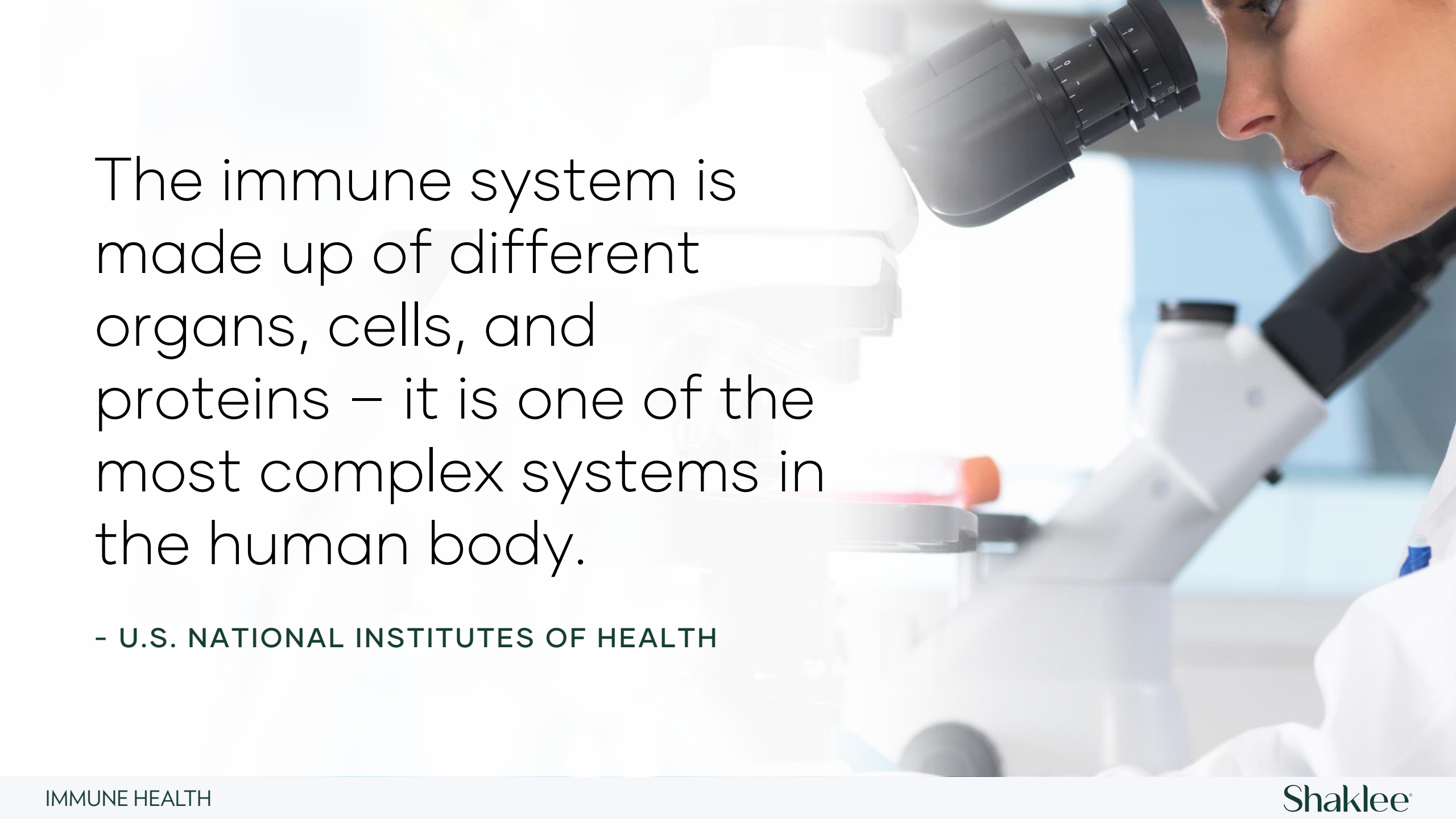


# Health Chat

IMMUNE HEALTH

Shaklee®





The immune system is made up of different organs, cells, and proteins – it is one of the most complex systems in the human body.

- U.S. NATIONAL INSTITUTES OF HEALTH



The immune system protects the body like a guardian from harmful influences from the environment and is essential for survival.

- U.S. NATIONAL INSTITUTES OF HEALTH



# These Help Support Your Immune System

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- Good nutrition
- Getting to a healthy weight
- Good sleep
- Stress reduction
- Exercise and rest



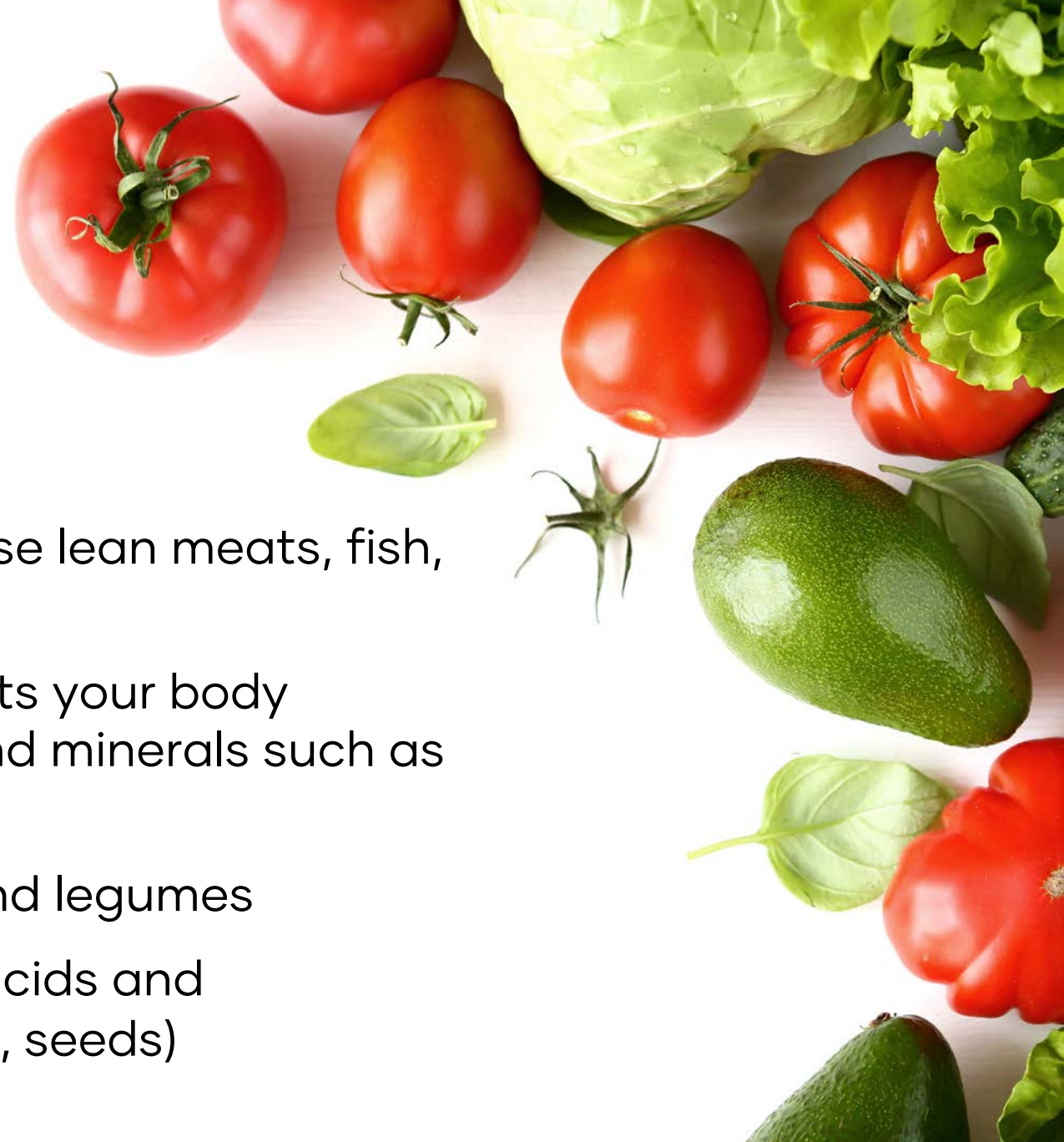


# Optimum Nutrition Is the Key

To maintain a healthy immune system

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- Protein is especially important; choose lean meats, fish, poultry, and non-fat or low-fat dairy
- Fruit and vegetables contain nutrients your body needs, including vitamins C and A and minerals such as zinc and magnesium
- Get plenty of whole grains, beans, and legumes
- Eat "healthy fats" – omega-3 fatty acids and monounsaturated fats (olive oil, nuts, seeds)



# Getting to a Healthy Weight

To maintain a healthy immune system

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- Many struggle to lose weight and look for the latest diet, but losing weight with dieting can often lead to loss of lean muscle, resulting in a slower metabolism

**Which is why diets fail.**

- The key is losing the right kind of weight – fat – while preserving muscle to help maintain your metabolism
- And, with a higher metabolism, you can burn more calories whether you're active or at rest

**As an added benefit, you'll see a difference in your shape.**





# Sleep Helps Support a Healthy Immune System

Lack of sleep can weaken the body's immune system

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- Go to bed and get up at the same time daily; turn off electronics an hour before going to sleep
- Consume no caffeine at least six hours before bed
- Avoid alcohol; you may feel tired and fall asleep faster, but it often causes nighttime waking
- Exercise; your mind relaxes easier when your body is tired

# Stress Affects Your Immune System

Stress can suppress your immune system

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## Ways to manage stress:

- Exercising
- Meditation
- Unplugging
- Staying positive





# Moderate Exercise Can Boost Your Immune System

Provides a boost to immune cells in your body

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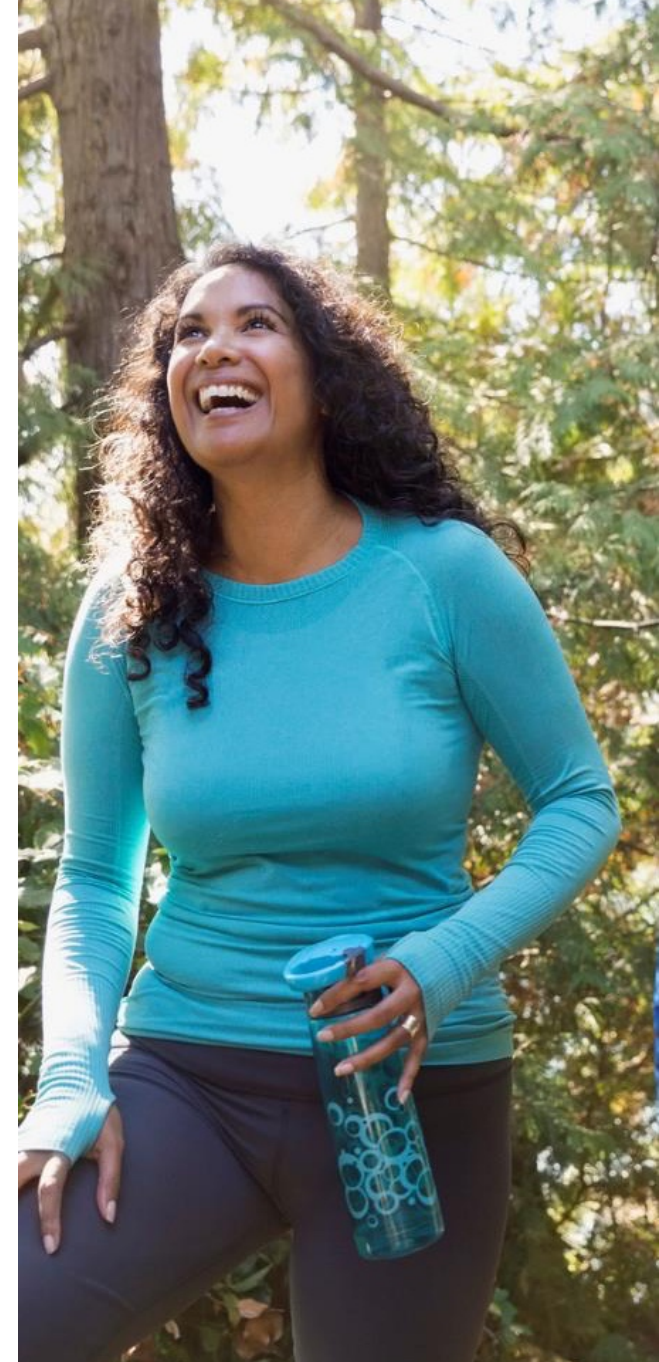
**Stay consistent:** Choose exercises you enjoy and will continue

**Exercise enough:** 2-1/2 hours per week is recommended

**Increase your heart rate:** Choose exercises to increase heart rate

**Lift weights:** Helps build lean body mass and supports bone mass

**Start slow and build slow:** Make it a habit



# Making Healthy Food Choices Every Single Day Can Be Challenging





# Shaklee Makes It Simple

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- Customize to suit your needs
- A healthy meal and essential nutrients



# Powering Up Your Immunity





# NutriFeron<sup>®</sup>

Patented breakthrough in immune system science

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**Designed for:** Anyone looking for specialized daily support to help maintain healthy immune function.

**What it does:** Patented blend of zinc plus four powerful plant extracts helps naturally balance the immune system. Take 2 caplets daily.

**The Shaklee Difference™:** Developed by world-renowned immunologist Dr. Yasuhiko Kojima, the discoverer of interferon, who spent decades researching and testing hundreds of botanicals. The result – NutriFeron – is supported by four human clinical studies.



# Other Products to Support Your Immune Health





# Vitamin C

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This powerful antioxidant helps, among other things, maintain immune function. Vitamin C is not manufactured or stored in the body and must be replenished through diet. Shaklee offers numerous ways and dosages for daily vitamin C support.



# Vita-C 500 Sustained Release

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High-potency vitamin C

Proprietary sustained-release system  
delivers the vitamin C equivalent of 1.5  
oranges every hour for  
5 hours

Proprietary rose hip and bioflavonoid blend

Helps in the development and maintenance  
of bones, cartilage, teeth, and gums and  
helps maintain immune function



# Vitalized Immunity®

With as much vitamin C as 16 oranges

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**Designed for:** An occasional boost when you're facing environmental stress, poor nutrition, or cold and flu season.

**What it does:** Delicious effervescent drink provides foundational, broad-spectrum immune support via a blast of 1000 mg of vitamin C per tablet – as much as 16 oranges.

**The Shaklee Difference™:** Blend of vitamins, minerals, and a proprietary herbal formula – sweetened naturally with monk fruit.





# Chewable Vita-C

Helps maintain immune function

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Perfect for the whole family (ages 4+)

Also supports bone, cartilage, tooth, and gum health

High-potency vitamin C: 250 mg per tablet

Provides the vitamin C of 3½ oranges per tablet

Delicious, natural lemon cream flavour

Gluten free, soy free, kosher dairy

No artificial flavours, sweeteners, colours, or preservatives added



# Defend and Resist Complex

When you feel that first tickle

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**Designed for:** Intermittent and occasional use when you need additional immune support.

**What it does:** Helps your body respond to seasonal challenges. For occasional use. Swallow, chew, or drink as a tea.

**The Shaklee Difference™:** A unique combination of clinically proven immune-supporting ingredients: echinacea, larch tree, and black elderberry extracts.



# Don't Forget About the Kids!





# Shakleekids™ Incredivites

To help your kids stay healthy

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**Designed for:** Kids aged 4–12; comes in a natural grape flavour.

**What it does:** Comprehensive multivitamin with 23 essential vitamins and minerals helps support healthy development.

**The Shaklee Difference™:** Features all eight B vitamins, as well as vitamins C and E, which play crucial roles in supporting immune function and more.



# Shakleekids™ Super Immunity Gummies

Super immunity for your li'l superhero

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Formulated for children 4 years and up

Provides immune system support

Packed with vitamins C and D, zinc, and elderberry extract

Delicious, natural cherry-flavoured gummies in a cool bear shape

Tooth friendly

Sugar free, GMO free, gluten free, soy free, vegan

No artificial flavours, sweeteners, colours, or preservatives added

Has zero corn syrup; made with pectin



# Foundation for a Healthier Life



## Support Your Immune System With These Powerful Products



# Get Started Today

