

NEW

Life Plan

OUR BEST, MOST COMPREHENSIVE
NUTRITIONAL SYSTEM EVER



Feel amazing in 30 days

Feel healthier for
the rest of your life

35 patents and patents pending

100+ Years in the Making

More than 100 years ago, in 1915, Dr. Forrest C. Shaklee created one of the first multivitamin supplements in the world. Since then, Shaklee has been a leader in healthy nutrition, innovating through science and looking to nature for the answers to healthier living.

Shaklee Life Plan is the result of decades of research and clinical studies, designed to bring you the optimal nutrients for a healthy life. Combining the Shaklee Life Shake Mix and the Shaklee Life-Strip, the plan is intended to promote every aspect of your health – **with nutrients clinically proven to help provide the foundation for a healthier life.**



“Our team of scientists has worked for decades to design the perfect combination of nutrients to help create the foundation for a healthier life.”

Bruce Daggy, Ph.D.
Senior Vice President,
Research & Development, and Chief Science Officer
Shaklee Corporation

SHAKLEE LIFE PLAN

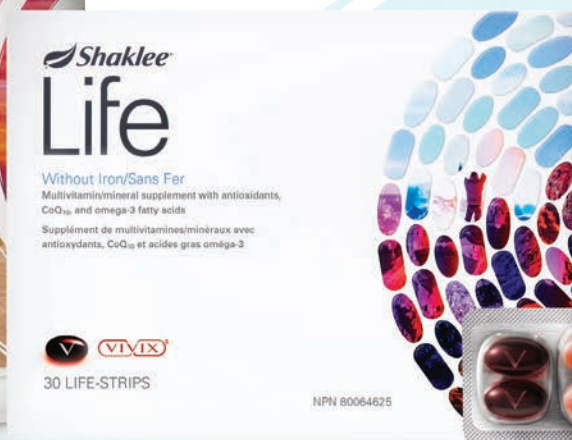
Our best, most comprehensive nutritional system ever

Clinically proven nutrients to help provide the foundation for a healthier life

Provides amazing results in 30 days – guaranteed

Helps you feel healthier for the rest of your life

Has 35 patents and patents pending



Proven by Science

The research behind the new Shaklee Life Plan

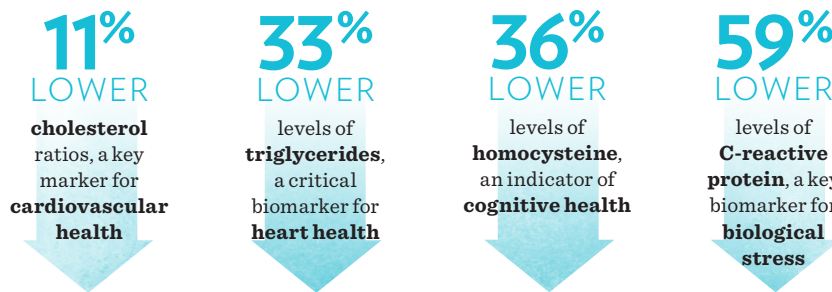
Feel amazing in 30 days, guaranteed. Feel healthier for the rest of your life.

In an independent in-home usage test* of Life Plan products, 94% of participants reported a positive result after three weeks of usage. Positive results included:

- Feeling better
- Feeling more active
- Feeling energized
- Feeling less hunger

LANDMARK STUDY

The Landmark Study is **one of the largest long-term multiple supplement usage studies ever done. Results included double-digit better biomarkers of health** for benefits in cardiovascular and cognitive health compared with non-supplement users. Shaklee had twice the number of users who rated their health “very good to excellent.”[†]



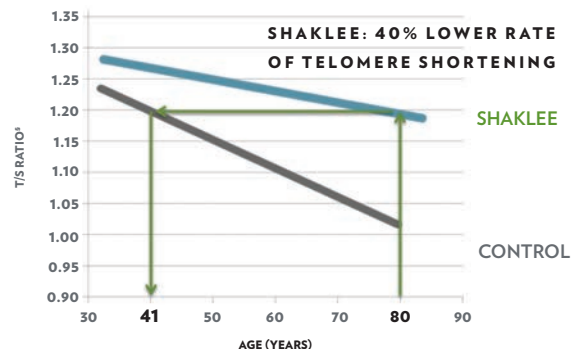
TELOMERE STUDY

Dr. Elizabeth Blackburn, a Shaklee Scientific Board Advisor, was awarded the 2009 Nobel Prize for Medicine for the discovery of an enzyme that lengthens telomeres, which are the protective caps of repetitive DNA at the end of chromosomes, and protects chromosomes. Our telomeres gradually become shorter, and telomere length is thought to be a marker of overall health.

Shaklee conducted a preliminary telomere study that compared people using multiple Shaklee supplements for at least five years with healthy non-smokers living in the San Francisco Bay area. The study showed that Shaklee users had significantly longer telomeres.

A statistical analysis projects that an 80-year-old Shaklee user would have the same telomere length as someone who’s 41 years old.[‡]

In a preliminary clinical study, across the adult age range, the rate of telomere shortening in **Shaklee users was 40% lower than the healthy control group.[§]**



*The test was conducted by Stamford Marketing Field Research, Inc. with 220 adults in four regions in the United States. Participants were instructed to take one Shaklee Life Shake and one Shaklee Life-Strip for 30 days.

†Block G, Jensen CD, Norkus EP, Dalvi TB, Wong LG, McManus JF, Hudes ML. Usage patterns, health, and nutritional status of long-term multiple dietary supplement users: a cross-sectional study. *Nutr J.* 2007 Oct 24;6:30doi:10.1186/1475-2891-6-30. <http://www.nutritionj.com/content/6/1/30>.

‡Harley CB, et al. Cross-sectional analysis of telomere length in people 33–80 years of age: effects of dietary supplementation. *JACN.* 55th Annual Conference. 2014 Oct; 33(5): 414.

§Telomere-to-single copy gene ratio.

Proven by People

Shaklee has hundreds of thousands of users across North America who trust us for nutrition to help improve their health. Many Shaklee users have been customers for decades and tell inspiring stories of their life transformations.

Our world-class athletes, who've won more than 120 gold, silver, and bronze medals at the Summer and Winter Games, use Shaklee because they not only get the performance and efficacy they need to compete but also the purity and high quality of our products, which are guaranteed safe.

The Transformation Effect

Before my mom passed away, I promised her that I'd take better care of myself and that I would take care of my dad. I wanted to do everything I could to keep those promises. But having a busy life with three kids meant I was exhausted all the time.

Then I was introduced to Shaklee and, within a week, I felt so much healthier – and it felt amazing. I decided to share Shaklee with my dad and, after he started using it, his health completely changed. Shaklee helped the both of us transform our lives, and I think my mom would be so proud to know that I'm doing what's right.

Jeanine and Tony, Shaklee Distributors



The Pure Effect

I'm the smallest person on my rowing team and I'm also the only one facing forward. As the coxswain, my job is to keep the team synchronized and motivated. Our team has been to five world championships, world cups, and the 2012 London Games, where we won a gold medal.

As an athlete, my health is important to me. But I need to be careful about what I put in my body because I could be drug tested at any time. Using Shaklee has made me feel the healthiest I've ever been. But, most importantly, it gives me peace of mind to know that the products are made from natural sources and safe to use.

Mary Whipple
Gold medal winner 2008 and 2012
Shaklee Pure Performance Athlete



Shaklee Life Shake Mix

The delicious Shaklee Life Shake Mix contains nutrients clinically proven to help create the foundation for a healthier life.



ONE SHAKE DOES IT ALL DESIGNED TO:

- Keep you refreshed and satisfied
- Help you achieve a healthier weight
- Provide digestive and immune support
- Help build strong muscles

CONTAINS:

- 25 grams* of protein per serving, including 16 grams of **ultra-pure proprietary, plant-based, non-GMO protein** with precise ratios of all **nine essential amino acids** for perfect protein delivery and absorption
- Added **leucine** to help you preserve lean muscle mass and achieve a healthier weight
- A powerful combination of prebiotics and **one billion CFU of a patented probiotic** to support digestive and immune health; these probiotics are 780 times more viable than the probiotics found in yogurt
- Alpha-linolenic acid (ALA), an essential **omega-3 fatty acid** known to support cardiovascular health
- No gluten, lactose, or artificial flavours, sweeteners, colours, or preservatives



*When prepared as directed with 1 cup of skim milk.

Shaklee Life-Strip

Our best, most comprehensive nutritional system ever

Every serving of Shaklee Life is the culmination of years of research and quality testing to guarantee every Life-Strip delivers the most comprehensive levels of pure and potent vitamins, minerals, omega-3 fatty acids, polyphenols, antioxidants, and phytonutrients to help create the foundation for a healthier life.

Life-Strip includes Vivix®

Shaklee Life-Strip includes new Vivix Liquigels, which contain a multiple-patented, natural blend of diverse and powerful polyphenols designed to help protect your cells and prevent and repair DNA damage. This broad spectrum of polyphenols has been shown in laboratory studies to activate cellular defences, neutralize free radicals, and slow the development of cell-damaging advanced glycation end-product (AGE) proteins.



NEW VIVIX® LIQUIGELS contain a multiple-patented, natural blend of a broad spectrum of polyphenols with key ingredients shown in laboratory studies to protect against oxidative cell damage.



NEW OMEGAGUARD® PLUS combines 1000 mg of ultra-concentrated omega-3 fatty acids (EPA/DHA) – sourced from wild Pollock raised sustainably in pure Alaskan waters – with coenzyme Q₁₀ for cardiovascular health. A five-step purification process and an enteric-coated softgel eliminate fishy aftertaste.



NEW ADVANCED MULTIVITAMIN provides complete nutrition to support bone and tissue health. Dissolves in less than 30 minutes in the stomach and is designed to enhance absorption of folic acid from the patented micro coating.



B+C COMPLEX helps the body metabolize carbohydrates, fats, and proteins. It has been shown in a clinical study to provide up to 198% greater absorption of B vitamins over 12 hours.

AVAILABLE IN SOY AND NON-SOY FORMULAS





SHAKLEE LIFE SHAKE MIX: SOY AND NON-SOY

Canister 15 servings
#56261 Vanilla
#56264 Chocolate
#56267 Strawberry
#56270 Café Latte

Packet 14 packets
#56262 Vanilla

Non-Soy:
#56278 Vanilla | 15-serving canister
#56277 Chocolate | 15-serving canister

Shaklee Life Shake Mix – Soy, Vanilla  

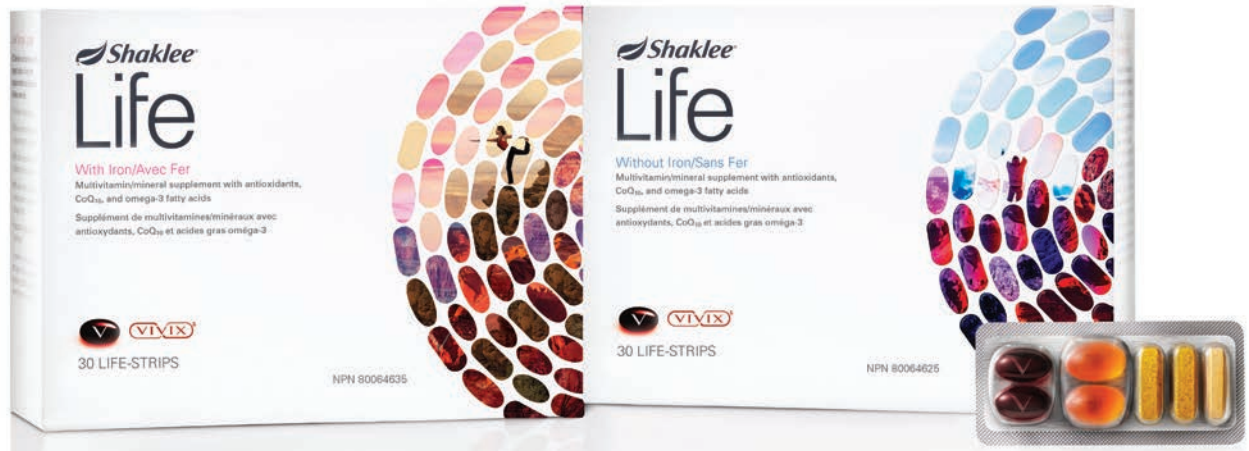
Serving size: 2 scoops (43 g)

	Dry Mix	Prepared*
Calories	170	260
	Amount	% Daily Value
Fat	3 g†	5%
Saturated + Trans	0 g	0%
Cholesterol	0 mg	0%
Sodium	240 mg	10%
Potassium	310 mg	9%
Carbohydrate	18 g	6%
Fibre	6 g	24%
Sugars	10 g	
Protein	16 g	

	Dry Mix	Prepared*
	% Daily Value	
Vitamin A	15%	30%
Vitamin C	35%	35%
Calcium	30%	60%
Iron	15%	15%
Vitamin D	70%	120%
Vitamin E	70%	70%
Thiamine	40%	50%
Riboflavin	35%	70%
Niacin	30%	40%
Vitamin B ₆	40%	45%
Folate	60%	70%
Vitamin B ₁₂	110%	170%
Biotin	350%	350%
Pantothenic acid	50%	60%
Phosphorus	30%	60%
Magnesium	60%	70%
Zinc	60%	70%
Selenium	50%	65%
Copper	35%	35%
Manganese	35%	35%
Chromium	80%	80%
Molybdenum	35%	35%
Chloride	8%	8%

INGREDIENTS: NON-GMO PROTEIN BLEND (SOY PROTEIN CONCENTRATE, SOY PROTEIN ISOLATE, L-LEUCINE, RICE PROTEIN CONCENTRATE), CANE SUGAR, PREBIOTIC BLEND (SOLUBLE CORN FIBRE/DEXTRIN, SHORT-CHAIN FRUCTO-OLIGOSACCHARIDES), HIGH OLEIC SUNFLOWER OIL POWDER, DICALCIUM PHOSPHATE, NATURAL FLAVOUR, SOY LECITHIN, MILLED GOLDEN FLAX SEED, POTASSIUM CHLORIDE, MAGNESIUM OXIDE, SILICON DIOXIDE, PROBIOTICS (BACILLUS COAGULANS, STRAIN GBI-30, 6086), ASCORBIC ACID, SELENIUM YEAST, STEVIA EXTRACT (97% STEVIOL GLYCOSIDES), D-ALPHA-TOCOPHERYL ACETATE, MOLYBDENUM YEAST, NIACINAMIDE, ZINC OXIDE, COPPER GLUCONATE, CALCIUM PANTOTHENATE, VITAMIN A PALMITATE, VITAMIN B₁₂, MANGANESE SULPHATE, VITAMIN D₃, CHROMIUM NICOTINATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMINE MONONITRATE, FOLIC ACID, BIOTIN.

*1 cup skim milk adds 90 calories, 110 mg sodium, 13 g carbohydrate (13 g sugars), and 9 g protein.
 †Amount in dry mix.



SHAKLEE LIFE-STRIP

Life-Strip With Iron

For people who require more iron

#57294 | 30 Life-Strips

Life-Strip Without Iron

For people who don't typically need additional iron in their diets, such as men and post-menopausal women

#57293 | 30 Life-Strips

Shaklee Life-Strip Medicinal Ingredients*

Daily dosage: 1 Life-Strip

	Amount per day
	Without Iron / With Iron
Beta-carotene (<i>Blakeslea trispora</i> , whole)	5250 mcg (8750 IU)
Biotin (d-biotin)	300 mcg
Boron (sodium tetraborate)	1 mg
Calcium (calcium carbonate, dicalcium phosphate, calcium ascorbate)	500 mg
Chromium (chromium chloride)	120 mcg
Copper (cupric gluconate)	1 mg
Folate (folic acid)	400 mcg
Iodine (potassium iodide and kelp)	150 mcg
Iron (ferrous fumarate)	0 mg / 18 mg
Magnesium (magnesium oxide)	225 mg
Manganese (manganese gluconate)	2 mg
Molybdenum (sodium molybdate)	75 mcg
Niacinamide	130 mg
Nickel (nickel [II] sulphate)	5 mcg
Pantothenic acid (calcium d-pantothenate)	65 mg
Phosphorus (dicalcium phosphate)	50 mg
Riboflavin	11 mg
Selenium (sodium selenite)	70 mcg
Silicon (silicon dioxide)	2 mg
Thiamine (thiamine mononitrate)	9.75 mg
Tin (stannous chloride)	10 mcg
Vanadium (sodium metavanadate)	20 mcg

	Amount per day
	Without Iron / With Iron
Vitamin A (vitamin A acetate)	554 mcg RAE (1875 IU)
Vitamin B ₆ (pyridoxine hydrochloride)	14 mg
Vitamin B ₁₂ (cyanocobalamin)	54 mcg
Vitamin C (calcium ascorbate, ascorbic acid)	500 mg
Vitamin D ₃ (cholecalciferol)	25 mcg (1000 IU)
Vitamin E (d-alpha-tocopherol)	134 mg AT (200 IU)
Vitamin K ₁ (phytonadione)	100 mcg
Zinc (zinc gluconate)	22.5 mg
Total omega-3 fatty acids (from ultra-pure marine lipid concentrate)	1064 mg
EPA (eicosapentaenoic acid)	714 mg
DHA (docosahexaenoic acid)	288 mg
Other naturally occurring omega-3 fatty acids	62 mg
Coenzyme Q ₁₀	30 mg
N-acetyl-L-cysteine	50 mg
Lycopene (from tomato fruit)	5 mg
Lutein (lutein ester from 46 mg marigold flower extract)	2 mg
Zeaxanthin (zeaxanthin ester from 46 mg marigold flower extract)	80 mcg
Trans-resveratrol (<i>Reynoutria japonica</i> root)	60 mg
Pomegranate (<i>Punica granatum</i>) fruit extract 40:1 (QCE 2360 mg)	59 mg
Chebulic myrobalan (<i>Terminalia chebula</i>) fruit extract 5:1 (QCE 295 mg)	59 mg
Black currant (<i>Ribes nigrum</i>) fruit extract 70:1 (QCE 4130 mg)	59 mg
Red wine (<i>Vitis vinifera</i>) fruit extract 25:1 (QCE 1475 mg)	59 mg
Carrot (<i>Daucus carota</i>) root extract 120:1 (QCE 780 mg)	6.5 mg

NON-MEDICINAL INGREDIENTS (IN ALPHABETICAL ORDER): ACEROLA CHERRY EXTRACT, ALFALFA POWDER, BEESWAX YELLOW, CARAMEL, CHOLINE, CITRUS BIOFLAVONOIDS (GRAPEFRUIT, LEMON, ORANGE), CROSCARMELOSE SODIUM, D-MANNITOL, ETHYLCELLULOSE, GELATIN, GLYCERIN, HESPERIDIN COMPLEX, HYDROXYLATED LECITHIN, HYDROXYPROPYL CELLULOSE, HYDROXYPROPYL METHYLCELLULOSE, INOSITOL, LECITHIN (SOY), MAGNESIUM STEARATE, MEDIUM CHAIN TRIGLYCERIDES, MICROCRYSTALLINE CELLULOSE, MIXED TOCOPHEROLS, MUSCADINE GRAPE EXTRACT, OLEIC ACID, ORANGE OIL DISTILLED, RED GRAPE EXTRACT, RICE BRAN POWDER, ROSE HIPS POWDER, SILICON DIOXIDE, SODIUM ALGINATE, SODIUM COPPER CHLOROPHYLLIN, STEARIC ACID.

*For a complete list of non-medicinal ingredients for each Life-Strip formulation, please see the appropriate decorator carton.

Feel better in 30 days or we'll give you your money back

HOW WILL YOU JOIN SHAKLEE?

Enjoy the benefits and be rewarded in more ways than you can imagine.



USE

Experience the way Shaklee products can help transform your health.



SHARE

Share Shaklee products with friends and family and earn extra cash plus rewards.



BUILD

Build a team in a way that works for you and fits your life, with the potential for significant financial rewards.

Talk to your Shaklee Independent Distributor about how to SAVE 10%.