (all flavours, including limited-time seasonal editions), Blueberry & Almond Crisp Meal-in-a-Bar, Crunchy Peanut Butter Snack Bar, Cherry & Almond Snack Bar, Chocolate & Coconut Snack Bar, Metabolic Boost, and Energizing Tea (both flavours).

Whey Protein Blend Smoothie Mix, Peanut Butter & Chocolate Chip Meal-in-a-Bar, White Chocolate Cinnamon Meal-in-a-Bar, Snack Crisps (both flavours), and the Toffee & Chocolate Crunch Snack Bar flavours are certified as kosher dairy.

Q. Are the Shaklee 180™ products gluten free?

A. Shaklee has tested all Shaklee 180 products for the presence of gluten, and the following are labelled gluten free: Soy Smoothie Mix (all flavours, including limited-time seasonal editions), Whey Protein Blend Smoothie Mix, Blueberry & Almond Crisp Meal-in-a-Bar, Crunchy Peanut Butter Snack Bar, Chocolate & Coconut Snack Bar, Snack Crisps (both flavours), and Energizing Tea (both flavours). White Chocolate Cinnamon Meal-in-a-Bar, Peanut Butter & Chocolate Chip Meal-in-a-Bar, Cherry & Almond Snack Bar, and Toffee & Chocolate Crunch Snack Bar contain gluten-free oats but, according to Canadian Food & Drug Regulations, cannot be labelled as being gluten free.

Q. Can I use the Shaklee 180™ Weight-Loss Program if I’m pregnant?

A. Pregnant women can use the Shaklee 180 Smoothie Mix flavours, bars, and snacks as part of a healthy diet. Additional calories, protein, and fibre are essential for a healthy pregnancy and a great way to obtain that additional 300 calories per day is by having a Shaklee 180 Smoothie. Pregnant women would not be following a weight-loss program, nor do we suggest that Metabolic Boost be used. Discuss caffeine intake with your obstetrician; if he or she is okay with allowing a cup or two of caffeinated beverages per day, you can use our Energizing Tea as one serving.

*When prepared as directed.

†Based on a preliminary 12-week clinical study and skin fold caliper measurements to estimate lean body mass and fat mass. Meal-in-a-Bars were not part of the study.

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Q. Can I use the Shaklee 180™ Weight-Loss Program if I'm nursing?

A. You can follow the Shaklee 180 Weight-Loss Program while nursing your baby, but make sure you're eating enough calories and drinking plenty of fluids so that breast milk production isn't compromised. We recommend starting with the 1,800 calorie meal plan.

We also recommend that you discuss the use of the Energizing Tea with your doctor, as it contains naturally occurring caffeine in the amount found in a half cup of coffee or black tea.

Replace the Metabolic Boost supplement with Vita-Lea® With Iron because Metabolic Boost contains the herbal extract evodia, for which the safety of use in nursing women has not been studied. If at any time you notice a change in your breast milk production, you may want to check your calorie and fluid intake or consider discontinuing the program until you've finished nursing your baby.

Q. I'm vegetarian/vegan. Can I be on the Shaklee 180™ Weight-Loss Program?

A. Lacto-ovo vegetarians can use the Shaklee 180 Weight-Loss Program. The Smoothees can be mixed with non-fat milk or low-fat soy milk. Shaklee 180 meal plans designed for lacto-ovo vegetarians are available on the MyShaklee180.com Web site. For strict vegans, please note that some of the Shaklee 180 Smoothie Mix and bar flavours contain dairy ingredients.

Q. Can children use the Shaklee 180™ Weight-Loss Program?

A. This program is not designed for children under the age of 12. However, overweight teenagers (ages 13 to 17) can follow it with supervision from their parents to assure they're following the program as it's designed. We would also urge that teens' health care practitioners see them once or twice in the course of their weight-loss process.

Q. Can people with diabetes use the Shaklee 180™ Weight-Loss Program?

A. All diabetics should be under the care of a medical doctor and should discuss any weight-loss program with their doctors. If you have type 2 diabetes, calorie control and weight loss tend to be critical to the prevention of potential long-term sequelae. Your health care practitioner should evaluate you over time as you lose weight as to whether your medications need adjustment. The Shaklee 180 Weight-Loss Program has been well designed and should be appropriate for most people with diabetes. Simply follow the calorie level your doctor has told you to. Shaklee 180 Smoothie Mix, Meal-in-a-Bar, and Snack Bar flavours have undergone glycemic index testing and meet the definition of "low glycemic." We also have attempted to guide you toward choosing foods in your meal plan with low to moderate glycemic indexes.

Q. I'm allergic to soy. Can I be on the Shaklee 180™ Weight-Loss Program?

A. The Shaklee 180 Weight-Loss Program offers a vanilla-flavoured whey protein blend version of the Shaklee 180 Smoothie Mix. Use two Shaklee 180 whey protein blend smoothies per day as part of your Shaklee 180 meal plan. The only other recommended modification to the plan is making appropriate food choices to replace the Snack Bar, which is also a soy protein-based product.

Here are some non-soy alternatives to eating a Snack Bar:

- 1 cup of non-fat yogurt
- ½ cup of non-fat cottage cheese with 1 cup of raw vegetables
- 1 oz. of low-fat cheese with 5 small whole wheat crackers

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About Shaklee 180™ Smoothie Mix and Meal-in-a-Bar

Q. What are the key features of the Shaklee 180™ Smoothie Mix?

A. Shaklee 180 Smoothie Mix provides:

- 25 grams of leucine-enhanced, hunger-fighting protein (when prepared as directed) to help retain muscle, and 6 grams of fibre to help keep you feeling full
- Non-GMO soy protein
- Low glycemic index
- No artificial flavours, sweeteners, colours, or preservatives added
- No gluten
- Kosher certification

Q. What is leucine and why is it an important ingredient?

A. Leucine is an essential amino acid that signals your muscles to stimulate protein synthesis. It helps your body preserve muscle mass while you lose weight. Keeping muscle helps keep your metabolism strong so you're less likely to regain the weight you lose.

Q. What is the glycemic index (GI) of the Shaklee 180™ Smoothie Mix and bar flavours?

A. The glycemic index is a measure used to assess the rate at which carbohydrates in the foods you eat raise blood sugar. Foods with a GI value of less than 55 are considered to be "low glycemic." All Shaklee 180 products are low glycemic.

Q. Can I mix my Shaklee 180™ Smoothie powder with water?

A. We recommend non-fat milk or low-fat soy milk for the best nutritional profile and to provide you with the full amount of protein and leucine you need in the Shaklee 180 Weight-Loss Program. If desired, you may mix the Shaklee 180 Smoothie powder with water using THREE scoops of powder in eight ounces of water. This provides about the same amount of protein and calories as when prepared with non-fat milk or low-fat soy milk.

Q. Can I use the two Smoothies or Meal-in-a-Bar flavours (or one of each) for any two meals?

A. Yes. You may use the Smoothies and/or Meal-in-a-Bar flavours as meal replacements for two meals per day – breakfast, lunch, or dinner – and have one healthy meal per day, as well.

Q. How does the Shaklee 180™ Meal-in-a-Bar fit into the Shaklee 180™ Weight-Loss Program?

A. The Shaklee 180 Meal-in-a-Bar is designed to be used as a meal-replacement alternative to the Shaklee 180™ Smoothie Mix. If you're looking for an on-the-go alternative to the smoothies, feel free to substitute one Smoothie a day with a Meal-in-a-Bar.

Q. Can I use a Shaklee 180™ Meal-in-a-Bar as a snack?

A. You may use a half serving of a Meal-in-a-Bar as a snack.

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About Shaklee 180™ Energizing Tea

Q. What is the purpose of Shaklee 180™ Energizing Tea?

A. It's not uncommon for all of us to experience occasional dips in energy level, especially when we're reducing our calories to lose weight. Energizing Tea is a great alternative to high-calorie coffee drinks or soft drinks. Enjoy the tea hot or cold; it will help naturally boost your energy level without sabotaging your success. The Green Matcha Energy Tea has 5 calories per serving; the Pomegranate-flavoured version has 10 calories. The T-Lift® blend in Shaklee 180 Energizing Tea provides catechins, which have potent antioxidant properties.

Q. How many servings per day of Shaklee 180™ Energizing Tea may I have?

A. Each tea stick delivers 70 mg of caffeine, which is about one half the amount found in a typical cup of brewed coffee, so you can consume a similar amount of servings of Shaklee Energizing Tea as you would coffee or tea. However, if you're sensitive to caffeine, you may want to try a half serving of the tea and see how you do with it. If you've been told to eliminate caffeine, don't drink the tea.

Q. What is white tea extract?

A. White tea is green or black tea that's harvested before the leaves are fully open (baby tea leaves). At that time, the tea leaf buds are still covered with fine white hair, which provides the name "white tea". The tea leaf buds are steamed to prevent oxidation, then dried. White tea contains more antioxidants than regular green tea.

Q. What is matcha green tea powder?

A. Matcha green tea is a special form of green tea and a traditional ceremonial tea in Japan. It's produced from the finest fresh leaves, handpicked at the earliest harvest and prepared using the whole powder rather than steeping and discarding the tea leaves in order to get the full benefits of all of the nutrients in the leaves, including fibre, minerals, and antioxidants.

Q. What is rooibos red tea?

A. Red tea is made from the herb rooibos, a native plant from South Africa. It provides antioxidants including flavonoids such as aspalathin, a unique polyphenolic compound.

About Shaklee 180™ Snacks

Q. What can I substitute for Shaklee 180™ Snack Bars?

A. We strongly suggest the Shaklee 180 Snack Bar as your go-to snack. With 130–150 calories per bar, it provides 9–10 grams of protein and 3 grams of dietary fibre. It's a great way to add protein to your day and get some extra leucine to help preserve lean muscle. If you can't eat the bar, here are some alternatives:

- 1 cup of non-fat yogurt
- ½ cup of non-fat cottage cheese with 1 cup of raw vegetables
- 1 oz. of low-fat cheese with 5 small whole wheat crackers

Q. How do I use Shaklee 180™ Snack Crisps in the Shaklee 180™ Weight-Loss Program?

A. Shaklee 180 Snack Crisps provide 100 calories and 6 grams of protein per serving. They're a great, savoury tasting alternative to consuming a Shaklee 180 Snack Bar in the context of the Shaklee 180 meal plan guidelines.

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Q. Can my family consume Shaklee 180™ Snack Crisps?

A. Yes. Shaklee 180 Snack Crisps are a healthy snack option for all members of your family, including children age 2 and older.

Q. Can I consume the Shaklee 180™ Snack Crisps if I'm breast feeding?

A. Yes. Shaklee 180 Snack Crisps are safe to consume if you're breast feeding.

Q. Can people with diabetes consume Shaklee 180™ Snack Crisps?

A. Yes. However, each serving of Shaklee 180 Snack Crisps contains 13 grams of carbohydrates. If you use diabetic exchanges, a serving of Shaklee 180 Snack Crisps is equivalent to one starch/bread exchange plus one lean protein/meat. We also highly suggest consuming the snack crisps in the context of our Shaklee 180 meal plan guidelines and that you monitor your blood sugar as recommended by your health care practitioner.

About Shaklee 180™ Metabolic Boost

Q. Should I take Shaklee 180™ Metabolic Boost with food or a Smoothie?

A. Yes. Ideally, you should take one tablet along with each of your two Smoothies a day and one with your prepared meal for a total of three tablets a day.

Q. Can I take all three Metabolic Boost tablets at the same time?

A. For best results we recommend you take one supplement three times daily: one with each Smoothie and/or Meal-in-a-Bar and one with your one healthy meal of the day.

Q. What is evodia extract?

A. Evodia is a natural herbal extract with a history of use in traditional Chinese medicine and has been shown in a number of laboratory studies to have anti-obesity potential.

Q. What is purple corn extract?

A. Purple corn, also known as blue corn, is a natural herbal extract that has been shown in a number of laboratory studies to have weight-loss potential. It's also a source of anthocyanins, a type of flavonoid known for its powerful antioxidant properties.

Q. What is EGCG?

A. EGCG (epigallocatechin gallate) is a component of green tea. Green tea containing EGCG has been shown in clinical studies to increase metabolic rate, increase the calories burned over a 24-hour period, and increase the percentage of calories burned from fat. A clinical study has been conducted using 270 mg of EGCG, the same amount that Shaklee provides in the Shaklee 180 Metabolic Boost.

Q. Can I continue to take other Shaklee supplements while on the Shaklee 180™ Program?

A. It's fine to continue taking other targeted solution products such as OmegaGuard®, Joint Health Complex, etc. However, because the ingredients in Glucose Support Complex are included in the Metabolic Boost, we don't recommend using Glucose Support Complex while on the Shaklee 180 Weight-Loss Program.

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Caffeine in Shaklee 180™ Products

Q. How much caffeine is in the Shaklee 180™ Chocolate Smoothie Mix?

A. The caffeine content of the Shaklee 180 Chocolate Smoothie Mix is less than 1 mg per serving.

Q. How much caffeine is in the Shaklee 180™ Metabolic Boost?

A. The Metabolic Boost contains green tea extract, which contains a low level of caffeine. A full serving of the Metabolic Boost will provide less than 10 mg of caffeine.

Q. How much caffeine is in the Shaklee 180™ Energizing Tea?

A. The teas contain approximately 70 mg of caffeine – about the same as half a cup of coffee.

Q. Is there caffeine in the Café Latte Shaklee 180™ Smoothie Mix?

A. The Shaklee 180 Café Latte Smoothie Mix contains a trace amount of caffeine from the natural flavours used. It has less than 1 mg of caffeine per serving.