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**Dear Shaklee Family Member:**

Prevention is where the future of medicine and health care must go, and there is a significant body of research confirming that nutrition, weight control and smart supplementation can powerfully impact our vitality – today and in the future. The good news is that there are so many tools available to help us take control of our health right now!

We can achieve optimal health through simple steps that address nutrition, wellness, and healthy choices throughout life. We are truly accountable for taking actions that will positively impact our health in the future, but have the additional benefit of making us feel great every single day by providing energy and vitality to accomplish goals and have the life we want. With everything we've learned about healthy nutrition and lifestyle choices, I am confident that by subscribing to my R<sub>x</sub> FOR A HEALTHIER LIFE™, you have taken a great first step towards achieving optimal health.

**Be well!**

**Jamie McManus, MD, FAFAP**  
*Chairman, Medical Affairs, Health Sciences & Education*

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## The Shaklee R<sub>x</sub> FOR A HEALTHIER LIFE™

- **Shaklee Vitalizer™**: for a strong nutritional foundation
- **Vivix®** Cellular Anti-Aging Tonic: shown in laboratory studies to address the four key mechanisms of cellular aging
- **Cinch® Shake Mix**: the premium protein-rich breakfast product
- **NutriFeron®**: for powerful immune system support

## **Shaklee Vitalizer™**

*An excellent nutritional foundation for a longer, healthier life*

In a 2002 report, the World Health Organization declared that, in developed countries including Canada, an average of nearly five years of healthy life expectancy is lost due to six diet-related risk factors.

### **Take Every Day: Shaklee Vitalizer™**

**Shaklee Vitalizer™** contains 80 bio-optimized nutrients clinically proven to create a foundation for a healthier and longer life. It uses an exclusive and revolutionary combination of four nutrient delivery systems, supported by 12 patents, to ensure the right nutrients are delivered to the right place at the right time.

Based on 12 Shaklee clinical studies, Vitalizer™ provides a broad spectrum of vitamins, minerals, antioxidants, anti-aging phytonutrients, omega-3 fatty acids, and probiotics in one convenient Vita-Strip®. 1-3 Vitalizer™ redefines vitality and is a smart investment in long-term health, immune support, stress management, heart and brain health, digestive health, and antioxidant support.

The selection of nutrients in Vitalizer™ was guided by *The Landmark Shaklee Dietary Supplement Study* published in 2007 and conducted in collaboration with researchers from the UC Berkeley School of Public Health, which showed that long-term users of multiple Shaklee supplements had markedly better health than users of multivitamins alone or non-supplement users. Shaklee supplement users retained blood pressure in the normal range, and had significantly better levels of C-reactive protein, HDL ("good") cholesterol, homocysteine, and triglycerides. 4 Vitalizer™ is the perfect foundation for the Rx FOR A HEALTHIER LIFE™.

## **Vivix® Cellular Anti-Aging Tonic**

*A revolutionary breakthrough in the fight against cellular aging*

It's estimated that the National Institutes of Health spent more \$2.4 billion in 2007 on research on aging. The complex processes of aging affect every molecule, cell, organ, and body function. Although chronological aging is inevitable, unlocking the secrets of biological and cellular aging has helped scientists understand these processes and helps direct the development of possible solutions for key age-related concerns.

### **Take Every Day: Vivix®**

**Vivix® Cellular Anti-Aging Tonic** contains ingredients that can act against cellular aging. Shaklee scientists have worked for years to create and isolate a unique profile of polyphenols shown in laboratory studies to impact the four key mechanisms of cellular aging: DNA damage, genetic regulators, declining cellular energy production, and accumulation of advanced glycation end-product (AGE) proteins. 5-9 A 30-day supply of Vivix® delivers the equivalent amount of resveratrol found in 3,000 glasses of red wine. In laboratory studies, Vivix® ingredients have been shown to be 10 times more powerful than resveratrol alone in slowing a key mechanism of aging. Taken daily, Vivix® is a powerful tool in the fight against cellular aging and a key component of the daily Rx FOR A HEALTHIER LIFE™.

## **Cinch® Shake Mix**

*A premium soy protein meal supplement that's part of the Cinch® Inch-Loss Plan: a plan designed to help you manage your weight*

According to Health Canada, the number of Canadians who are overweight or obese has increased dramatically over the past 25 years. Experts have agreed that people should strive to achieve their ideal weight, as being overweight is an obstacle to achieving optimal health.

### **Take Every Day: Cinch® Shake Mix**

**Cinch® Shake Mix** is a healthy breakfast for everyone – not just for those who are trying to lose weight. Cinch® shakes are formulated with Cinch Pro™, our proprietary protein blend enhanced with the amino acid leucine, which helps your body preserve muscle mass.<sup>10-12</sup> We tend to lose muscle mass with aging, so this is a great plus for everyone. Prepared as directed, Cinch® shakes provide 24 grams of healthy, hunger-fighting protein. They're available in four great flavours made with heart-healthy soy protein. For those looking for a soy-free alternative, there's a Cinch® vanilla shake available in a whey protein blend. A Cinch® shake blended with fresh or frozen fruit is a great way to start the day, also providing you with six grams of soluble fibre, muscle mass-protecting leucine, and a full array of vitamins and minerals. Cinch® Shake Mix is a crucial component of the Rx FOR A HEALTHIER LIFE™.

And, if you need to lose weight, or want to lose a few inches here and there, your best choice is to follow the full Cinch® Inch-Loss Plan. Purchase a Cinch® Starter Kit to get all the tools, information, and products you need to start "cinching" your way to a healthier weight and pant or dress size. The Cinch® plan has undergone preliminary clinical testing with positive results for weight loss, fat loss, inch loss, and preservation of fat-free mass.<sup>13</sup> For more information about the Cinch® Inch-Loss Plan, please go to [www.cinchplan.com](http://www.cinchplan.com) or [www.cinchclub.com](http://www.cinchclub.com).

## **NutriFeron®**

*A powerful breakthrough in immune system science that boosts your immune system safely and naturally*

According to scientific research, a strong immune system is crucial for a person's health and well-being. However, the ongoing onslaught from environmental irritants and airborne pollutants can overload a person's immune system, making that individual more vulnerable to attack. We also know that stress, poor nutrition, and lifestyle choices can lower a person's immune system strength.

### **Take Every Day: NutriFeron®**

**NutriFeron®** is a powerful breakthrough in immune system science that supports a person's immune system with a unique and patented blend of four powerful plant extracts to boost the body's natural production of interferon, which is a key to healthy immune function. Interferon works at the cellular level to rapidly activate a person's immune system's defences. NutriFeron® was created by the world-renowned immunologist who discovered interferon. Shaklee has the exclusive rights to this patented formula and its potential cutting-edge health advantages. In fact, NutriFeron® is supported by four clinical human studies and protected by multiple

patents, including the newly awarded United States Patent #7381435, issued June 3, 2008.<sup>14-17</sup> The protective immune system benefits NutriFeron® are the final component of the R<sub>x</sub> FOR A HEALTHIER LIFE™.

**Selected Key References:** 1. Spiller, G.A., et al., Multivitamin-mineral supplementation: effects on blood chemistries of college-age women. *Acta Vitaminol Enzymol*, 1985. 7(3-4): p. 217-22. 2. Spiller, G., et al., Effect of Long-Term Vitamin-Mineral Supplements on Immune Response in Older Healthy Adults. *J Am Coll Nutr*, 1998. 17: p. 511. 3. Norkus, E.P., L.G. Wong, C.D. Jensen, W.J. Mergens and W.F. Martin. Sustained-release tablet delivery improves bioavailability of B vitamins and vitamin C. unpublished data, 2007. 4. Block G et al. The Landmark Dietary Supplement Study: Usage pattern, health, and nutritional status of long-term multiple dietary supplement users: a cross-sectional study. *Nutrition Journal* October 24,, 2007. 5. Baur JA, Pearson KJ, Price NL, and Jamieson HA, Sinclair DA et al: Resveratrol improves health and survival of mice on a high-calorie diet. *Nature* 2006 Nov 16; 444(7117):337-42. 6. Reagan-Shaw S et al: Dose Translation from animal to human studies revisited. *The FASEB Journal* published online before print as doi: 10.1096/fj.07-9574LSF, October 17, 2007. 7. Chakraborty S et al. Prevention and repair of DNA damage by selected phytochemicals as measured by single cell gel electrophoresis. *J Environ Pathol Toxicol Oncol* 2004, 23(3):215-26. 8. Liu L, et al. Moderate wine consumption in the prevention of metabolic syndrome and its related medical complications. *Endocr Metab Immune Disord Drug Targets* 2008 Jun, 8(2):89-98. 9. Mizutani K et al. Resveratrol inhibits AGEs-induced proliferation and collagen synthesis activities in vascular smooth muscle cells from stroke-prone spontaneously hypertensive rats. *Brioche Biophys Res Commun* 2000 Jul, 21; 274(1):61-7. 10. Eric Garlick, P.J. The role of leucine in the regulation of protein metabolism. *J Nutr*, 2005. 135(6 Suppl): p. 1553S–6S. 11. Layman DK. The role of leucine in weight loss diets and glucose homeostasis. *J Nutr* 2003; 133:261S–267S. 12. Layman, D.K. and D.A. Walker, Potential importance of leucine in treatment of obesity and the metabolic syndrome. *J Nutr*, 2006. 136(1 Suppl): p. 319S–23S. 13. Spiller G, McManus J., Wong L., Manning P., Martin W. Weight loss from a twelve week preliminary study. unpublished data, 2007. 14. Ushiroyama T, Yoshida S, Tadaki K, Ikeda A, Ueki M. Clinical efficacy of EH0202, a Kampo formula, on the health of middle-aged women. *Am J Chin Med*. 2004; 32(5):755-70. 15. Ushiroyama T, Yoshida S, Tadaki K, Ikeda A, Ueki M. A pilot study of a Kampo formula, EH0202, with intriguing results for menopausal symptoms. *J Altern Complement Med*. 2004 Apr; 10 (2):397-9. 16. Kaji K, Yoshida S, Nagata N, Yamashita T, Mizukoshi E, Honda M, Kojima Y, Kaneko S. An open-label study of administration of EH0202, a health-food additive, to patients with chronic hepatitis C. *J Gastroenterol*. 2004 Sep; 39(9):873-8. 17. Kubo M, Hashimoto Y, Yoshida S. The effect of health food containing EH0202 on physical and mental symptoms accompanying menstruation in women with premenstrual syndrome (PMS). *Clin Pharm Ther*. 2004; 14(2):129-142.