

Life Plan



WHAT IS THE LIFE PLAN?

The Shaklee Life Plan is a combination of Life-Strip and our new-and-improved Life Shake™. Life Plan is based on years of scientific research including the Landmark Health Study and our preliminary clinical study on telomeres. Life Plan is designed to provide both micro- and macronutrients that help create a foundation for a healthier life. It can be personalized based on your nutritional needs and desires. There are two versions of Life-Strip: with and without iron. Life Shake comes in up to four delicious and creamy flavours – French Vanilla, Rich Chocolate, Strawberry, and Café Latte – and in two formulas: soy protein and plant protein.

WHAT IS THE LANDMARK STUDY?

The Landmark Health Study is a groundbreaking study on long-term supplement usage. It was conducted in partnership with the University of California Berkeley School of Public Health. The results were published in *Nutrition Journal*^{*} and showed that multiple Shaklee supplement users had better markers of health than non-supplement users or non-Shaklee-product, single-supplement users. Specifically, the study showed that long-term Shaklee supplement users had:

- 11% lower cholesterol ratios, a key marker for cardiovascular health
- 33% lower levels of triglycerides, a critical biomarker for heart health
- 36% lower levels of homocysteine, an indicator of brain and heart health
- 59% lower levels of C-reactive protein, a key biomarker for biological stress

WHAT IS THE TELOMERE STUDY?

Telomeres are protective caps at the ends of our chromosomes that help protect our DNA. As we age, our telomere length gradually declines. Telomere length is thought to be a marker of overall health. In partnership with Dr. Elizabeth Blackburn, a Shaklee Scientific Board Advisor who was awarded the 2009 Nobel Prize for Medicine for the discovery of the enzyme telomerase, Shaklee conducted a preliminary clinical study on individuals who took Shaklee products for five years or longer. When compared with a healthy control group, Shaklee users were found to have a 40% lower rate of telomere shortening across the adult age range, and their average telomere length was 11% longer.[†]

WHAT IS THE LIFE PLAN GUARANTEE?

We stand behind every single one of our products. We believe in the purity, potency, and performance of all of our products, and we back that belief with a 100% guarantee. That's why if you're not satisfied with any of our products, you can send it back to us for a full refund, even if the container is empty – no questions asked.

WHO CAN USE LIFE PLAN?

Life Plan was designed for adults (i.e., aged 18 and older, including seniors). The vitamins and minerals in Life-Strip and Life Shake were specifically designed to meet the needs of adults.

IS LIFE PLAN GLUTEN FREE?

Yes. Life-Strip and Life Shake are gluten free.

IS LIFE PLAN KOSHER?

Life Shake is kosher but Life-Strip is not. However, a kosher version of Life Plan is available. Instead of Life-Strip, it includes Kosher Vivix®, B-Complex, Chewable Cal Mag Plus, and Vita-D₃®.

^{*}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.

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CAN I TAKE OTHER SHAKLEE SUPPLEMENTS IN ADDITION TO THOSE INCLUDED IN LIFE PLAN?

Life Plan includes protein, prebiotics, vitamins, minerals, antioxidants, polyphenols, and phytonutrients that help create a nutritional foundation. If there are specific areas of your health that you're concerned about or interested in improving, we have targeted nutritional solutions you may want to add to your regimen.

IS LIFE PLAN EXPENSIVE VERSUS OTHER PRODUCTS IN THE MARKETPLACE?

For less than the cost of a morning coffee and pastry at Starbucks®, you can fuel your body with optimal nutrition every day with a serving of Life Plan. Along with the benefits of Life Shake – a protein-rich meal shake – Life-Strip provides vitamins, minerals, antioxidants, polyphenols, and phytonutrients to provide the foundation for a healthier life. And it's 100% guaranteed – or we'll give you your money back.

Life Shake

WHAT IS LIFE SHAKE?

Reformulated Life Shake is a meal replacement shake that provides rich, enhanced flavours and a smoother texture with an improved fibre system. It now features a blend of the natural, zero-calorie, non-nutritive sweetener Reb M and a small amount of sugar; Reb M tastes more like sugar than stevia and has no aftertaste. Life Shake contains the following key ingredients:

- 20 grams of ultra-pure, non-GMO, muscle-building protein per serving, with precise ratios of all nine essential amino acids, optimized for high protein quality
- 6 grams of dietary fibre per serving to promote colon health and regularity
- Added digestive enzymes to provide comfort
- Prebiotics from soluble corn fibre and an organic ancient grains blend to promote digestive health
- Added leucine to help you preserve lean muscle, achieve a healthier weight, and improve your metabolism*
- 24 vitamins and minerals clinically proven to support cardiovascular, brain, bone, immune, and overall health
- Alpha-linolenic acid (ALA): an essential omega-3 fatty acid known to support cardiovascular health

Soy Protein Life Shake comes in four flavours – French Vanilla, Rich Chocolate, Strawberry, and Café Latte – while Plant Protein Life Shake is available in two flavours: French Vanilla and Rich Chocolate.

WHO SHOULD USE THIS PRODUCT AND WHY?

Life Shake is an excellent meal or snack for adults. It's designed to build strong muscles; help you preserve lean muscle, achieve a healthier weight, and improve your metabolism*; and support digestive, immune, and cardiovascular health.

CAN I GIVE LIFE SHAKE TO MY CHILDREN?

No. It's intended for adult use only (i.e., those 18 and older).

IS LIFE SHAKE KOSHER?

Yes. Both formulas are certified by the Star-K kosher certification agency.

IS LIFE SHAKE GLUTEN FREE?

Yes.

ARE ARTIFICIAL FLAVOURS, COLOURS, SWEETENERS, OR PRESERVATIVES ADDED TO LIFE SHAKE?

No artificial flavours, colours, sweeteners, or preservatives are added to Life Shake.

IF REB M IS A ZERO-CALORIE SWEETENER THAT TASTES MORE LIKE SUGAR, WHY DID SHAKLEE ADD CANE SUGAR?

We did extensive testing with consumer taste panels looking to find the stevia-free formulation with the broadest appeal. The clear winner was the combination of Reb M and a small amount of pure cane sugar. Adding a tiny amount of sugar (5 grams, which is 20 calories and equivalent to about 1/4 of a medium apple) allowed us to use a smaller amount of Reb M and deliver a clean sweetness without any aftertaste. This combination was overwhelmingly preferred – and it's perfectly fine for those watching their sugar intakes.

ARE THE NEW FORMULAS STILL LOW GLYCEMIC?

Yes. They contain a tiny amount of sugar (5 grams, which is 20 calories and equivalent to about 1/4 of a medium apple) that, combined with 20 grams of protein and 6 grams of fibre, delivers a hunger-satisfying, low-glycemic meal replacement.

WHAT ARE THE PROTEIN SOURCES IN THE PLANT PROTEIN LIFE SHAKE?

Life Shake Plant Protein contains a proprietary Shaklee blend including pea, organic chia seed, and organic pumpkin seed proteins.

IS LIFE SHAKE LACTOSE FREE AND DAIRY FREE?

Yes.

*As part of the Shaklee 180® Program. Clinical study participants replaced two meals with Shaklee Life Shakes daily along with a 45-minute exercise program twice weekly. See full details of Life Shake clinical studies at healthresource.shaklee.com. All trademarks are the property of their respective owners.

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CAN I MIX LIFE SHAKE WITH WATER?

Yes. To ensure that Life Shake is an effective meal replacement, we suggest using 3 scoops of Life Shake when mixing with water.

CAN I USE LIFE SHAKE AS A SNACK?

Yes. Use 1 scoop of Life Shake mixed with 120–175 mL (4–6 oz) of your beverage of choice as a healthy snack for adults.

COULD I USE THE LIFE SHAKE TO LOSE WEIGHT?

Yes. Life Shake is the foundation of the clinically proven Shaklee 180® weight-management program.

COULD I TAKE MORE THAN TWO LIFE SHAKES A DAY?

We recommend using Life Shake as a meal replacement for two meals per day along with one healthy meal.

ARE THERE ANY MEDICAL CONDITIONS THAT WOULD PRECLUDE OR LIMIT ONE'S USAGE OF THE LIFE SHAKE?

As a general comment, people under a physician's care for any chronic condition(s) should always let their physicians know what supplements they use. There are no specific medical conditions that preclude the use of Life Shake, although we'd add the following: people with serious kidney or liver disease should discuss the use of Life Shake with their physicians prior to beginning the program, as they may need to make an adjustment in the amount of protein consumed.

COULD A DIABETIC USE LIFE SHAKE?

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 sequela. Replacing two meals per day with Life Shake may be able to help you reach your weight-loss goals. Please see the Shaklee 180 Program for more details. Your doctor should evaluate you over time as you lose weight as to whether your medications need adjustment.

COULD I USE LIFE SHAKE IF I'M PREGNANT OR NURSING?

Life Shake can be part of a healthy diet during pregnancy and nursing, but we always recommend you consult with a physician prior to use. Life Shake is a source of healthy protein and dietary fibre as well as essential omega-3 fatty acids, vitamins, and minerals. Please see the Shaklee 180 Program if you're interested in weight loss after pregnancy.

I'M A VEGETARIAN/VEGAN. COULD I USE LIFE SHAKE?

Life Shake (dry powder) is vegan, so vegans and vegetarians can use it by mixing 3 scoops with water. Ovo-lacto vegetarians can use Life Shake when mixed with skim milk or your favourite beverage.

Life-Strip

WHAT IS LIFE-STRIP?

Life-Strip is a proprietary multi-nutrient strip (backed by more than 10 patents) that contains essential vitamins and minerals, carotenoids, fish oil, a patented blend of a broad spectrum of polyphenols, coenzyme Q₁₀, and antioxidants. Nutrients are delivered in a Shaklee Micronutrient Advanced Release Technology™ (S.M.A.R.T.™) delivery system that's designed to improve absorption. Life-Strip is composed of the following products:

Advanced Multivitamin

- Comprehensive daily supplement that delivers pure and potent vitamins, minerals, omega-3 fatty acids, polyphenols, phytonutrients, and more
- Robust blend of antioxidants including beta-carotene, lutein, lycopene, and zeaxanthin
- Micro coated for immediate release in the stomach to enhance absorption of folic acid

Vivix® Liquegels

- Natural blend of a broad spectrum of polyphenols from muscadine grape, resveratrol, red wine extract, pomegranate, chebulic myrobalan, and more to protect against oxidative cell damage

OmegaGuard® Plus

- Ultra-concentrated omega-3s from fish oil; one serving provides more than 1000 mg of ultra-concentrated omega-3 fatty acids (DHA, EPA, and others) sourced from wild fish raised sustainably in pure Alaskan waters
- Small softgels are easy to swallow

B+C Complex

- Essential levels of vitamin C and the B vitamins thiamine, riboflavin, niacin, pantothenic acid, and biotin
- Sustained-release delivery to the small intestine; clinically shown to provide up to 198% greater absorption of B vitamins over 12 hours than conventional delivery systems

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WHO SHOULD USE THIS PRODUCT AND WHY?

Life Plan was designed for adults (i.e., those 18 and older, including seniors). The vitamins and minerals in Life-Strip were specifically designed to meet the needs of men and women and adults over 50 years old.

ARE THERE ANY PRECAUTIONS WHEN USING LIFE-STRIP?

Anyone taking blood-thinning medications should consult a physician prior to use. With the inclusion of Vivix, the Life-Strip is not recommended for pregnant or lactating women.

WHICH LIFE-STRIP SHOULD I TAKE?

Life-Strip was formulated to meet the needs of most men and women and adults over 50. The “With Iron” formula is designed for individuals who require more iron while the “Without Iron” formula was designed for individuals who don’t typically need additional iron in their diets, such as men and post-menopausal women.

SHOULD I TAKE LIFE-STRIP WITH FOOD?

Yes. We recommend that it be taken with food. Life-Strip is designed to be taken with Life Shake. However, if you prefer to split your dietary supplement intake throughout the day, you can take this approach with Life-Strip.

WHAT'S THE SHAKLEE MICRONUTRIENT ADVANCED RELEASE TECHNOLOGY™ (S.M.A.R.T.™) SYSTEM?

It’s a delivery system designed to improve absorption of key nutrients. Key components of this system include:

1. Patented folic acid micro coating on the Advanced Multivitamin
2. Patented system that slowly releases B vitamins and vitamin C, and was shown in a clinical study to provide up to 198% greater absorption of B vitamins over 12 hours

HOW DOES LIFE-STRIP DIFFER FROM VITALIZER™?

Life-Strip contains all the benefits of Vitalizer Gold except for the probiotic. In addition to the nutrients in Vitalizer, Life-Strip provides more than 1000 mg of EPA, DHA, and other omega-3 fatty acids for additional cardiovascular health benefits and includes Vivix Liquegels for cellular repair and protection.

WHAT'S THE DIFFERENCE BETWEEN OMEGAGUARD PLUS AND OMEGAGUARD?

OmegaGuard Plus is a more concentrated form of omega-3 fatty acids (DHA, EPA, and others) from fish oil, which enables delivery of more than 1000 mg of these healthy omega-3 fatty acids in two softgels. Like OmegaGuard, the fish oil in OmegaGuard Plus is purified to remove lead and other contaminants.

WHAT IS VIVIX? AND WHY WOULD I WANT IT?

The health of your cells strongly influences your overall health, and your cells are continuously damaged by environmental exposure. Vivix contains a multiple-patented, natural blend of a broad spectrum of polyphenols designed to protect against oxidative cell damage. This product’s key ingredients have been shown in laboratory studies to slow the formation of advanced glycation end-product (AGE) proteins, which can compromise cell integrity and longevity.

HOW DOES THE ADVANCED MULTIVITAMIN COMPARE WITH OTHER VITAMINS ON THE MARKET?

The Advanced Multivitamin contains significantly higher levels of vitamins and minerals versus other competitive products. Furthermore, this product is formulated with the natural form of vitamin E versus the synthetic form used by some other competitors.