WHAT IS THE LIFE PLAN?
The Shaklee Life Plan is a combination of the Life-Strip and the Shaklee Life Shake Mix. The Life Plan is based on years of scientific research including the Landmark Study and our preliminary clinical study on telomeres. The 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 the Life-Strip: with and without iron. The Life Shake comes in four soy flavours – vanilla, chocolate, strawberry, and café latte – and two non-soy flavours: vanilla and chocolate.

WHAT IS THE LANDMARK STUDY?
The Landmark 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. Specifically, the study showed that compared with non-supplement users, 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 long-term biological stress and heart health

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

IS THE SHAKLEE LIFE PLAN GLUTEN FREE?
Yes. The Life-Strips and Life Shake Mix flavours are all gluten free.
IS THE SHAKLEE LIFE PLAN KOSHER?
The soy and non-soy formulas of the Life Shake Mix flavours are all kosher but the Life-Strip is not.

CAN I TAKE OTHER SHAKLEE SUPPLEMENTS IN ADDITION TO THOSE INCLUDED IN THE LIFE PLAN?
The Shaklee Life Plan includes protein, probiotics, 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 THE 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 the Life Plan. Along with the benefits of the Shaklee Life Shake Mix – a protein-rich meal shake – the Life-Strip provides vitamins, minerals, antioxidants, polyphenols, and phytonutrients to provide the foundation for a healthier life and is 100% guaranteed, or we’ll give you your money back.
WHAT IS THE SHAKLEE LIFE SHAKE MIX?
The Life Shake is a delicious meal replacement shake that contains 25 grams of protein when prepared as directed. It also supplies prebiotic fibres, a patented probiotic, and omega-3s from alpha-linolenic acid (ALA). Key ingredients include:

- 25 grams* of protein per serving when prepared as directed, including 16 grams of proprietary, ultra-pure, plant-based, non-GMO protein with precise ratios of all nine essential amino acids, optimized for high protein quality
- Added leucine to help preserve lean muscle and achieve a healthier weight
- A powerful combination of prebiotics and one billion CFU of a patented probiotic to support digestive and immune health
- Alpha-linolenic acid (ALA), an essential omega-3 fatty acid known to support cardiovascular health

The Life Shake comes in four soy flavours – vanilla, chocolate, strawberry, and café latte – and two non-soy flavors: vanilla and chocolate.

WHO SHOULD USE THIS PRODUCT AND WHY?
The Life Shake is an excellent meal or snack for adults. It’s designed to provide energy; help preserve lean muscle and achieve a healthier weight; and support digestive, immune, and cardiovascular health.

WHAT’S THE PURPOSE OF THE PREBIOTICS AND PROBIOTICS IN THE LIFE SHAKE?
Probiotics are live micro-organisms that provide health benefits to the body. Prebiotics are ingredients that support beneficial micro-organisms in the colon by providing nutrients that encourage their growth and multiplication. Each serving of Life Shake contains 1 billion CFU of the patented probiotic Bacillus coagulans, along with prebiotics, soluble corn fibre, and milled golden flax seed to support digestive and immune health.

WHY IS THE PROBIOTIC INCLUDED IN THE LIFE SHAKE AND NOT IN THE LIFE-STRIP?
The probiotic used in the Life Shake has a natural protective coating that allows it to survive passage through the stomach and be delivered to the intestines, where it will be most active. Shaklee scientists determined that the shake was the best delivery system to provide the 1 billion CFU dose of Bacillus coagulans.

WHAT’S THE DIFFERENCE BETWEEN THE NEW SHAKLEE LIFE SHAKE MIX AND THE SHAKLEE 180™ SMOOTHEE MIX?
The Shaklee Life Shake Mix contains all the benefits of the Shaklee 180 Smoothee Mix plus a powerful combination of prebiotics and one billion CFU of a patented probiotic to support digestive and immune health. The Life Shake also contains alpha-linolenic acid (ALA), an essential omega-3 fatty acid that supports cardiovascular health. The Life Shake comes in two new non-soy options not previously available with the Shaklee 180 Smoothee Mix.

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

Shaklee Life Shake Mix

CAN I GIVE THE LIFE SHAKE TO MY CHILDREN?
No. It’s intended for adult use only (i.e., those 18 and older).

IS THE LIFE SHAKE KOSHER?
Yes. The soy and non-soy formulas are certified by the Star-K kosher certification agency.

IS THE LIFE SHAKE GLUTEN FREE?
Yes.

ARE ARTIFICIAL FLAVOURS, COLOURS, SWEETENERS, OR PRESERVATIVES ADDED TO THE LIFE SHAKE?
No artificial flavours, colours, sweeteners, or preservatives are added to the Life Shake.

WHY ARE STEVIA AND NATURAL CANE SUGAR USED IN THE LIFE SHAKE?
We use cane sugar and stevia to provide a sweet, great-tasting product consumers want to use while minimizing the amount of sugar in the product.

IS THE LIFE SHAKE AVAILABLE IN A NON-SOY VERSION?
Yes. There are two flavours of Non-Soy Life Shake – vanilla and chocolate – which are made from an exclusive blend of non-GMO, non-soy protein from sacha inchi, potato, rice, pea, and leucine.

IS THE LIFE SHAKE LACTOSE FREE?
Yes. However, it’s recommended that the Life Shake be mixed with 1 cup of skim milk to achieve the full 25 grams of protein.

CAN I MIX THE LIFE SHAKE WITH WATER?
We recommend skim milk or low-fat soy milk for the best nutritional profile and to provide you with the full amount of protein and leucine. If desired, you may mix the Life Shake 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 two scoops in skim milk or low-fat soy milk.

CAN I GIVE THE LIFE SHAKE AS A SNACK?
Yes. Use ONE scoop of Life Shake powder in 4–6 ounces of skim milk or low-fat soy milk for a healthy snack.

HOW MUCH CAFFEINE IS IN THE CHOCOLATE LIFE SHAKE AND THE CAFÉ LATTE LIFE SHAKE?
The amount of caffeine is very low – less than 2 mg per serving – in both products.

COULD I USE THE LIFE SHAKE TO LOSE WEIGHT?
Yes. The Life Shake can be used as a direct replacement for the Shaklee 180 Smoothee Mix in the Shaklee 180 weight-management program.

COULD I TAKE MORE THAN TWO LIFE SHAKES A DAY?
Yes.
FREQUENTLY ASKED QUESTIONS

Shaklee Life Shake Mix

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 the Life Shake, although we’d add the following: people with serious kidney or liver disease should discuss the use of the 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 THE 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 sequelae. Replacing two meals per day with the 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.

I’M A VEGETARIAN/VEGAN. COULD I USE THE LIFE SHAKE?
Ovo-lacto vegetarians can use the Life Shake, which can be mixed with skim milk or your favourite beverage.

WHAT IS SACHA INCHI?
The sacha inchi plant is native to tropical South America. It produces seeds that are high in protein and healthy oils. It has a mild nutty taste and is allergen free, highly digestable, and vegan.

IS THERE A WHEY PROTEIN VERSION OF THE LIFE SHAKE?
A whey protein option isn’t currently available, but one is in development. In the meantime, you can still order the Shaklee 180 Whey Protein Smoothee Mix.

COULD I USE THE LIFE SHAKE IF I’M PREGNANT OR NURSING?
The 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. The Life Shake is a source of healthy protein and prebiotic fibre as well as essential omega-3 fatty acids, vitamins, minerals, added leucine, prebiotics, and probiotics. Please see the Shaklee 180 Program if you’re interested in weight loss after pregnancy.
WHAT IS THE SHAKLEE LIFE-STRIP?
The Shaklee 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. The Life-Strip is composed of the following products:

1. NEW Advanced Multivitamin
   - Comprehensive daily supplement that provides up to 23 essential vitamins and minerals
   - 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

2. NEW Vivix® Liquigels
   - Patented blend of a broad spectrum of polyphenols from muscadine grape, resveratrol, red wine extract, pomegranate, chebulic myrobalan, and more

3. NEW OmegaGuard® Plus
   - Ultra-concentrated omega-3s from fish oil; one serving provides 1000 mg of EPA and DHA omega-3 fatty acids, and includes 30 mg of coenzyme Q₁₀
   - Enteric coated for release in the upper intestine to reduce fishy aftertaste

4. B+C Complex
   - Essential levels of vitamin C and the B vitamins thiamin, 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

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

ARE THERE ANY PRECAUTIONS WHEN USING THE 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 or anyone younger than 18 years old.

WHICH LIFE-STRIP SHOULD I TAKE?
The Life-Strip was formulated to meet the needs of most men, 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 THE LIFE-STRIP WITH FOOD?
Yes. We recommend that it be taken with food. The Life-Strip is designed to be taken with the Life Shake. However, if you prefer to split your dietary supplement intake throughout the day, you can take this approach with the 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 THE LIFE-STRIP DIFFER FROM VITALIZER™?
The Life-Strip contains all the benefits of Vitalizer Gold except for the probiotic, which was moved into the Life Shake in order to provide twice the levels as Vitalizer. In addition to the nutrients in Vitalizer, the Life-Strip provides 1000 mg of EPA and DHA for additional cardiovascular health benefits and includes new Vivix Liquigels for cellular repair and protection.

WHAT’S THE DIFFERENCE BETWEEN OMEGAGUARD PLUS AND OMEGAGUARD?
OmegaGuard Plus is a more concentrated form of EPA and DHA from fish oil, which enables delivery of 1000 mg of these healthy omega-3 fatty acids in two softgels. OmegaGuard Plus also contains coenzyme Q₁₀ in an enteric-coated softgel to prevent fishy aftertaste. 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.