



LIFE
WITHOUT
COMPROMISE

PRODUCT CATALOGUE

Life Without Compromise

At Shaklee, we believe you should live the life you want – without compromise. We provide pure, safe, proven products that give your body what it needs to thrive. And we provide an income opportunity that can help you live life on your own terms.

LIVE YOUNGER LONGER AND LOOK YOUNGER LONGER

We're inspired by the vision of Dr. Shaklee, our founder and the inventor of the first multivitamin in the United States, and his philosophy to create Products in Harmony With Nature and Good Health®. We're committed to providing the purest and best ingredients from nature and to applying our rigorous scientific standards to create clinically proven products – delivering clinical results without compromise. This holistic concept of wellness has been helping millions of people live and look younger for more than 60 years.

LOVE YOUR LIFE

Our Shaklee community has been shown to be one of the healthiest populations in North America (see pages 8–9 for details). And we offer a life-changing business opportunity built on sharing our life-changing products. You'll have the freedom to work your business and earn income whenever and wherever you choose, all while living a life you love.

**“All I ever did was listen
to nature and pass the
word along.”**

Dr. Forrest C. Shaklee
Founder, Shaklee Corporation



Not only were we the first company to fully offset its carbon emissions so as to leave no footprint on the earth but we've also planted more than one million trees around the world with the late Dr. Wangari Maathai, the first Nobel laureate recognized for environmental work.

That work continues today and we're on our way to planting the next million trees.

“Our mission is to provide a healthier and better life for everyone.”

Roger Barnett
Chairman & Chief Executive Officer
Shaklee Corporation

THE SHAKLEE DIFFERENCE™

Clinical Results Without Compromise

At Shaklee, we never sacrifice safety and purity for efficacy. We create safe products that do what we say they'll do. Every single time.

BEYOND ORGANIC

Beyond Organic is our philosophy that Shaklee quality standards go beyond how and where an ingredient is grown. We look to confirm the purity and potency of ingredients after harvest to guarantee that the final finished product is free of hundreds of chemical contaminants.

See ca.shaklee.com/beyond-organic.



WE DO "CLEAN BEAUTY" BETTER THAN ANYONE

The list of ingredients that we won't use in our YOUTH® skin care collection is far greater than the list of ingredients that we will use. Not only do we avoid the biggies – parabens, phthalates, propylene glycol, sulfates, coal tar, PEG derivatives, and artificial colours and fragrances – but we go far beyond with a list of more than 2,500 questionable chemicals and ingredients that you'll never find in our YOUTH products.

SAFE

OUR PRODUCTS ARE
GENTLE ON THE
ENVIRONMENT

WE NEVER TEST
ON ANIMALS

EVERY SINGLE ONE
OF OUR PRODUCTS
IS GLUTEN FREE

Shaklee does things
differently – to ensure
your safety and the safety
of our planet.

PROVEN

WE CONDUCT MORE
THAN 100,000 QUALITY
TESTS EACH YEAR

WE SCREEN FOR MORE
THAN 350 PESTICIDES,
CONTAMINANTS, AND OTHER
IMPURITIES ON EVERY NEW
BOTANICAL INGREDIENT –
FAR MORE THAN THE U.S.
PHARMACOPEIA STANDARDS



ALL OUR PRODUCTS ARE

**100%
GUARANTEED.**

IF YOU'RE NOT SATISFIED, YOU
CAN SEND THEM BACK FOR A
FULL REFUND – EVEN IF THE
CONTAINER IS EMPTY.

NO QUESTIONS ASKED.

PROVE IT CHALLENGE™

FEEL AMAZING IN 30 DAYS – GUARANTEED

Accept the #ProveItChallenge



READY, SET, CLEANSE* DAYS 1-7

Start with a 7-day
Healthy Cleanse to reset
your system and take a
Vitalizer™ strip (see pages
14-15) each morning for
clinically backed
vitamins, minerals,
and other nutrients.

Prove It Challenge #79526

First-time Purchase Price: \$169.00 | PV: 100.00

Member Price: \$221.65 | PV: 114.10



Feel healthier, more energized, more focused, and ready for anything.



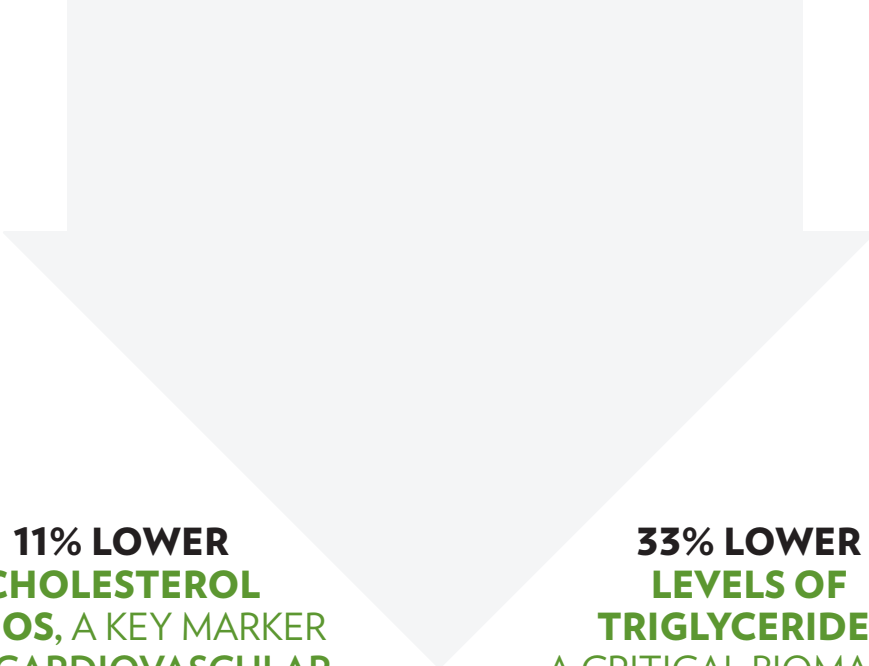
CONTINUE WITH A STRIP AND A SHAKE A DAY DAYS 8-30

Adopt a daily nutrition routine: take a Vitalizer™ strip and replace one meal with a Life Shake™ (see pages 22-26) for clinically backed vitamins, minerals, and protein.

KEEP FEELING AMAZING

Make health and nutrition a priority by keeping up this routine every day.

*Shaklee Canada's complete Healthy Cleanse Program also includes Alfalfa Complex, a green "superfood" that contains premium alfalfa leaf powder plus calcium, phosphorus, and trace vitamins and minerals. See page 35 for full details.



**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
COGNITIVE HEALTH***

**59% LOWER
LEVELS OF
C-REACTIVE PROTEIN,
A KEY BIOMARKER FOR
BIOLOGICAL STRESS***

SHAKLEE USERS CLEARLY DEMONSTRATED
LOWER LEVELS OF THE MOST IMPORTANT HEART
HEALTH BIOMARKERS RECOGNIZED BY THE
AMERICAN HEART ASSOCIATION®.

*Percentages reflect Shaklee supplement users compared with non-supplement users. Data for non-users were obtained from NHANES 2001-2002 and NHANES III 1988-1994. All trademarks are the property of their respective owners.

Proven by Science

Changing Brands Can Change Your Life

The Landmark Study, led by an acclaimed nutrition researcher with the University of California at Berkeley, is one of the largest studies of long-term users of multiple supplements. It showed that **people who used Shaklee supplements had much healthier biomarkers for cardiovascular, heart, and cognitive health** compared with non-supplement or non-Shaklee-product, single-supplement users.



LIVE
YOUNGER
LONGER

LOOK
YOUNGER
LONGER



2 LIFE WITHOUT COMPROMISE

4 CLINICAL RESULTS WITHOUT COMPROMISE

6 PROVE IT CHALLENGE™

8 PROVEN BY SCIENCE

12 THE FOUNDATION FOR A HEALTHIER LIFE

14 VITALIZER™

16 LIFE-STRIP

20 VITA-LEA®

21 CORE NUTRITION PLANS

22 LIFE SHAKE™/PROTEIN

29 THE TELOMERE STUDY

30 VIVIX®/ANTIOXIDANTS

32 + DIGESTIVE

35 + CLEANSE

36 + BRAIN

38 + HEART

42 THE SHAKLEE BUSINESS

44 + IMMUNITY

46 + STRESS

47 + BONE

48 + JOINT

49 + LIVER

50 + GREENS

51 + ENERGY

52 + VITAMIN AND MINERAL "BOOSTS"

55 + MEN

56 + WOMEN

57 + CHILDREN

58 SPORTS NUTRITION

62 HEALTHY WEIGHT

68 YOUTH®

83 PERSONAL CARE

86 PROSANTÉ®

87 SHAKLEEBABY™

88 HEALTHY HOME



Look for these icons:

-  **NON-GMO**
protein sources.
-  **GLUTEN FREE**
Tested to meet 20 ppm threshold set by Health Canada.
-  **VEGAN**
Contains no animal-derived ingredients.
-  **LACTOSE FREE**
For those with lactose sensitivities.
-  **KOSHER**
Certified by Star-K Kosher Certification.
-  **LOW GLYCEMIC**
Lower glycemic index (GI) correlates to a slower rate of digestion and gradual release of glucose, contributing to better weight control and overall long-term health.
-  Formula is free of artificial flavours, sweeteners, colours, and preservatives.
-  Contains no sugars or sweeteners.

And watch for these symbols throughout this catalogue:

- Certified kosher:  
- Certified kosher dairy: 
- Gluten free: 
- Signature Formula: 
- PTPA Media Inc.*: 

Please note that products, pricing, and packaging are subject to change with or without notice.

*Canadian-based PTPA Media Inc. (www.ptpamedia.com) awards its Seal of Approval to new parent-tested, parent-approved products that have value, functionality, quality, and product appeal.

Getting started is as easy as 1-2-3



Shaklee®

Vita-Lea®
With Iron / Avec Fer

Perinatal/postnatal
maternal/infant/child
nutritional supplement
multivitamin/mineral
essential vitamins

100% VEGAN

120 TABLETS / COMPRIMÉS

LIFE-STRIP
OUR BEST, MOST
COMPREHENSIVE
NUTRITIONAL SYSTEM
EVER - WITH VIVIX®



Vegan, non-GMO, gluten free, kosher, keto friendly

1+2+3= YOUR PERSONAL HEALTH PLAN

2 +



Choose your Targeted Solutions: ultra-pure supplements with clinically proven ingredients, designed to address your unique health concerns.

- +Cellular health
- +Digestive health
- +Cleanse
- +Brain health
- +Heart health
- +Immune health
- +Stress relief
- +Bone health
- +Joint health
- +Liver health
- +Greens
- +Energy
- +Men
- +Women
- +Children

3 +



Choose powerful boosts of key vitamins and minerals when you need them most.

- +B-complex
- +Vitamin C
- +Vitamin D
- +Vitamin E
- +Magnesium
- +Zinc
- +Iron
- +Calcium



Shaklee HEALTHPRINT™

NOT SURE WHERE TO START? Find your perfect nutrition plan today. Answer 20 questions, get life-changing results. Take the Shaklee Healthprint assessment today to receive your personalized health plan, including essential nutrition, targeted solution, and key nutrient supplements customized to meet your needs. Ask your Shaklee Distributor for more details.

ADVANCED NUTRITION, BASED ON 12 CLINICAL STUDIES

BEST SELLER

VITALIZER™

Imagine feeling healthier every day. Developed through research including more than 12 clinical studies, Vitalizer provides advanced nutrition with a full spectrum of clinically supported vitamins, minerals, antioxidants, phytonutrients, omega-3 fatty acids, probiotics, and more in one convenient Vita-Strip®.



Vitalizer™ With Iron #57460 | Ideal for women* | 30 Vita-Strips® | Member Price: \$79.25 | PV: 50.00

Vitalizer™ Without Iron #57465 | Ideal for men | 30 Vita-Strips® | Member Price: \$79.25 | PV: 50.00

Vitalizer™ Gold With Vitamin K #57570 | Ideal for adults 50+ | 30 Vita-Strips® | Member Price: \$90.80 | PV: 55.00

Vitalizer™ Gold Without Vitamin K† #57575 | Ideal for adults 50+ | 30 Vita-Strips® | Member Price: \$90.80 | PV: 55.00

THE SHAKLEE DIFFERENCE™

S.M.A.R.T.™

**Shaklee
Micronutrient
Advanced
Release
Technology™**

Vitalizer features the patented S.M.A.R.T.™ delivery system to help improve absorption of key nutrients.

*Women who are iron deficient should consider taking Shaklee Iron Plus Vitamin C supplement for additional, enhanced iron absorption.

†Suitable for those taking blood-thinning medications.

VITALIZER INCLUDES:



CAROTO-E-OMEGA

Cardiovascular health

Cognitive health

Joint comfort

- Enteric coating helps reduce fishy aftertaste by delivering omega-3 fatty acids, carotenoids, vitamin E, and other fat-soluble nutrients to the upper intestine



VITA-LEA®

Heart health

Immune function

Bone health

Tissue health

Healthy skin, hair, and nails

- Provides complete nutrition
- Designed to dissolve in less than 30 minutes in the stomach and to enhance absorption of folic acid from the patented micro coating



B+C COMPLEX

Metabolic function

Immune support

- Shown in a clinical study to provide up to 198% greater absorption of B vitamins over 12 hours



OPTIFLORA® PROBIOTIC

Digestive health

- Delivers healthy microflora to the lower intestine through our triple-layer encapsulation technology, protecting them from stomach acid

Vitalizer™ Medicinal Ingredients†

Daily dosage: 1 Vita-Strip®

	Amount per day		
	Without Iron	With Iron	Gold§
Beta-carotene (<i>Blakeslea trispora</i> , <i>Elaeis guineensis</i>)	9500 IU	9500 IU	9500 IU
Biotin (d-biotin)	300 mcg	300 mcg	300 mcg
Boron (sodium tetraborate)	1000 mcg	0 mcg	1000 mcg
Calcium (dicalcium phosphate and calcium ascorbate)	500 mg	500 mg	500 mg
Chromium (chromium chloride)	120 mcg	120 mcg	120 mcg
Copper (cupric gluconate)	1 mg	1 mg	1 mg
Folate (folic acid)	400 mcg	800 mcg	400 mcg
Iodine (potassium iodide and sea kelp)	150 mcg	200 mcg	150 mcg
Iron (ferrous fumarate)	0 mg	18 mg	0 mg
Magnesium (magnesium oxide)	225 mg	200 mg	225 mg
Manganese (manganese gluconate)	2 mg	2 mg	2 mg
Molybdenum (sodium molybdate)	75 mcg	75 mcg	75 mcg
Niacinamide	120 mg	120 mg	130 mg
Nickel (nickel sulphate)	15 mcg	15 mcg	5 mcg
Pantothenic acid (calcium d-pantothenate)	60 mg	60 mg	65 mg
Phosphorus (dicalcium phosphate)	350 mg	350 mg	350 mg
Riboflavin	10.2 mg	10.2 mg	11 mg
Selenium (sodium selenate)	70 mcg	70 mcg	70 mcg
Silicon (silicon dioxide)	2 mg	2 mg	2 mg
Thiamine (thiamine mononitrate)	9 mg	9 mg	9.75 mg
Tin (stannous chloride)	10 mcg	10 mcg	10 mcg
Vanadium (sodium metavanadate)	20 mcg	0 mcg	20 mcg
Vitamin A (vitamin A acetate)	1500 IU	1500 IU	1500 IU
Vitamin B ₆ (pyridoxine hydrochloride)	12 mg	12 mg	14 mg
Vitamin B ₁₂ (cyanocobalamin)	36 mcg	36 mcg	54 mcg
Vitamin C (calcium ascorbate, ascorbic acid)	500 mg	500 mg	500 mg
Vitamin D ₃ (cholecalciferol)	1000 IU	1000 IU	1000 IU
Vitamin E (d-alpha-tocopherol, d-alpha-tocopheryl acid succinate)	200 IU	200 IU	200 IU
Vitamin K ₁ (phytonadione)	100 mcg	80 mcg	100 mcg§
Zinc (zinc gluconate)	15 mg	15 mg	23 mg
Total omega-3 fatty acids (marine lipid concentrate)	500 mg	500 mg	500 mg
EPA (eicosapentaenoic acid)	280 mg	280 mg	280 mg
DHA (docosahexaenoic acid)	180 mg	180 mg	180 mg
Other naturally occurring omega-3 fatty acids	40 mg	40 mg	40 mg
<i>Bifidobacterium longum</i> (probiotic, strain BB536) [million CFU]	250	250	250
<i>Lactobacillus acidophilus</i> (probiotic, strain NCFM) [million CFU]	250	250	250
Lycopene (from tomato extract)	5 mg	2.5 mg	5 mg
Lutein (lutein ester from 60 mg marigold flower extract)	5 mg	5 mg	5 mg
Zeaxanthin (zeaxanthin ester from 60 mg marigold flower extract)	200 mcg	200 mcg	200 mcg
Mixed tocopherols (gamma-, beta-, and delta-tocopherols)	35 mg	35 mg	35 mg
Cranberry (<i>Vaccinium macrocarpon</i> fruit extract)	0 mg	50 mg	0 mg
Coenzyme Q ₁₀ (ubiquinone)	0 mg	0 mg	30 mg
N-acetyl-L-cysteine	0 mg	0 mg	50 mg

†For a complete list of non-medicinal ingredients for each Vitalizer formulation, see the appropriate decorator carton.

§Medicinal ingredients for Vitalizer Gold With Vitamin K. Those for Vitalizer Gold Without Vitamin K are identical with one exception (i.e., there is no vitamin K).

OUR BEST, MOST COMPREHENSIVE NUTRITIONAL SYSTEM EVER

BEST SELLER

LIFE-STRIP

Imagine feeling healthy every day. Backed by more than 10 patents and breakthrough clinical research, Life Strip is the culmination of years of research and quality testing to guarantee it delivers pure and potent vitamins, minerals, omega-3 fatty acids, polyphenols, antioxidants, and phytonutrients to help provide you with the foundation for a healthier life.

Powerful Protection for Your Cells

Life-Strip includes Vivix Liquigels, which feature a multiple-patented, natural blend of diverse polyphenols designed to help protect against oxidative cell damage.*

See pages 30–31 to learn more about Vivix.

Life-Strip With Iron #57294 | 30 Life-Strips ^{gf} | Member Price: \$182.80 | PV: 114.00

Life-Strip Without Iron #57293 | 30 Life-Strips ^{gf} | Member Price: \$182.80 | PV: 114.00



THE SHAKLEE DIFFERENCE™

S.M.A.R.T.™

**Shaklee
Micronutrient
Advanced
Release
Technology™**

Life-Strip features the patented S.M.A.R.T.™ delivery system to help improve absorption of key nutrients.

* Laboratory studies show that Vivix key ingredients protect and even repair DNA.

**VIVIX®**

Cellular health

- Powerful protection for your cells
- Natural blend of diverse polyphenols protects against oxidative cell damage

**OMEGAGUARD® PLUS**

Cardiovascular health

Cognitive health

Joint health

- Combines more than 1000 mg of ultra-concentrated omega-3 fatty acids (EPA, DHA, and others) sourced from wild fish raised sustainably in pure Alaskan waters
- Highly concentrated, ultra-pure source
- Small softgels are easy to swallow

**ADVANCED MULTIVITAMIN**

Health heart

Immune function

Bone health

Tissue health

Healthy skin, hair, and nails

- Provides complete nutrition
- Designed to dissolve in less than 30 minutes in the stomach and to enhance absorption of folic acid from the patented micro coating
- Includes heart-healthy coenzyme Q₁₀ and vitamin E

**B+C COMPLEX**

Metabolic function

Immune support

- Shown in a clinical study to provide up to 198% greater absorption of B vitamins over 12 hours

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)	5250 mcg (8750 IU)
Biotin (d-biotin)	300 mcg	300 mcg
Boron (sodium tetraborate)	1 mg	1 mg
Calcium (calcium ascorbate, carbonate, silicate; dicalcium and tricalcium phosphate)	500 mg	500 mg
Chromium (chromium chloride)	120 mcg	120 mcg
Copper (cupric gluconate)	1 mg	1 mg
Folate (folic acid)	400 mcg	400 mcg
Iodine (potassium iodide and kelp)	150 mcg	150 mcg
Iron (ferrous fumarate)	0 mg	18 mg
Magnesium (magnesium oxide)	200 mg	200 mg
Manganese (manganese gluconate)	2 mg	2 mg
Molybdenum (sodium molybdate)	75 mcg	75 mcg
Niacinamide	130 mg	130 mg
Nickel (nickel sulphate)	5 mcg	5 mcg
Pantothenic acid (calcium d-pantothenate)	65 mg	65 mg
Phosphorus (dicalcium phosphate)	28 mg	28 mg
Riboflavin	11 mg	11 mg
Selenium (sodium selenate)	70 mcg	70 mcg
Silicon (silicon dioxide)	7.8 mg	7.8 mg
Thiamine (thiamine mononitrate)	9.75 mg	9.75 mg
Tin (stannous chloride)	10 mcg	10 mcg
Vanadium (sodium metavanadate)	20 mcg	20 mcg
Vitamin A (vitamin A acetate)	554 mcg RAE (1875 IU)	554 mcg RAE (1875 IU)
Vitamin B ₆ (pyridoxine hydrochloride)	14 mg	14 mg
Vitamin B ₁₂ (cyanocobalamin)	54 mcg	54 mcg
Vitamin C (calcium ascorbate, ascorbic acid)	500 mg	500 mg
Vitamin D ₃ (cholecalciferol)	25 mcg (1000 IU)	25 mcg (1000 IU)
Vitamin E (d-alpha-tocopherol, d-alpha-tocopheryl acid succinate)	134 mg AT (200 IU)	134 mg AT (200 IU)
Vitamin K ₁ (phytonadione)	100 mcg	100 mcg
Zinc (zinc oxide)	22.5 mg	22.5 mg
Total omega-3 fatty acids (from ultra-pure marine lipid concentrate)	1064 mg	1064 mg
EPA (eicosapentaenoic acid)	714 mg	714 mg
DHA (docosahexaenoic acid)	288 mg	288 mg
Other naturally occurring omega-3 fatty acids	62 mg	62 mg
Coenzyme Q ₁₀	30 mg	30 mg
N-acetyl-L-cysteine	50 mg	50 mg
Lycopene (from tomato fruit)	5 mg	5 mg
Lutein (lutein ester from 28.75 mg marigold flower extract)	5 mg	5 mg
Zeaxanthin (zeaxanthin ester from 28.75 mg marigold flower extract)	250 mcg	250 mcg
Trans-resveratrol (<i>Reynoutria japonica</i> root)	60 mg	60 mg
Pomegranate (<i>Punica granatum</i>) fruit extract	59 mg	59 mg
Chebulic myrobalan (<i>Terminalia chebula</i>) fruit extract	59 mg	59 mg
Black currant (<i>Ribes nigrum</i>) fruit extract	59 mg	59 mg
Red wine (<i>Vitis vinifera</i>) fruit extract	59 mg	59 mg
Carrot (<i>Daucus carota</i>) root extract	6.5 mg	6.5 mg

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

In one Vita-Strip® or Life-Strip, you receive the same amount of*:



Vitamin A
in 1 cup of
Brussels sprouts



Vitamin C
in 7 medium oranges



Vitamin D
in 10 cups of
fortified milk



Vitamin E
in 27 servings of
dry-roasted almonds†



Boron
in 1.5 avocados



Folic acid (Vitalizer With Iron
and Life-Strip With Iron formulas)
in 8 cups‡ of cooked green peas



Niacin
in 5 chicken breasts



Riboflavin
in 19 cups of
plain yogurt



Selenium
in 3.75 cups of
brown rice



Beta-carotene
in 1.75 cups of
raw spinach



Lutein and zeaxanthin
in 32 spears of asparagus



Molybdenum
in 1.25 cups of
fresh green beans



Thiamine
in 6 cups of
fortified cereal



Biotin
in 1 dozen eggs



Pantothenic acid
in 12 cups of
mushrooms



Calcium
in 3 slices of cheese



Iodine
in 2 baked potatoes



Manganese
in 1 cup of pineapple



Chromium
in 15 glasses of
grape juice



Omega-3s
in 50-100 grams
of sardines

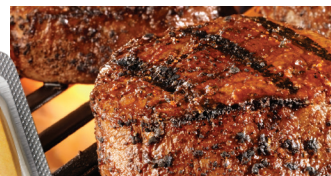
*The nutrient content of a daily serving of Vitalizer (i.e., one Vita-Strip) or Life-Strip is not the same as the amount of all nutrients found in the foods shown. Food equivalence may vary depending on a number of factors, such as source and preparation. Detailed nutritional information can be found on the Vitalizer and Life-Strip decorator cartons. Every food provides nutrients beyond those listed in this chart.

†A serving of nuts = 1 ounce; a serving of steak = 3 ounces.

‡Vitalizer Without Iron, Vitalizer Gold, and Life-Strip formulas contain as much folic acid as 4 cups' worth of cooked green peas.



Vitamin K
in 1 cup of broccoli



Vitamin B₁₂
in 15 servings
of top sirloin steak[†]



Vitamin B₆
in 17 bananas

THE SHAKLEE DIFFERENCE™

All This in Just One Daily Vitalizer™ Vita-Strip® or Life-Strip

With our busy lifestyles, we know that making healthful food choices every single day is virtually impossible. That's why we've packed plenty of good nutrition into a single daily strip.

For more information about Vitalizer or Life-Strip, see pages 14 and 16, respectively.



Zinc
in 3.75 cups of
kidney beans



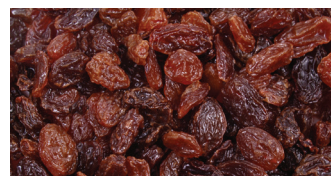
Copper
in 2 cups of
cooked lentils



Phosphorus
in 1 cup of
cooked soybeans



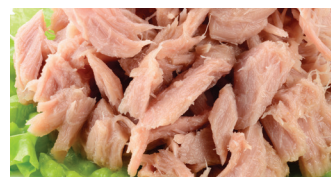
Magnesium
in 3 servings of
mixed nuts[†]



Iron (Vitalizer With Iron and
Life-Strip With Iron formulas)
in 6 cups of raisins



Lycopene
in 1.5 tomatoes



Coenzyme Q₁₀
(Vitalizer Gold formulas)
in 65 ounces of
canned tuna

THE PREMIER MULTIVITAMIN

BEST SELLER

VITA-LEA®

Based on seven clinical studies and backed by more than 100 years of innovation, Vita-Lea is a high-potency formulation specially designed to support the unique needs of men, women, and active adults aged 50 and older. It features a patented Bioactivated Absorption System™ designed to enhance absorption of folic acid.

VITA-LEA® WITH IRON

Ideal formula for women and excellent as a prenatal/postnatal “multi.” It contains optimized micronutrient levels including 800 mcg of folic acid, 200 mcg of iodine, and 18 mg of iron.*

#57440 | 120 tablets 

Member Price: \$25.50 | PV: 15.00

VITA-LEA® WITHOUT IRON

Ideal formula for men. Vita-Lea provides more than 20 essential vitamins and minerals at scientifically supported levels and has a superior formulation that sets it apart from leading brands.


#57445 | 120 tablets 

Member Price: \$25.50 | PV: 15.00

VITA-LEA® GOLD

Ideal formulas for adults 50+. Vita-Lea Gold promotes overall good health, including bone health, immune function, healthy metabolism, and healthy skin, hair, nails, teeth, and gums.

Vita-Lea® Gold With Vitamin K #57450 | 120 tablets  | Member Price: \$25.50 | PV: 15.00

Vita-Lea® Gold Without Vitamin K† #57455 | 120 tablets  | Member Price: \$25.50 | PV: 15.00

Vita-Lea® Medicinal Ingredients†

Daily dosage: 2 tablets per day

	Amount per tablet		
	Without Iron	With Iron	Gold§
Beta-carotene (<i>Blakeslea trispora</i>)	2100 mcg (3500 IU)	2100 mcg (3500 IU)	2100 mcg (3500 IU)
Biotin	150 mcg	150 mcg	150 mcg
Boron (sodium tetraborate)	0.5 mg	0 mg	0.5 mg
Calcium (dicalcium phosphate)	225 mg	225 mg	225 mg
Chromium (chromium chloride)	60 mcg	60 mcg	60 mcg
Copper (copper gluconate)	0.5 mg	0.5 mg	0.5 mg
Folate (folic acid)	200 mcg	400 mcg	200 mcg
Iodine (potassium iodide, sea kelp)	75 mcg	100 mcg	75 mcg
Iron (ferrous fumarate)	0 mg	9 mg	0 mg
Magnesium (magnesium oxide)	112.5 mg	100 mg	112.5 mg
Manganese (manganese gluconate)	1 mg	1 mg	1 mg
Molybdenum (sodium molybdate)	37.5 mcg	37.5 mcg	37.5 mcg
N-acetyl-L-cysteine	0 mg	0 mg	25 mg
Niacinamide	10 mg	10 mg	15 mg
Nickel (nickel sulphate)	7.5 mcg	7.5 mcg	2.5 mcg
Pantothenic acid (calcium d-pantothenate)	5 mg	5 mg	7.5 mg
Phosphorus (dicalcium phosphate)	175 mg	175 mg	175 mg
Riboflavin	0.85 mg	0.85 mg	1.275 mg
Selenium (sodium selenate)	35 mcg	35 mcg	35 mcg
Silicon (silicon dioxide)	1 mg	1 mg	1 mg
Thiamine (thiamine mononitrate)	0.75 mg	0.75 mg	1.125 mg
Tin (stannous chloride)	5 mcg	5 mcg	5 mcg
Vanadium (sodium metavanadate)	10 mcg	0 mcg	10 mcg
Vitamin A (vitamin A acetate)	222 mcg RAE (750 IU)	222 mcg RAE (750 IU)	222 mcg RAE (750 IU)
Vitamin B ₆ (pyridoxine hydrochloride)	1 mg	1 mg	2 mg
Vitamin B ₁₂ (cyanocobalamin)	3 mcg	3 mcg	12 mcg
Vitamin C (ascorbic acid)	60 mg	60 mg	60 mg
Vitamin D ₃ (cholecalciferol)	10 mcg (400 IU)	10 mcg (400 IU)	10 mcg (400 IU)
Vitamin E (d-alpha-tocopheryl acid succinate)	20 mg AT (30 IU)	20 mg AT (30 IU)	20 mg AT (30 IU)
Vitamin K ₁ (phytonadione)	50 mcg	40 mcg	50 mcg§
Zinc (zinc gluconate)	7.5 mg	7.5 mg	11.5 mg



* Women who are iron deficient should consider taking Shaklee Iron Plus C supplement for additional, enhanced iron absorption.

† Suitable for those taking blood-thinning medications.

§ For a complete list of ingredients for each Vita-Lea formulation, see the appropriate decorator carton.

§ Medicinal ingredients for Vita-Lea Gold With Vitamin K. Those for Vita-Lea Gold Without Vitamin K are identical with one exception (i.e., there is no vitamin K).

CORE NUTRITION PLANS

Check out our customized core nutrition plans, which provide a solid foundation of vitamins, minerals, and protein. One is right for you.



ALSO AVAILABLE

Kosher Life Plan^{||} #79354 ^{gf} ★
Member Price: \$266.90 | PV: 172.78

LIFE PLAN

Our best, most comprehensive nutritional system ever

- Combines Life-Strip with or without iron (featured on pages 16–17) and your choice of Life Shake (featured on pages 22–26)
- Promotes every aspect of your health – with nutrients clinically proven to help provide the foundation for a healthier life
- Includes Vivix[®] to provide powerful protection for your cells
- Includes exclusive OmegaGuard[®] Plus with more than 1000 mg of concentrated omega-3 fatty acids (EPA, DHA, and others)

#79351 ^{gf}

Member Price: \$277.35 | PV: 178.10



ALSO AVAILABLE

Kosher Vitalizing Plan^{||} #79353 ^{gf} ★
Member Price: \$174.80 | PV: 113.78

VITALIZING PLAN

Foundation of the Prove It Challenge[™]

- Combines Vitalizer[™] (featured on pages 14–15) and your choice of Life Shake
- Available for women (with iron), for men (without iron), and for active adults over 50 (with or without vitamin K)
- Vitalizer With Iron is excellent as a prenatal/postnatal multivitamin
- Includes Optiflora[®] Probiotic (capsule)

#79350 ^{gf}

Member Price: \$173.80 | PV: 114.10



ALSO AVAILABLE

Kosher Essentials Plan^{||} #79352 ^{gf} ★
Member Price: \$91.85 | PV: 60.25

ESSENTIALS PLAN

Supports optimal health

- Combines your choice of Life Shake, Vita-Lea[®] (featured on page 20), and OmegaGuard[®] (featured on page 38)
- Available with or without iron

#79349 ^{gf}

Member Price: \$93.10 | PV: 61.44

^{||}See price list for pack contents.
^{gf}Special 60-count bottle.

OUR MOST DELICIOUS, CLINICALLY PROVEN SHAKE

LIFE SHAKE™

Clinically proven to help you thrive and create the foundation for a healthier life

Builds strong muscles and protective antibodies.

20 grams of ultra-pure, non-GMO protein per serving, with precise ratios of all nine essential amino acids.

Clinically proven to help you reach and maintain a healthy weight. Powered by Leucine® to help you build lean muscle and burn fat.

Supports healthy digestion. Features added digestive enzymes to provide comfort.

With 23 essential vitamins and minerals clinically proven to support cardiovascular, brain, bone, immune, and overall health. Includes 200 mg of calcium plus ALA (alpha-linolenic acid), an essential omega-3 fatty acid, and more.

Has a low glycemic index. Supports healthy blood sugar levels.

20 GRAMS OF PROTEIN PER DELICIOUS SERVING

**VEGAN, NON-GMO, GLUTEN FREE, KOSHER,
KETO FRIENDLY**





THE SHAKLEE DIFFERENCE™

It's been clinically proven that people who take Life Shake as part of the Shaklee 180® Program lose the weight and keep it off.* Life Shake is:

Clinically proven to help you retain lean muscle

Clinically proven to support healthy blood sugar levels

POWERED BY LEUCINE®

Leucine is the most effective branched-chain amino acid for preserving muscle mass. It helps you*:

Build lean muscle

Burn fat

Improve metabolism

MORE MUSCLE MEANS A STRONGER, LEANER-LOOKING YOU.



Beyond Organic is our philosophy that Shaklee quality standards go beyond how and where an ingredient is grown. We look to confirm the purity and potency of ingredients after harvest to guarantee that the final finished product is free of hundreds of chemical contaminants. [See ca.shaklee.com/beyond-organic](http://ca.shaklee.com/beyond-organic).



ORGANIC GREENS BOOSTER

Your shake's power partner

Organic Greens Booster is a whole food supplement providing the equivalent of one cup of raw, organic, nutrient-rich vegetables in every scoop, making it easy to get the nutrient benefits of veggies often missed in meals. There are 30 servings per canister.

Compare convenient and economical Organic Greens Booster at \$1.12 per one-scoop serving with one cup of organic spinach at \$3.00.†

#56306

Member Price: \$33.45 | PV: 19.63

*As part of the Shaklee 180® Program. Clinical study participants replaced two meals with Shaklee Life Shakes daily and followed a 45-minute exercise program twice weekly. See full details of the Life Shake clinical studies at healthresource.shaklee.com.

†When compared with the grocery store price of a 16 oz. bag of raw, organic spinach. This price comparison was conducted on March 13, 2018 in Burlington, ON.

FOUR DELICIOUS FLAVOURS

Our clinically proven Life Shake comes in Plant Protein and Soy varieties to meet your specific needs.

LIFE SHAKE WITH SOY PROTEIN

Our Life Shake Soy Protein formula plus a proprietary blend of organic chia and organic pumpkin proteins. Zero added sugar; sweetened with stevia. 130 calories per serving.

Vanilla #56321

Chocolate #56324

Strawberry #56327

Café Latte #56329

15-serving canister (V) (gf) (GMO) (★)

Member Price: \$47.25 | PV: 32.05

LIFE SHAKE WITH SOY PROTEIN, STEVIA FREE

Our Life Shake Soy Protein formula plus a proprietary blend of organic chia and organic pumpkin proteins. Contains no stevia; sweetened with natural cane sugar. 170 calories per serving.

Vanilla #56341

Chocolate #56340

15-serving canister (V) (gf) (GMO) (★)

Member Price: \$47.25 | PV: 32.05

LIFE SHAKE WITH PLANT PROTEIN

Our Life Shake Plant Protein formula with pea protein plus a proprietary blend of organic chia and organic pumpkin proteins. Zero added sugar; sweetened with stevia. 140–150 calories per serving.

Vanilla #56333

Chocolate #56335

15-serving canister (V) (gf) (GMO) (★)

Member Price: \$47.25 | PV: 29.57



Life Shake – Vanilla

Serving size / Servings per container:	Soy Protein		Plant Protein	
	2 scoops (35 g) / 15	% Daily Value*	2 scoops (36 g) / 15	% Daily Value*
	Amount Per Serving (dry mix)		Amount Per Serving (dry mix)	
Calories	130		140	
Calories from Fat	30		30	
Total Fat	3 g	5%	3.5 g	6%
Saturated fat	0 g	0%	0.5 g	3%
Trans fat	0 g		0 g	
Polyunsaturated fat	0.5 g		1.5 g	
Monounsaturated fat	1 g		1 g	
Cholesterol	0 mg	0%	0 mg	0%
Sodium	320 mg	13%	320 mg	13%
Potassium	250 mg	7%	50 mg	1%
Total Carbohydrate	8 g	3%	10 g	3%
Dietary fibre	6 g	24%	6 g	24%
Total sugars	<1 g		<1 g	
Added sugars	0 g		0 g	
Protein	20 g	40%	20 g	40%
	% Daily Value*		% Daily Value*	
Vitamin A	10%		10%	
Vitamin C	35%		35%	
Calcium	20%		20%	
Iron	15%		20%	
Vitamin D	35%		35%	
Vitamin E	35%		35%	
Thiamine	35%		35%	
Riboflavin	35%		35%	
Niacin	35%		35%	
Vitamin B ₆	35%		35%	
Folate	35%		35%	
Vitamin B ₁₂	35%		35%	
Biotin	35%		35%	
Pantothenic Acid	35%		35%	
Phosphorus	30%		30%	
Magnesium	25%		25%	
Zinc	35%		35%	
Selenium	35%		35%	
Copper	35%		35%	
Manganese	35%		35%	
Chromium	80%		80%	
Molybdenum	35%		35%	
Chloride	8%		0%	

*Per cent Daily Values (DV) are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. These are current U.S. Daily Values.

INGREDIENTS (SOY): SHAKLEE PROPRIETARY PROTEIN BLEND (SOY PROTEIN CONCENTRATE, SOY PROTEIN ISOLATE, L-LEUCINE, ORGANIC PUMPKIN SEED PROTEIN, ORGANIC CHIA SEED PROTEIN), OAT FIBRE, SUNFLOWER OIL POWDER, PROPRIETARY VITAMIN AND MINERAL BLEND (DICALCIUM PHOSPHATE, POTASSIUM CHLORIDE, MAGNESIUM OXIDE, VITAMIN D₃ FROM *AGARICUS BISPORUS* ORGANIC MUSHROOM POWDER, ASCORBIC ACID, SELENIUM YEAST, D-ALPHA-TOCOPHERYL ACETATE, MOLYBDENUM YEAST, NIACINAMIDE, ZINC OXIDE, COPPER GLUCONATE, CALCIUM PANTOTHENATE, VITAMIN A PALMITATE, VITAMIN B₆, MANGANESE SULPHATE, CHROMIUM NICOTINATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMINE MONONITRATE, FOLIC ACID, BIOTIN), MILLED GOLDEN FLAXSEED, NATURAL FLAVOUR, ORGANIC ANCIENT GRAINS BLEND (ORGANIC AMARANTH, ORGANIC BUCKWHEAT, ORGANIC MILLET, ORGANIC QUINOA, ORGANIC CHIA), REBAUDIANA A (STEVIA EXTRACT) (LEAF), DIGESTIVE ENZYME BLEND (PAPAIN, BROMELAIN). **(PLANT):** SHAKLEE PROPRIETARY PROTEIN BLEND (PEA PROTEIN, L-LEUCINE, ORGANIC CHIA SEED PROTEIN, ORGANIC PUMPKIN SEED PROTEIN), OAT FIBRE, MILLED GOLDEN FLAXSEED, ORGANIC ANCIENT GRAINS BLEND (ORGANIC AMARANTH, ORGANIC BUCKWHEAT, ORGANIC MILLET, ORGANIC QUINOA, ORGANIC CHIA), PROPRIETARY VITAMIN AND MINERAL BLEND (DICALCIUM PHOSPHATE, MAGNESIUM OXIDE, VITAMIN D₃ FROM *AGARICUS BISPORUS* ORGANIC MUSHROOM POWDER, ASCORBIC ACID, SELENIUM YEAST, D-ALPHA-TOCOPHERYL ACETATE, MOLYBDENUM YEAST, NIACINAMIDE, ZINC OXIDE, COPPER GLUCONATE, CALCIUM PANTOTHENATE, VITAMIN A PALMITATE, VITAMIN B₆, MANGANESE SULPHATE, CHROMIUM NICOTINATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMINE MONONITRATE, FOLIC ACID, BIOTIN), NATURAL FLAVOUR, SUNFLOWER OIL POWDER, REBAUDIANA A (STEVIA EXTRACT) (LEAF), DIGESTIVE ENZYME BLEND (PAPAIN, BROMELAIN).

Life Shake – Stevia-Free Soy Protein, Vanilla

Serving size: 2 scoops (45 g)

Servings per container: 15

	Amount Per Serving (dry mix)	% Daily Value*
Calories	170	
Calories from Fat	30	
Total Fat	3 g	5%
Saturated fat	0 g	0%
Trans fat	0 g	
Polyunsaturated fat	0.5 g	
Monounsaturated fat	1 g	
Cholesterol	0 mg	0%
Sodium	320 mg	13%
Potassium	250 mg	7%
Total Carbohydrate	18 g	6%
Dietary fibre	6 g	24%
Total sugars	10 g	
Added sugars	10 g	
Protein	20 g	40%
	% Daily Value*	
Vitamin A	10%	
Vitamin C	35%	
Calcium	20%	
Iron	15%	
Vitamin D	35%	
Vitamin E	35%	
Thiamine	35%	
Riboflavin	35%	
Niacin	35%	
Vitamin B ₆	35%	
Folate	35%	
Vitamin B ₁₂	35%	
Biotin	35%	
Pantothenic acid	35%	
Phosphorus	30%	
Magnesium	25%	
Zinc	35%	
Selenium	35%	
Copper	35%	
Manganese	35%	
Chromium	80%	
Molybdenum	35%	
Chloride	8%	

*Per cent Daily Values (DV) are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. These are current U.S. Daily Values.

INGREDIENTS: SHAKLEE PROPRIETARY PROTEIN BLEND (SOY PROTEIN CONCENTRATE, SOY PROTEIN ISOLATE, L-LEUCINE, ORGANIC PUMPKIN SEED PROTEIN, ORGANIC CHIA SEED PROTEIN), NATURAL CANE SUGAR, OAT FIBRE, SUNFLOWER OIL POWDER, PROPRIETARY VITAMIN AND MINERAL BLEND (DICALCIUM PHOSPHATE, POTASSIUM CHLORIDE, MAGNESIUM OXIDE, VITAMIN D₃ FROM *AGARICUS BISPORUS* ORGANIC MUSHROOM POWDER, ASCORBIC ACID, SELENIUM YEAST, D-ALPHA-TOCOPHERYL ACETATE, MOLYBDENUM YEAST, NIACINAMIDE, ZINC OXIDE, COPPER GLUCONATE, CALCIUM PANTOTHENATE, VITAMIN A PALMITATE, VITAMIN B₆, MANGANESE SULPHATE, CHROMIUM NICOTINATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMINE MONONITRATE, FOLIC ACID, BIOTIN), MILLED GOLDEN FLAXSEED, NATURAL FLAVOUR, ORGANIC ANCIENT GRAINS BLEND (ORGANIC AMARANTH, ORGANIC BUCKWHEAT, ORGANIC MILLET, ORGANIC QUINOA, ORGANIC CHIA), DIGESTIVE ENZYME BLEND (PAPAIN, BROMELAIN).



SHAKE IT UP.

With just 130 to 170 calories per serving, your favourite Life Shake can be mixed with your choice of milk or water, customized with your go-to ingredients, and still meet your calorie goals.

TRY ADDING:

1/2 BANANA

52 calories

1 TBSP. PEANUT BUTTER

90 calories

1 TBSP. ALMOND BUTTER

98 calories

1 CUP BLUEBERRIES

85 calories

1/2 CUP STRAWBERRIES

49 calories

1 CUP RAW SPINACH

7 calories

1/2 CUP NON-FAT VANILLA GREEK YOGURT

85 calories

For more tasty shake recipe ideas, visit our *Naturally* blog: go.shaklee.com/Naturally.



AN INTEGRAL PART OF THE CLINICALLY PROVEN SHAKLEE 180® PROGRAM*

Life Shake is the foundation of the Shaklee 180 Program. Our clinically proven weight-loss program helps you achieve and maintain a healthy weight with meal replacement shakes and bars, snacks, and a metabolic boost supplement, plus recipes, healthy eating and fitness tips, and more. **See pages 62–67 for more details.**

MAKING BETTER CHOICES IS EASIER

Life Shake nutritional facts compared with popular daily choices.

	STARBUCKS® CLASSIC COFFEE CAKE AND ALMOND MILK LATTE, GRANDE (473 ML/16 U.S. OZ)	SHAKLEE VANILLA PLANT PROTEIN LIFE SHAKE™ MADE WITH 296 ML/10 OZ COLD WATER
PROTEIN	8 g	20 g
SUGAR	36 g	<1 g
CALORIES	490	140
FAT	22 g	3.5 g
SODIUM	560 mg	320 mg
CARBOHYDRATES	66 g	10 g
PRICE†	\$8.70	\$3.15

Life Shake and the additional meal listed in this chart provide nutrients beyond those listed. Detailed nutritional values for Life Shake can be found on the label. The nutrition information for the other meal listed above was obtained from the official Website of the above company on November 20, 2018. All trademarks are the property of their respective owners.

*Westcott W, Colligan A, Puhala K, Lannutti K, La Rosa Loud R, Vallier S. *Journal of Exercise Physiology Online*. 2017 Feb 1;20(1).

†Before taxes.



FLAVOUR-ENHANCED SOY PROTEIN

This low-fat, non-GMO, biologically complete protein contains all 20 amino acids including the nine essential ones.

- Provides 14 grams of soy protein per serving
- Cholesterol, gluten, and lactose free
- Delicious vanilla flavour

#55400 | 30-serving canister (V) (gf) (GMO) (★)

Member Price: \$47.80 | PV: 32.80

ALSO AVAILABLE

SHAKLEE 180® WHEY PROTEIN SMOOTHIE MIX

Vanilla #56260 (gf) (GMO) (★)

Member Price: \$52.80 | PV: 36.21

See page 65 for details.

Flavour-Enhanced Soy Protein

Serving size: 28 grams (about 3 tablespoons)

	Amount Per Serving (dry mix)	% Daily Value [‡]
Calories	100	
Fat	1 g	1%
Saturated	0.2 g	1%
+ Trans	0 g	
Carbohydrate	9 g	
Fibre	0 g	0%
Sugars	9 g	9%
Protein	14 g	
Cholesterol	0 mg	
Sodium	170 g	7%
		% Daily Value [‡]
Potassium	65 mg	1%
Calcium	495 mg	38%
Iron	2 mg	11%

ESSENTIAL AMINO ACIDS:

Histidine	340 mg
Isoleucine	630 mg
Leucine	1160 mg
Lysine	890 mg
Methionine	180 mg
Phenylalanine	720 mg
Threonine	520 mg
Tryptophan	180 mg
Valine	650 mg

[‡]Per cent Daily Values (DV) are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. These are current Canadian Daily Values.



POWERED BY NATURE, PROVEN BY SCIENCE

THE SHAKLEE DIFFERENCE™

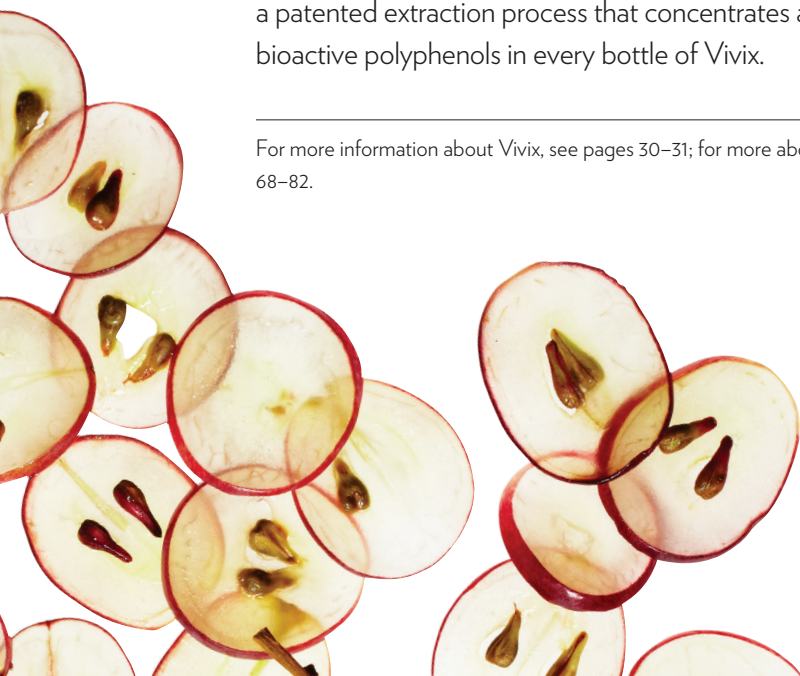
Muscadine Grape

Powers Vivix® and YOUTH® Skin Care

One of nature's rarest, most potent fruits, the muscadine grape is the basis for our scientifically advanced, proprietary blend found in Vivix. The muscadine grape contains the full complement of polyphenols found in other grapes; however, unlike other grapes, it boasts superior concentrations of ellagic acid and ellagitannins. Ellagic acid and ellagitannins are polyphenols that, when combined with other polyphenols, yield immense antioxidant power.*

We harness the power of the muscadine grape for you, using a patented extraction process that concentrates and preserves bioactive polyphenols in every bottle of Vivix.

For more information about Vivix, see pages 30–31; for more about YOUTH, see pages 68–82.

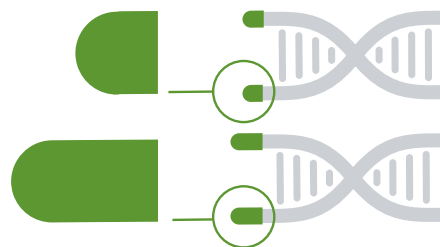


THE SHAKLEE DIFFERENCE™

Telomere Study

The big idea here: keeping telomeres from shortening may help you live a longer, healthier life.

Shaklee Scientific Advisory Board member Dr. Elizabeth Blackburn is a Nobel Prize winner in medicine and is considered the top authority on telomere science. We've partnered with Dr. Blackburn and proven that using multiple Shaklee supplements for at least five years led to a 40% lower rate of telomere shortening across the adult age range compared with a healthy control group.*



Telomeres are the protective caps of repetitive DNA at the end of chromosomes. Our telomeres gradually become shorter, and telomere length is thought to be a marker of overall health.

40%
LOWER

A PRELIMINARY CLINICAL STUDY SHOWED THAT SHAKLEE USERS HAD A 40% LOWER RATE OF TELOMERE SHORTENING.*

A statistical analysis based on the study projects that an 80-year-old Shaklee user would have the same telomere length as a 41-year-old non-user.†

*In a preliminary clinical study, Shaklee long-term users who took Vivix® (see pages 30–31) and other Shaklee supplements had a 40% lower rate of telomere shortening across the adult age range compared with a healthy control group.

†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.

POWERFUL PROTECTION FOR YOUR CELLS

BEST SELLER

VIVIX®

Backed by six patents, Vivix contains a proprietary, natural blend of a broad spectrum of polyphenols based on the muscadine grape, featuring superior concentrations of ellagic acid and ellagitannins that, when combined with other polyphenols, yield immense antioxidant power. **These key ingredients have been clinically proven to protect and even repair cellular DNA.***

Vivix® Antioxidant Solution (liquid) #57500 | 150 mL | 30 servings (V) (gf)

Kosher Vivix® (liquid) #22911 | 150 mL | 30 servings (V) (gf) (K)

Member Price: \$92.05 | PV: 59.00



Vivix® Liquigels #57501 | 60 capsules (gf) | Member Price: \$92.05 | PV: 59.00

THE SHAKLEE DIFFERENCE™

The health of your cells strongly influences your overall health, and your cells are continuously being damaged by environmental exposure. Our scientists spent years in partnership with leading researchers, optimizing the combination of different polyphenols to create Vivix: a balanced and powerful formula to protect DNA from oxidative stress and slow the formation of advanced glycation end-product (AGE) proteins, which can lead to cell damage.†





Vivix® Antioxidant Solution (liquid)

Adult dosage: 1 teaspoon (5 mL) once daily with a meal

	Amount per day
Calories	15
Total carbohydrate	4 g

MEDICINAL INGREDIENTS:

Trans-resveratrol (<i>Reynoutria japonica</i> root)	60 mg
Red wine (<i>Vitis vinifera</i>) fruit extract	60 mg
Pomegranate (<i>Punica granatum</i>) fruit extract	56 mg
Chebulic myrobalan (<i>Terminalia chebula</i>) fruit extract	50 mg
Carrot (<i>Daucus carota</i>) root extract	20 mg
Black currant (<i>Ribes nigrum</i>) fruit extract	5 mg

NON-MEDICINAL INGREDIENTS: CELLULOSE GUM, CITRIC ACID, CONCENTRATED POMEGRANATE JUICE, CONCORD GRAPE FLAVOUR, GLYCERIN, MALTODEXTRIN, NATURAL FLAVOURS, SORBITOL, STEVIA REBAUDIANA LEAF, THAUMATIN, *VITIS ROTUNDIFOLIA* (MUSCADINE GRAPE) FRUIT EXTRACT, *VITIS VINIFERA* (RED GRAPE) FRUIT EXTRACT, WATER.

POWERED BY THE MUSCADINE GRAPE AND ITS POWERFUL POLYPHENOLS

POWERFUL RESULTS

13 MORE POWERFUL THAN
RESVERATROL ALONE
TIMES

Only Vivix contains both resveratrol – a natural antioxidant compound – and a proprietary phytonutrient blend that harnesses the powerful antioxidant properties of the muscadine grape. In fact, laboratory studies show that the Vivix key ingredients are **13 times more powerful** than resveratrol alone in slowing the formation of potentially cell-damaging AGE proteins.[†]

CAROTOMAX®

Six beneficial carotenoids

- A unique blend of six of the most beneficial carotenoids: alpha-carotene, beta-carotene, astaxanthin, lutein, zeaxanthin, and lycopene
- Carotenoids are powerful, fat-soluble antioxidants that provide potent protection for lipid-rich areas of cells and have been implicated in the long-term health of the eyes, prostate, cervix, lungs, and heart
- Research also suggests that carotenoids, working together, support a strong immune system



#57810 | 30 softgels 

Member Price: \$28.00 | PV: 16.31

THE TELOMERE STUDY

40% LOWER

Shaklee users had a 40% lower rate of telomere shortening.[‡]

For more information about the Telomere Study, see page 29.

[†]Laboratory studies show that Vivix key ingredients protect and even repair DNA. In a clinical study, these key ingredients were shown to blunt the inflammatory response of healthy people to an unhealthy meal, which can lead to cellular damage over time.[†]

[‡]Ghanim H, et al. A resveratrol and polyphenol preparation suppresses oxidative and inflammatory response to a high-fat, high-carbohydrate meal. *J Clin Endocrinol Metab*. 2011 May; 96(5):1409-14. Also, new unpublished studies (Data on File, Shaklee Corporation.)

[‡]In a preliminary clinical study, Shaklee long-term users who took Vivix and other Shaklee supplements had a 40% lower rate of telomere shortening across the adult age range compared with a healthy control group.

EVERYDAY SUPPORT FOR DIGESTIVE HEALTH

OPTIFLORA® DI*

Powerful probiotic

Optiflora DI helps maintain gastrointestinal health and regularity. Because it's soy free and dairy free, it helps reduce occasional gas and bloating.†

#57770 | 30 capsules 

Member Price: \$40.20 | PV: 27.00

THE SHAKLEE DIFFERENCE™

Optiflora DI delivers unique benefits via a proprietary formula with 10 billion CFUs from four bacterial strains including the powerhouse *Bifidobacterium lactis* HN019™, which is:

- Clinically proven to support digestive health
- Clinically proven to provide digestive balance and comfort
- Laboratory tested to survive stomach acid; it's been shown to survive passage through the digestive tract to reach the large intestine, delivering maximum benefit to the gut



Optiflora® DI

Daily dosage: 1 capsule

MEDICINAL INGREDIENTS PER CAPSULE:

<i>Bifidobacterium lactis</i> , strain HN019™	5 billion CFU
<i>Lactobacillus acidophilus</i> , strain La-14®	2 billion CFU
<i>Lactobacillus plantarum</i> , strain Lp-115®	2 billion CFU
<i>Lactobacillus rhamnosus</i> , strain GG™	1 billion CFU

NON-MEDICINAL INGREDIENTS: MAGNESIUM STEARATE, MICROCRYSTALLINE CELLULOSE, SILICON DIOXIDE IN A HYPOMELLOSE HARD-SHELL CAPSULE.

GLUTEN
FREE

SOY
FREE

DAIRY
FREE



NO
REFRIGERATION
REQUIRED

*Part of our Healthy Cleanse (see page 35).

†Waller PA, Gopal PK, Leyer GJ, Ouwehand AC, Reifer C, Stewart ME, Miller LE. Dose-response effect of *Bifidobacterium lactis* HN019 on whole gut transit time and functional gastrointestinal symptoms in adults. *Scand J Gastroenterol*. 2011 Sep;46(9):1057-64.

All trademarks are the property of their respective owners.



OPTIFLORA® PREBIOTIC AND PROBIOTIC

This unique two-product digestive health system provides dietary support for normal, healthy intestinal microflora. Once the probiotics are delivered to the digestive system, the prebiotics can deliver important nutrients that healthy intestinal bacteria need to grow and thrive.

Optiflora Prebiotic helps:

- Provide your intestinal tract with nutrients – including fructo-oligosaccharides (FOS), inulin, and gamma-tocopherol – that nourish friendly microflora

Optiflora® Prebiotic (Powder) #57760 | 30 servings   

Member Price: \$13.80 | PV: 9.31

Optiflora Probiotic guarantees:

- The delivery of *B. longum* and *L. acidophilus* (500 million organisms) to the lower intestine via a state-of-the-art, triple-encapsulation technology (see diagram, right) that protects the helpful bacteria so that they arrive alive in the intestine – every time

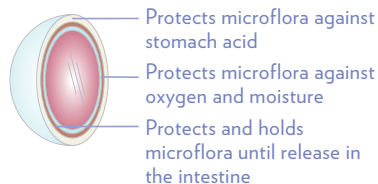
Optiflora® Probiotic #57765 | 30 capsules 

Member Price: \$27.65 | PV: 18.64

THE SHAKLEE DIFFERENCE™

Potency Advantage

Optiflora Probiotic uses patented triple-layer encapsulation technology, designed for live delivery of probiotics to the large intestine, where they provide the greatest benefit.





HERB-LAX®*

For occasional irregularity

- Gentle help for those infrequent periods of irregularity
- Enhanced proprietary blend includes senna leaf and several complementary herbs, which encourages a mild cleansing action to aid the body's natural processes

#57415 | 240 tablets (V) (gf) (★)

Member Price: \$25.50 | PV: 17.00

SIGNATURE
Forrest C. Shaklee, Sr.
Forrest C. Shaklee, Sr.
FORMULA

FIBRE PLAN

Promotes colon health, digestion, and regularity

- Five tablets provide 3 grams of dietary fibre; the recommended intake of fibre is 25–30 grams a day
- Soybeans, lemons, oranges, grapefruits, and beets provide soluble and insoluble fibres

#57095 | 75 tablets – 15 servings (V) (gf) (★)

Member Price: \$12.80 | PV: 8.50



EZ-GEST®

Provides welcome relief

- Offers comprehensive digestive support and as-needed relief from incomplete digestion of fats, proteins, and carbohydrates
- Contains multiple plant-based enzymes that alleviate discomfort from gas and bloating

#57755 | 30 capsules (V) (gf) (★)

Member Price: \$27.55 | PV: 18.50

*Part of our Healthy Cleanse (see page 35).

FEEL HEALTHIER IN SEVEN DAYS



HEALTHY CLEANSE

Our Healthy Cleanse program combines four carefully selected Shaklee supplements with a supporting diet plan in order to help you feel healthier in seven days. The Healthy Cleanse is also the perfect way to help jump-start your weight-loss program.*

The program is designed to:

- Support healthy digestion†
- Help increase focus and energy†
- Help manage hunger†
- Help improve sleep quality†

Healthy Cleanse features:

- Enough for two 7-day cleanses
- An easy-to-follow, step-by-step guide

- Optiflora® DI (30 capsules) help maintain gastrointestinal health and regularity (see page 32)
- DTX® Complex (90 caplets), which contains milk thistle and more to help increase your liver's ability to clean and detoxify your blood (see page 49)
- Alfalfa Complex (330 tablets), which contains high-quality alfalfa leaf powder plus calcium, phosphorus, and trace minerals and vitamins (see page 50)
- Herb-Lax® (60 tablets) to help provide gentle relief for occasional periods of irregularity (see page 34)

Healthy Cleanse, English #79416 ^{gf}

Healthy Cleanse, French #79417 ^{gf}

Member Price: \$109.50 | PV: 73.38

Find out more about the Healthy Cleanse products on the pages provided.

NEW

Take the Prove It Challenge™ and do a Healthy Cleanse!
See pages 6–7 for details.

*Based on a seven-day pilot study conducted by three Shaklee Distributors – a medical doctor and two nutritionists – under the supervision of Shaklee Medical Affairs. Preliminary study results showed an average loss of 6.8 pounds and 1.62 inches, plus increased focus and energy and improved sleep quality.

PROVIDES COGNITIVE SUPPORT



MINDWORKS®

Neural connections in the human brain start declining as early as age 20. By age 45, this decline occurs even more rapidly.

MindWorks' key nutrients have been shown in three clinical studies and dozens of laboratory studies to temporarily support cognitive function and memory, as well as support long-term brain health.

Powered by an Exclusive Chardonnay Seed Extract, B Vitamins, and a Carefully Selected Guarana Extract

Our unique Chardonnay grape seed polyphenol blend is made with a patent-pending extraction process that concentrates specific polyphenols that are clinically proven to help blood circulation. The three B vitamins (folic acid, B₆, and B₁₂) in MindWorks help reduce elevated blood homocysteine levels, thereby reducing brain atrophy.* And our carefully selected, low-caffeine guarana extract provides temporary improvement in cognitive performance and memory.

#57066 | 30 tablets  

Member Price: \$57.55 | PV: 40.50

ALSO AVAILABLE

Mental Acuity Complex® #57530 | 90 caplets  

Member Price: \$35.35 | PV: 23.76



MindWorks®

Daily dosage: one tablet

MEDICINAL INGREDIENTS:	Amount per day
Grape (<i>Vitis vinifera</i>) seed extract	80 mg
Guarana (<i>Paullinia cupana</i>) seed extract (standardized to contain 12% caffeine)	75 mg
Calcium (dicalcium phosphate)	75 mg
Blueberry (<i>Vaccinium angustifolium</i>) powder	50 mg
Green coffee (<i>Coffea arabica</i>) bean extract	25 mg
Vitamin B ₆ (pyridoxine hydrochloride)	20 mg
Folate (folic acid)	800 mcg
Vitamin B ₁₂ (cyanocobalamin)	500 mcg

NON-MEDICINAL INGREDIENTS: CROSCARMELOLLOSE SODIUM, HYDROXYLATED SOY LECITHIN, HYDROXYPROPYLMETHYLCYLLULOSE, MAGNESIUM STEARATE, MALTODEXTRIN, MANNITOL, MICROCRYSTALLINE CELLULOSE, RICE FLOUR, SILICON DIOXIDE, SUNFLOWER LECITHIN.

*Based on a two-year study of 223 adults with mild cognitive impairment.

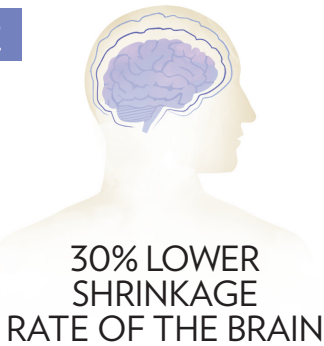
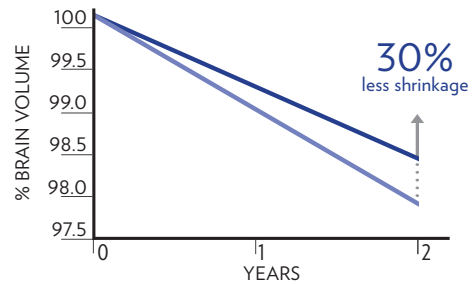
THE SHAKLEE DIFFERENCE™

Scientific studies have shown that the key ingredients in MindWorks work in three ways:

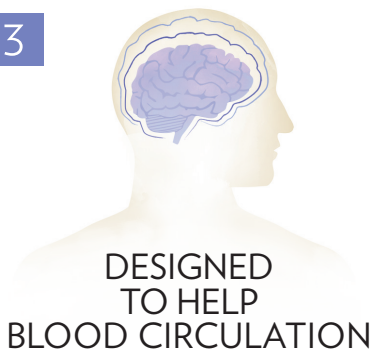
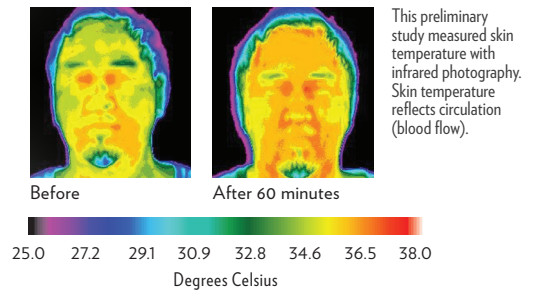
1

**ENHANCE MENTAL PERFORMANCE†**

2

**DECREASE BRAIN SHRINKAGE RATE,
A COMMON CONSEQUENCE OF AGING‡**

3

**IMPACT CIRCULATION AFTER ONE HOUR§**

†At six hours versus control. Based on a two-year study of 223 adults with mild cognitive impairment.

‡Based on a two-year study of 223 adults with mild cognitive impairment.


§Based on thermographic imaging results from double-blind preliminary Shaklee employee use/pilot trial.

HELPS REDUCE THE RISK OF HEART DISEASE*

OMEGAGUARD®

OmegaGuard provides a full spectrum of seven ultra-pure, pharmaceutical-grade omega-3 fatty acids, including EPA and DHA, naturally found in cold-water fish.

- Helps maintain/support cardiovascular health
- Helps support cognitive health and/or brain function and joint health
- Helps reduce serum triglycerides/triacylglycerols
- Has zero cholesterol
- Small, easy-to-swallow softgels

#57695 | 90 softgels 

Member Price: \$27.45 | PV: 18.44

THE SHAKLEE DIFFERENCE™

To ensure purity and potency, the fish oil in OmegaGuard undergoes a state-of-the-art molecular distillation process that:

- Concentrates the natural, beneficial omega-3 fatty acids, including EPA and DHA
- Removes harmful compounds, such as mercury and lead, that are found in many types of fish
- Minimizes odour and fishy aftertaste



OmegaGuard®

Daily dosage: 3 to 9 softgels

Amount per softgel

MEDICINAL INGREDIENTS:

Eicosapentaenoic acid (EPA)	180 mg
Docosahexaenoic acid (DHA)	120 mg
Other omega-3s (docosapentaenoic, stearidonic, eicosatetraenoic, heneicosapentaenoic and alpha-linolenic acids)	30 mg

NON-MEDICINAL INGREDIENTS: MIXED TOCOPHEROL CONCENTRATE IN A SOFTGEL (GELATIN, GLYCERIN, WATER).

*Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.

HELPS SUPPORT CARDIOVASCULAR HEALTH



COQHEART®

Your heart – your body's hardest-working organ – requires a significant amount of energy to function properly. That energy is made available with the help of a nutrient called coenzyme Q₁₀ (CoQ₁₀).

- CoQHeart® delivers 100 mg of CoQ₁₀ per softgel to help replenish and maintain CoQ₁₀ levels in the blood and support energy production in the heart
- Also provides potent antioxidant support for the heart

#57315 | 30 softgels ^{gf}

Member Price: \$29.35 | PV: 19.05

THE SHAKLEE DIFFERENCE™

Only CoQHeart features Q-Trol®, a natural proprietary blend of the antioxidants CoQ₁₀ and resveratrol in a bioavailable softgel with a unique olive oil delivery system, providing potent support for optimal heart health.

The amount of CoQ₁₀ consumed from foods is typically less than 10 mg a day. To get the same 100 mg of CoQ₁₀ in CoQHeart, you'd have to eat 10 pounds of pistachios.*



*The nutrient content of a daily dosage of CoQHeart is not the same as the amount of nutrients found in the food shown. Detailed nutritional information can be found on the CoQHeart label.

BLOOD PRESSURE

Helps support healthy blood pressure

Contains vitamins, minerals, and herbal ingredients to maintain good health and support healthy blood pressure.

#57067 | 60 tablets (V) (gf)

Member Price: \$50.80 | PV: 35.75

THE SHAKLEE DIFFERENCE™

Studies have shown that the key ingredients in Blood Pressure address two important mechanisms that are known to impact blood pressure levels in the normal range. It has been designed to promote healthy blood circulation and blood vessels, and to relax blood vessels to help retain healthy blood pressure.

CHOLESTEROL REDUCTION COMPLEX*

Helps lowers cholesterol

Features clinically proven ingredients supported by more than 80 studies to help lower LDL ("bad") cholesterol.

#56219 | 120 tablets (V) (gf) ★

Member Price: \$52.40 | PV: 34.50

THE SHAKLEE DIFFERENCE™

To lower cholesterol, Health Canada and the U.S. National Institutes of Health (NIH) recommend eating less saturated fat and cholesterol, exercising, losing weight, eating more soluble fibre, and consuming 2000 mg of plant sterols and stanols daily. Cholesterol Reduction Complex is a proprietary blend that helps prevent the absorption of cholesterol in the body by delivering the highest amount of sterols and stanols among leading brands and 100% of the daily recommendations by Health Canada and the NIH.

ALSO AVAILABLE

GARLIC COMPLEX

Provides the heart health benefits of garlic – without the bad breath.

#56290 | 180 tablets (V) (gf) ★

Member Price: \$34.40 | PV: 21.25



*Products providing 800 mg of plant sterols and stanols daily, consumed with two different meals as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Cholesterol Reduction Complex provides 1000 mg of plant sterols and stanols per serving and 2000 mg daily when used as directed.

SMARTHEART™ REGIMENS

Our scientifically supported SmartHeart Regimens are customized to meet your specific heart-health needs and help reduce your overall risk of heart disease by maintaining a healthy cardiovascular system. Choose the one that's right for you.



SMARTHEART BLOOD PRESSURE REGIMEN

This regimen is designed to support optimal cardiovascular health and healthy blood pressure. It includes OmegaGuard®, Blood Pressure, and CoQHeart®.

#79339

Member Price: \$107.60 | PV: 73.24



SMARTHEART CHOLESTEROL REGIMEN

This regimen is designed to support optimal cardiovascular health while reducing cholesterol. It includes OmegaGuard®, Cholesterol Reduction Complex, and CoQHeart®.

#79338

Member Price: \$108.10 | PV: 71.00

Cholesterol Reduction Complex Complexe Réduction de Cholestérol

Helps lower cholesterol
Aide à réduire le cholestérol

NPN 80042886

120 TABLETS / COMPRIMÉS

WHY DO PLANT STEROLS AND STANOLS WORK?

Plant sterols and stanols are similar in structure to cholesterol and compete for absorption in the intestines. The net result is that less cholesterol is absorbed by the body, and less ends up in the bloodstream.

Love Your Life

We call it an opportunity. But what does that mean?

Extra money to go on that last-minute trip with your friends. Creating the beautiful backyard garden you've always wanted. And not wondering where the money will come from when you find out your son needs braces.

And if you want more, it can be yours.

It can be a path to earning what you're really worth. To dusting off that dream you thought would never happen and believing again. To giving up clock watching and start spending time the way you want to. With friends. With family. In community. Helping create a healthier life for everyone and a better life for anyone. Starting with you.

CREATE A LIFE YOU LOVE.

A life without compromise.



WITH YOUR OWN SHAKLEE BUSINESS, YOU CAN...

Do it on your own time...online, at the park, or during your lunch break.

Earn a little or a lot...everything from coffee money to career-level income.

Get rewarded when you make the extra effort... with car bonuses, trips, and unique experiences you can't book online.

Find your tribe, grow your team... by partnering with people you'd want to hang out with and building the skills that will help you motivate and lead others.

For more information, view the current average-income-by-rank chart at events.shaklee.com/canada/news/.

See the Incentives Booklet for car bonus and trip qualifications.

PATENTED BREAKTHROUGH IN IMMUNE SYSTEM SCIENCE




BEST SELLER

NUTRIFERON®

Daily immune system support

NutriFeron is a unique, patented blend of zinc plus four powerful plant extracts that helps naturally balance the immune system. Available exclusively through Shaklee, this potent yet safe phytonutrient formula provides unmatched immune system support. Studies have shown the extraordinary health and immune protection benefits of the NutriFeron proprietary blend.

- Supported by four human clinical studies*

#57690 | 60 caplets   

Member Price: \$48.50 | PV: 34.50



THE SHAKLEE DIFFERENCE™

NutriFeron was developed by world-renowned immunologist Dr. Yasuhiko Kojima (pictured), who co-discovered interferon in 1954, and is the result of 40 years of painstaking research and the testing of hundreds of botanical compounds.



NutriFeron®

Daily dosage: 2 caplets

MEDICINAL INGREDIENTS:	Amount per day
Zinc (zinc oxide)	10 mg
Copper (cupric carbonate)	400 mcg
Cheese pumpkin (<i>Cucurbita moschata</i>) seed extract	65 mg
Safflower (<i>Carthamus tinctorius</i>) flower extract	26 mg
Asian plantain (<i>Plantago asiatica</i>) seed extract	19.5 mg
Japanese honeysuckle (<i>Lonicera japonica</i>) flower extract	19.5 mg

NON-MEDICINAL INGREDIENTS: CARAMEL COLOUR, CARNAUBA WAX, CROSCARMELOSE SODIUM, DEXTRIN, DICALCIUM PHOSPHATE, HYPROMELLOSE, MAGNESIUM STEARATE, MICROCRYSTALLINE CELLULOSE, POTATO STARCH, SILICIC ACID, SILICON DIOXIDE, SOY LECITHIN.

*See Clinical Research, manuscript numbers 51 through 54, on page 98.

VITALIZED IMMUNITY®**Refreshing immune support**

Vitalized Immunity is naturally sweetened with monk fruit and contains as much vitamin C as 16 oranges. It includes an exclusive blend of vitamins, minerals, amino acids, and herbs.

- Provides the nutritional support your immune system needs to stay strong
- Has a delicious citrus effervescent formula

#57073 | 15 tablets 

Member Price: \$25.60 | PV: 18.00

DEFEND AND RESIST COMPLEX**Additional immune support when you need it**

When you feel a cold or the flu coming on, simply swallow or chew the recommended dosage, or crush the tablets in hot water to drink as a soothing tea.

- Helps your body respond to seasonal challenges with a unique formula that combines four clinically proven immune-supporting ingredients: echinacea, black elderberry, and larch tree extracts, and zinc

#57675 | 90 tablets 

Member Price: \$27.55 | PV: 17.65



HEALTHY SOLUTIONS REGIMENS

These regimens include our best-selling products to address Canada's top health concerns.

**HEALTHY SOLUTIONS PLUS REGIMEN**

Includes OmegaGuard®, NutriFeron®, MindWorks®, and Vivix® (your choice of formula).

#79337

Member Price: \$225.60 | PV: 152.44

**HEALTHY SOLUTIONS REGIMEN**

Includes OmegaGuard®, MindWorks®, and Vivix® (your choice of formula).

#79336

Member Price: \$177.05 | PV: 117.94




SAY GOODBYE TO STRESS

STRESS RELIEF COMPLEX

A natural approach to stress management

Stress can elevate your body's levels of cortisol, a stress-response hormone that can affect long-term health, and continuously high levels have been linked to negative long-term health impacts. Stress Relief Complex enhances the body's natural ability to adapt to stress while promoting relaxation.

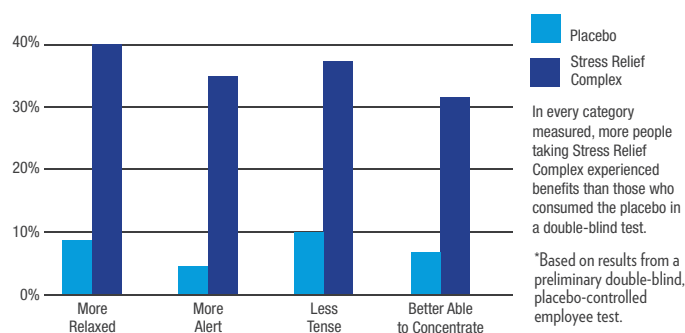
- Our unique blend of clinically tested, traditionally used ingredients – L-theanine, ashwagandha, beta-sitosterol, and L-tyrosine – is designed to support a calm, more relaxed state without causing drowsiness
- Contains no kava

#57680 | 30 caplets   
Member Price: \$39.80 | PV: 26.75



THE SHAKLEE DIFFERENCE™

Stress Relief Complex Seven-Day Double-Blind Placebo-Controlled Trial*



COMPREHENSIVE, COMPLETE BONE HEALTH FORMULAS



Super Cal Mag Plus

Daily dosage: 4 tablets

MEDICINAL INGREDIENTS:	Amount per day
Calcium (calcium carbonate, citrate, and phosphate)	1200 mg
Phosphorus (calcium phosphate dibasic)	700 mg
Magnesium (magnesium oxide)	350 mg
Zinc (zinc gluconate)	1.5 mg
Copper (cupric gluconate)	1.0 mg
Manganese (manganese gluconate)	0.2 mg
Vitamin D ₃ (cholecalciferol)	10 mcg (400 IU)

NON-MEDICINAL INGREDIENTS: CROSCARMELOSE SODIUM, GLYCERIN, HYPPROMELLOSE, MAGNESIUM STEARATE, MICROCRYSTALLINE CELLULOSE, SILICON DIOXIDE, TITANIUM DIOXIDE.

SUPER CAL MAG PLUS

Helps reduce the risk of osteoporosis[†]

Super Cal Mag Plus is a specially formulated blend of critical nutrients including calcium, vitamin D, magnesium, phosphorus, zinc, copper, and manganese to help build bone density when you're young and minimize bone loss as you age.[†] It also helps build strong muscles and teeth, and the tablets feature an aqueous film coating, making them easy to swallow.

- A combination of three of the best sources of calcium: calcium carbonate, which is highly concentrated; calcium citrate, which is highly absorbable; and calcium phosphate, which provides two important minerals for building bones

#57400 | 240 tablets  


Member Price: \$40.60 | PV: 27.58

CHEWABLE CAL MAG PLUS

Because drinking milk isn't enough

This irresistible chewable supplement with the delicious natural berry flavour is a complete bone health formula.

- Four tablets provide 1000 mg of elemental calcium, 100 mg of magnesium, 600 IU of vitamin D, along with zinc, copper, and manganese
- Dissolves quickly in your system

#57390 | 120 tablets  

Member Price: \$26.20 | PV: 17.25

[†]Adequate calcium and vitamin D throughout life, as part of a well-balanced diet and regular exercise, may reduce the risk of osteoporosis. Adequate calcium intake is important, but daily intake above 2000 mg is not likely to provide any additional benefits.

JOINT COMFORT IN AS FEW AS FIVE DAYS*

JOINT HEALTH COMPLEX

Joint Health Complex contains a patent-pending, fast-acting form of boswellia extract that has been shown to improve joint comfort in as few as five days. It also includes zinc, copper, manganese, and vitamin C – each playing a unique and critical role in maintaining healthy connective collagen and cartilage. Furthermore, this 100% shellfish-free, chondroitin-free, vegetarian blend contains glucosamine hydrochloride, the most concentrated form of glucosamine, which is clinically proven to:

- Promote mobility
- Enhance flexibility
- Improve joint function

#57880 | 60 caplets   

Member Price: \$44.30 | PV: 29.70



THE SHAKLEE DIFFERENCE™

Clinically supported

In a published study, the patented, fast-acting form of boswellia extract used in Joint Health Complex was shown to improve joint comfort in as few as five days.

UP TO	RATED TO BE	PROVIDES UP TO
28%	45%	31%
faster	more effective at long-term joint comfort	more ease of motion

Joint Health Complex

Daily dosage: 2 caplets

MEDICINAL INGREDIENTS:	Amount per day
Glucosamine hydrochloride	1500 mg
Boswellia (<i>Boswellia serrata</i>) resin extract standardized to 20% AKBA	100 mg
Vitamin C (ascorbic acid)	60 mg
Zinc (zinc gluconate)	1.5 mg
Copper (copper gluconate)	0.20 mg
Manganese (manganese gluconate)	0.20 mg

NON-MEDICINAL INGREDIENTS: CARAMEL COLOUR, CROSCARMELOSE SODIUM, HYDROXYLATED SOY LECITHIN, HYPMELLOSE, MAGNESIUM STEARATE, MICROCRYSTALLINE CELLULOSE, SILICON DIOXIDE.

*The specific form of boswellia extract used in Joint Health Complex has been shown in a clinical study to improve joint comfort in as few as five days.

PROMOTING HEALTHY LIVER FUNCTION



DTX® COMPLEX*

Daily support for your body's detoxifier

DTX Complex is uniquely formulated with milk thistle extract standardized to 80% silymarin, a natural bioflavonoid complex that exerts powerful protective effects within the liver.

- Proprietary botanical blend also contains reishi mushroom, schizandra, dandelion, artichoke, and turmeric extracts
- Use for a minimum of three weeks to see beneficial effects

#57310 | 90 caplets (V) (gf)

Member Price: \$38.95 | PV: 26.18



LECITHIN

Helps keep your liver healthy

Lecithin is a natural compound that supports healthy liver function, and Shaklee Lecithin softgels contain pure vegetable-source lecithin. They also feature linoleic acid, an essential fatty acid; choline, a component of the neurotransmitter acetylcholine, which is involved in the transmission of messages in the brain and nervous system; and inositol, thought to play an important metabolic regulating role as a key component of cell membranes in tissues throughout the body.

- Lecithin is nicknamed "nature's emulsifier" because it helps the body absorb fat-soluble nutrients including beta-carotene and vitamins A, D, E, and K

#57250 | 180 softgels (gf)

Member Price: \$16.90 | PV: 11.61

*Part of our Healthy Cleanse (see page 35).




GREEN “SUPERFOODS”

ALFALFA COMPLEX*

Deeply rooted nutrition

Treat your body to a nutritive tonic with Alfalfa Complex. Sourced from nature, we use premium alfalfa ripened in rich soil and cultivated without fungicides, synthetic hormones, growth regulators, or chemicals.

- One of Dr. Shaklee's original formulas
- Contains high-quality alfalfa leaf powder and such other nutrients as calcium and phosphorus, as well as trace minerals and vitamins
- Alfalfa roots reach down as deep as six metres, searching out nutrients and minerals from deposits in the soil

#57110 | 450 tablets   
Member Price: \$24.40 | PV: 16.25

SIGNATURE
Forrest C. Shaklee, Sr.
FORMULA






ORGANIC GREENS BOOSTER

Your shake's power partner

This whole food supplement provides the equivalent of one cup of raw, organic, nutrient-rich green vegetables in every scoop.

- A simple way to get the nutrient benefits of veggies often missed in meals
- Contains dehydrated kale, spinach, and broccoli in their purest forms, with all the fibre intact

#56306 | 30 servings   
Member Price: \$33.45 | PV: 19.63

Organic Greens Booster

Serving size: 1 scoop (2.5 g)

	Amount per serving	% Daily Value†
Calories	10	
Total Fat	0 g	0%†
Total Carbohydrate	1 g	<1%†
Dietary Fibre	<1 g	3%†
Protein	1 g	2%†
Vitamin A	400 IU	8%
Vitamin K	60 mcg	75%
Calcium	40 mg	4%
Iron	0.7 mg	4%
Magnesium	8 mg	2%
Sodium	24 mg	1%
Potassium	80 mg	2%
Lutein	380 mcg	‡
Zeaxanthin	30 mcg	‡

Organic Greens
Booster Powder Blend 2,500 mg ‡

†Percent Daily Values (DV) are based on a 2,000 calorie diet. ‡Daily Value not established.

INGREDIENTS: ORGANIC KALE (*BRASSICA OLERACEA* L. VAR. *ACEPHALA*) (LEAF), ORGANIC SPINACH (*SPINACIA OLERACEA* L.) (LEAF), ORGANIC BROCCOLI (*BRASSICA OLERACEA* L. VAR. *ITALICA*) (SPROUT).

*Part of our Healthy Cleanse (see page 35).

SAFE, NATURAL ENERGY SOLUTIONS



COREENERGY®

Helps enhance physical capacity

CorEnergy uses an Asian ginseng root extract that has been found to help enhance physical performance, plus green tea extract for the same antioxidant benefits as one cup of green tea.

- Also contains a cordyceps extract from a mushroom extensively tested in China
- Caffeine free, with no chemical stimulants

#57815 | 90 capsules (V) (gf) (★)

Member Price: \$45.90 | PV: 28.45

ALSO AVAILABLE

Energy Chews #54158 (gf) (★)

See pages 59 and 61 for details.



ENERGIZING TEA

A natural energy lift

Forget coffee and amped-up soft drinks. Our Energizing Tea is an antioxidant-rich blend of green, white, and red teas that provides a safe and natural way to head off the slumps when you need a quick pick-me-up. Enjoy morning or afternoon, hot or cold.

- Naturally boosts your energy
- Available in convenient single-serving sticks

Pomegranate #56030 (V) (gf) (GMO) (★)

Green Matcha #56031 (V) (gf) (GMO) (★)

28 stick packs

Member Price: \$28.20 | PV: 16.13





VITA-C 100 CHEWABLES

Helps bones, cartilage, teeth, and gums

These tasty and tangy citrus-flavoured tablets provide all the benefits of natural-source vitamin C to those who don't like swallowing tablets.

- May be chewed or swallowed
- Helps in the development and maintenance of strong bones, cartilage, teeth, and gums
- Helps maintain immune function

#57025 | 180 tablets  

Member Price: \$16.10 | PV: 10.99

VITA-E® 400 PLUS

Easily absorbed and retained by the body

Help keep your heart and circulatory system healthy and defend against oxidation with Vita-E® 400 Plus.

- Each softgel contains naturally occurring vitamin E, with the added synergistic benefits of selenium and grape seed extract

#57580 | 60 softgels 

Member Price: \$30.35 | PV: 17.48


BEST SELLER

VITA-C 500 SUSTAINED RELEASE

All-natural vitamin C delivered hour after hour

Your body is capable of doing many things, but it can't make or store vitamin C, which helps in the development and maintenance of your bones, cartilage, teeth, and gums, and also helps in connective tissue formation, wound healing, and maintaining immune function. Vita-C 500 Sustained Release tablets ensure you receive your daily vitamin C requirement hour after hour with all-natural plant components that release pure vitamin C, gently and continuously.

- Two tablets contain as much vitamin C as found in more than seven oranges
- High-potency vitamin C formula helps maintain the body's ability to metabolize nutrients and supports the health of your bones, cartilage, teeth, and gums

#57600 | 180 tablets   

Member Price: \$34.95 | PV: 24.63

THE SHAKLEE DIFFERENCE™

With Vita-C 500 Sustained Release, Shaklee's proprietary sustained-release system delivers the vitamin C equivalent of 1.5 oranges every hour for five hours.

Vita-C 500 Sustained Release

Daily dosage: 1 tablet

MEDICINAL INGREDIENTS: Amount per day

Vitamin C (ascorbic acid) 500 mg

NON-MEDICINAL INGREDIENTS: BIOFLAVONOID COMPLEX (GRAPEFRUIT, LEMON, AND ORANGE BIOFLAVONOIDS; HESPERIDIN COMPLEX), DICALCIUM PHOSPHATE DIHYDRATE, GRAPEFRUIT OIL, HYDROXYMETHYLCELLULOSE, MAGNESIUM STEARATE, MICROCRYSTALLINE CELLULOSE, ROSE HIPS POWDER, SILICON DIOXIDE.



BEST SELLER

VITA-D₃

Promotes healthy bones and teeth

Vitamin D, which is made by the body through the skin's exposure to ultraviolet rays from the sun, plays a major role in protecting your health and is vital for overall well-being. Yet, recent studies have shown that many Canadians — starved of adequate sunlight during the fall and winter months — are deficient in the so-called sunshine vitamin. Boost your vitamin D level with Shaklee Vita-D₃. Each tablet contains 1000 IU of vitamin D₃, which is the most potent form of vitamin D.

- Helps in the development and maintenance of bones and teeth
- Aids in the absorption and use of calcium and phosphorus
- May reduce the risk of developing osteoporosis when combined with calcium intake, a healthy diet, and regular exercise
- Helps maintain immune function

#57260 | 90 tablets 

Member Price: \$10.25 | PV: 6.40

THE SHAKLEE DIFFERENCE™

Vita-D₃ is the culmination of recent scientific research including two Shaklee industry-leading vitamin D studies. Supplemental vitamin D is clinically supported and proven to significantly raise blood levels of vitamin D.



BEST SELLER

B-COMPLEX

Fights daily stresses and strains naturally

The B vitamins are vital for proper bodily function and help to maintain the body's ability to metabolize nutrients. Shaklee's B-Complex provides a perfect balance of all eight B vitamins in ratios consistently related to the amounts your body needs daily.

- Clinical research has shown that folic acid and vitamins B₆, and B₁₂ promote a healthy cardiovascular system by helping maintain low homocysteine levels in the blood
- Unique, patented folic acid coating makes this critical B vitamin more accessible and bioavailable
- Folic acid reduces the risk of neural tube defects when taken daily prior to becoming pregnant and during early pregnancy

#57240 | 120 tablets 

Member Price: \$23.40 | PV: 14.08

B-Complex

Daily dosage: 2 tablets

MEDICINAL INGREDIENTS:	Amount per day
Vitamin B ₁ (thiamine mononitrate)	20.25 mg
Vitamin B ₂ (riboflavin)	22.95 mg
Niacin (niacinamide)	270 mg
Vitamin B ₆ (pyridoxine hydrochloride)	27 mg
Vitamin B ₁₂ (cyanocobalamin)	100 mcg
Biotin	300 mcg
Folate (folic acid)	400 mcg
Pantothenic acid (calcium d-pantothenate)	135 mg




NON-MEDICINAL INGREDIENTS: CALCIUM PHOSPHATE DIBASIC, CROSCARMELOSE SODIUM, HYDROXYLATED SOY LECITHIN, HYDROMELLOSE, MAGNESIUM STEARATE, MICROCRYSTALLINE CELLULOSE, SILICON DIOXIDE, TORULA YEAST.



SUSTAINED RELEASE VITALMAG®

Gel-diffusion delivery for easy digestion

Proprietary blend includes three sources of elemental magnesium to help in the development and maintenance of bones and teeth and in tissue formation. Also helps maintain the body's ability to metabolize nutrients and maintain proper muscle function.

#57875 | 30 tablets   
Member Price: \$11.75 | PV: 7.50

THE SHAKLEE DIFFERENCE™




The VitalMag gel-diffusion delivery system is designed to prevent gastrointestinal upset commonly associated with magnesium supplements by slowly releasing nutrients over four to six hours.



ZINC COMPLEX

Nature's metabolic workhorse




Zinc is an essential trace mineral that helps in connective tissue formation, helps with immune function, and helps maintain the body's ability to metabolize nutrients. It also helps maintain healthy bones, hair, nails, and skin.

#57650 | 120 tablets   
Member Price: \$12.60 | PV: 8.66

IRON PLUS VITAMIN C

Supports oxygen-rich blood

Combines iron with vitamin C for better iron absorption and prevents iron deficiency, which can cause fatigue, impaired concentration, diminished attention span, and compromised immune function. Supplemental iron is recommended for children, teenagers, and pre-menopausal women.

#57710 | 30 tablets   
Member Price: \$5.15 | PV: 2.98

THE SHAKLEE DIFFERENCE™

You'd need to eat more than 400 grams of cooked spinach to receive the same amount of iron that's found in one Iron Plus Vitamin C tablet.

ALSO AVAILABLE

Super Cal Mag Plus #57400   
Chewable Cal Mag Plus #57390   
See page 47 for details.



SUPPORT MEN OVER 40 NEED



SAW PALMETTO COMPLEX

Supports prostate health

If you're a man over 40, Saw Palmetto Complex will help relieve the urologic symptoms associated with mild to moderate benign prostatic hyperplasia (i.e., enlarged prostate gland) in a minimum of three months of daily use.

- Two softgels supply 320 mg of saw palmetto
- Also contains pumpkin seed oil and enriched sources of beta-sitosterol, a valuable phytosterol derived from soybeans, which has been found to support prostate health

#57290 | 60 softgels ⁽⁹⁾

Member Price: \$44.05 | PV: 31.25

Saw Palmetto Complex

Daily dosage: 1 softgel, 2 times per day

MEDICINAL INGREDIENTS:	Amount per day
Saw palmetto (<i>Serenoa repens</i>) berry extract [standardized to contain 85-95% fatty acids and sterols]	320 mg
Beta-sitosterol [from soybeans (<i>Glycine max</i>)]	30 mg

NON-MEDICINAL INGREDIENTS: BEESWAX, PUMPKIN SEED OIL, SHAKLEEGUARD® (ASCORBYL PALMITATE, MIXED TOCOPHEROL CONCENTRATE, ROSEMARY EXTRACT), SOYBEAN OIL, SOY LECITHIN, IN A GELATIN CAPSULE (ANNATTO, CARAMEL, GELATIN, GLYCERINE, TITANIUM DIOXIDE, TURMERIC, WATER).

MEETING WOMEN'S SPECIFIC NEEDS



GLA COMPLEX

Promotes well-being

GLA (gamma-linolenic acid) is combined with LA (linoleic acid) – another omega-6 fatty acid – and natural-source vitamin E in this unique formulation to help promote a sense of well-being throughout a woman's monthly cycle.

- The body uses GLA to form prostaglandins: potent, hormone-like substances that help regulate bodily processes

#57280 | 60 softgels ^{gf}

Member Price: \$35.90 | PV: 24.50



MENOPAUSE COMPLEX

Reduces the discomfort of menopause

Because menopause can be a very difficult time in a woman's life, Menopause Complex is here to help. This unique supplement provides many benefits without side effects.

- A rich source of soy isoflavones and flax seed lignans – phytoestrogens that are currently being studied for heart, bone, and breast health
- Contains a standardized extract of black cohosh, a well-researched herb that's been proven to help relieve symptoms of menopause such as hot flashes, mild mood swings, and occasional sleeplessness

#57820 | 60 capsules ^{gf}

Member Price: \$46.75 | PV: 31.43

SOLUTIONS FOR YOUR LI'L SUPERHERO




VITA-LEA® OCEAN WONDERS®

Daily nutrition your kids will love

Filled with pure tasty goodness and essential nutrients, Vita-Lea Ocean Wonders is a sugar-free, tooth-friendly chewable “multi” for kids. With cool dolphin, sea horse, and fish designs in all-natural tropical punch, grape, and berry flavours, Vita-Lea Ocean Wonders is sure to be a sea of fun. Just two a day and off they play!

- Contains 19 essential vitamins and minerals for healthy development
- Provides calcium and vitamin D for strong bones and teeth
- Naturally sweetened with xylitol, sorbitol, isomaltulose, and stevia, which don't promote cavities

#57475 | 120 chewable tablets 
Member Price: \$32.75 | PV: 21.05




MIGHTY SMART® CHOICE

Natural, ultra-pure DHA for kids

Child-friendly Mighty Smart Choice is scientifically formulated with a power-packed blast of 100% natural, ultra-pure DHA (docosahexaenoic acid). Each great-tasting soft chew provides 100 mg of this important omega-3 fatty acid, which is found in the brain and eyes. Since most kids don't get much DHA from diet alone, these chews are a mighty smart choice.

- No fishy taste
- 75% organic
- Delicious natural orange flavour

#57860 | 30 soft chews 
Member Price: \$34.45 | PV: 20.21

Performance™

LOW-CALORIE

SPORTS NUTRITION



FITNESS PACK

DESIGNED FOR LIFESTYLE ATHLETES:

- Those who participate in spinning, strength, or cross-training classes
- People looking to tone their bodies and live a more active lifestyle

DESIGNED TO:

- Enhance performance with less sugar and fewer calories
- Burn more fat and build strong muscles during your regular exercise routine
- Help you recover faster to stay on track

INCLUDES:

Energy Chews

Low-Calorie Electrolyte Drink

Advanced Physique® Whey Shake, Grass-Fed Source

P.M. Recovery Complex

#79451

Member Price: \$152.70 | PV: 90.64

THE SHAKLEE DIFFERENCE™

Shaklee Pure Performance Guarantee

- 100% guaranteed to be safe and free from banned substances
- No artificial flavours, sweeteners, colours, or preservatives added
- Gluten free
- Powered by nature, proven by science
- Shaklee Pure Performance Team athletes – who count on Shaklee for purity and performance – have earned 144 gold, silver, and bronze medals to date in international competition



ENERGIZE ENERGY CHEWS

Provide a clean burst of energy to help improve performance and sharpen focus. Each chew contains a scientific blend of caffeine from natural green tea extract, plus L-tyrosine, L-theanine, B vitamins, and vitamin D.

Citrus Burst #54158

20 chews 

Member Price: \$22.05 | PV: 13.11



HYDRATE LOW-CALORIE ELECTROLYTE DRINK

Clinically tested to hydrate better than water.* Provides the essential electrolytes your body needs without the extra sugar, calories, and artificial ingredients typically found in leading rehydration beverages. Available in convenient single-serving sticks.

Lemon-Lime #54316

Orange #54317

20 stick packs   

Member Price: \$26.20 | PV: 15.58

*Clinical test used 2 sticks in 8 oz. (250 mL) of water.






BUILD ADVANCED PHYSIQUE® WHEY SHAKE, GRASS-FED SOURCE

Helps build and repair muscles, and helps you recover faster. Contains easy-to-digest whey protein. Made with a proprietary cold-filtration process to preserve bioactives.

Chocolate #54313

Vanilla #54314

20-serving canister   

Member Price: \$65.40 | Point Value: 38.75



RECOVER P.M. RECOVERY COMPLEX

Powered by ultra-pure tart cherry extract, clinically proven to optimize recovery and reduce post-workout muscle soreness, which helps improve sleep quality. Also contains our patented pain relief blend.

#54312 | 60 capsules    

Member Price: \$39.00 | PV: 23.20



THE SHAKLEE DIFFERENCE™

P.M. Recovery Complex features superior, ultra-pure, polyphenol-rich tart cherry extract, clinically tested to help reduce post-workout muscle soreness.



"My favourite product is the... Physique® + Bio-Build® shake. It's delicious and helps me maximize my recovery post workout."

Dani Cameranesi
Gold medalist, U.S. Women's Hockey
PyeongChang, 2018

Performance™

TRAIN HARDER. RECOVER FASTER.



ENDURANCE PACK

DESIGNED FOR HIGH-INTENSITY AND LONGER-DURATION ACTIVITIES, INCLUDING:

- Marathon running
- Long-distance cycling
- High-intensity aerobic exercise

DESIGNED TO:

- Take intensity to the next level with a perfect balance of carbohydrates and protein to give your body the energy it needs
- Help build strong muscles, restore muscle energy, and support muscle repair
- Help you recover faster so you can train harder

INCLUDES:

Energy Chews (2 packs)

Electrolyte Mix

Physique® + Bio-Build® Recovery Shake

P.M. Recovery Complex

#79449

Member Price: \$177.35 | PV: 105.41

Our sports nutrition products provide a safe and comprehensive way to get the optimized nutrition you need to support your specific activity and fitness goals. Whether you visit the gym twice a week to stay fit and active, or you're a competitive athlete, Performance has the solution to help maximize your results and speed your recovery.



ENERGIZE+ ENERGY CHEWS

Provide a clean burst of energy to help improve performance and sharpen focus. Each chew contains a scientific blend of caffeine from natural green tea extract, plus L-tyrosine, L-theanine, B vitamins, and vitamin D.

Citrus Burst #54158

20 chews 




Member Price: \$22.05 | PV: 13.11



BUILD+ PHYSIQUE® + BIO-BUILD® RECOVERY SHAKE

High-octane fuel for rapid muscle recovery. Bio-Build blend is clinically proven to deliver more energy to muscles than either carbohydrates or protein alone.

Banana #54495

15-serving canister   

Member Price: \$55.20 | PV: 32.79



“Electrolyte Mix is a staple when I’m extremely active and helps me with my daily hydration and endurance.”

Tyler George

Gold medalist, U.S. Men’s Curling
PyeongChang, 2018



HYDRATE+ ELECTROLYTE MIX

Clinically proven for enhanced hydration. Proprietary OptiLyte® blend of electrolytes plus our unique mix of carbohydrates delivers instant and sustained energy.

Lemon-Lime #54308

Orange #54309

30 servings   

Member Price: \$39.00 | PV: 23.20



RECOVER P.M. RECOVERY COMPLEX

Powered by ultra-pure tart cherry extract, clinically proven to optimize recovery and reduce post-workout muscle soreness, which helps improve sleep quality. Also contains our patented pain relief blend.

#54312 | 60 capsules    

Member Price: \$39.00 | PV: 23.20

ALL YOU NEED TO SUCCEED

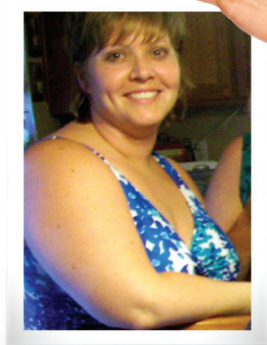
The clinically proven Shaklee 180® Program has helped people all over the world lose more than **2 million pounds** and **1 million inches** – and counting!*

“I’ve rediscovered myself and it feels great!”

Rachel

Shaklee Family Member since 2002

RACHEL
LOST
72 LBS[†]



*Based on cumulative sales of Shaklee 180 shakes and after the expected average weight loss.

†Results and experiences from the Shaklee 180 Program are unique for each person, so results may vary. People following the weight-loss portion of the Shaklee 180 Program can expect to lose 1-2 pounds a week.

HERE'S THE "LITE" AT THE END OF YOUR TUNNEL

For healthy weight loss, it isn't just about calories and exercise. You need the right nutrition and the right support tools. These customizable kits include meal replacements and snacks, plus a step-by-step program guide. Purchase a kit and save.

SHAKLEE 180® TURNAROUND KIT Everything you need for your first month.

INCLUDES:

- Life Shake™ (3 canisters)
- Shaklee 180® Meal-in-a-Bar (2 boxes)
- Shaklee 180® Snack Bar (1 box)
- Metabolic Boost (1 bottle)

All in your choice of flavours.

#79280

Member Price: \$271.80 | PV: 172.65



SHAKLEE 180® STARTER KIT Everything you need for your first two weeks.

INCLUDES:

- Life Shake™ (2 canisters)
- Shaklee 180® Snack Bar (1 box)
- Metabolic Boost (1 bottle)
- Vita-Lea® With or Without Iron (60 tablets)

All in your choice of flavours.

#79426

Member Price: \$194.05 | PV: 129.45



THE FOUNDATION OF THE SHAKLEE 180[®] PROGRAM

AVAILABLE
IN PLANT
AND SOY
PROTEIN
FORMULAS

LIFE SHAKE[™]

Clinically proven to help you thrive and create the foundation for a healthier life

Builds strong muscles and protective antibodies. 20 grams of ultra-pure, non-GMO protein per serving, with precise ratios of all nine essential amino acids.

Clinically proven to help you reach and maintain a healthy weight. Powered by Leucine[®] to help you build lean muscle and burn fat.

Supports healthy digestion. Features added digestive enzymes to provide comfort.

With 23 essential vitamins and minerals clinically proven to support cardiovascular, brain, bone, immune, and overall health. Includes 200 mg of calcium plus ALA (alpha-linolenic acid), an essential omega-3 fatty acid, and more.

Has a low glycemic index. Supports healthy blood sugar levels.

**20 GRAMS OF PROTEIN
PER DELICIOUS SERVING**

**VEGAN, NON-GMO, GLUTEN FREE,
KOSHER, KETO FRIENDLY**

For more information about Life Shake, see pages 22–26.



SOY PROTEIN

Our new Life Shake Soy Protein formula plus a proprietary blend of organic chia and organic pumpkin proteins. Zero added sugar; sweetened with stevia. 130 calories per serving.

Vanilla #56321

Chocolate #56324

Strawberry #56327

Café Latte #56329

15-serving canister (V) (gf) (GMO) (★)

Member Price: \$47.25 | PV: 32.05

SOY PROTEIN, STEVIA FREE

Our new Life Shake Soy Protein formula plus a proprietary blend of organic chia and organic pumpkin proteins. Contains no stevia; sweetened with natural cane sugar. 170 calories per serving.

Vanilla #56341

Chocolate #56340

15-serving canister (V) (gf) (GMO) (★)

Member Price: \$47.25 | PV: 32.05

PLANT PROTEIN

Our new Life Shake Plant Protein formula with pea protein plus a proprietary blend of organic chia and organic pumpkin proteins. Zero added sugar; sweetened with stevia. 140–150 calories per serving.

Vanilla #56333

Chocolate #56335

15-serving canister (V) (gf) (GMO) (★)

Member Price: \$47.25 | PV: 29.57



SHAKLEE 180® MEAL-IN-A-BAR*

A convenient meal in your pocket

No time to sit and eat? Grab a Meal-in-a-Bar and go! The perfect alternative to Life Shake, each chewy bar is packed with the healthful nutrients your hard-working body needs.

- Delivers 18–20 grams of non-GMO soy protein and 6–7 grams of dietary fibre to help keep you feeling satisfied
- Powered by Leucine® to help your body retain lean muscle while you slim down

Peanut Butter & Chocolate Chip #56000

Blueberry & Almond Crisp #56001

White Chocolate Cinnamon #56054

7 bars

Member Price: \$28.50 | PV: 13.05



ALSO AVAILABLE

SHAKLEE 180® WHEY PROTEIN SMOOTHIE MIX

Vanilla #56260

15-serving canister

Member Price: \$52.80 | PV: 36.21



SHAKLEE 180® SNACK BAR*

A sweet, guilt-free treat

Snack on and be happy. Loaded with protein and fibre, just one delicious Shaklee 180 Snack Bar goes a long way in curbing hunger and keeping the munchies at bay.

- Delivers 9–10 grams of soy protein and 3 grams of dietary fibre to help keep you feeling full longer
- Powered by Leucine® and designed to help your body retain lean muscle while you slim down

Crunchy Peanut Butter #56012

Toffee & Chocolate Crunch #56051

Cherry & Almond #56052

Chocolate & Coconut #56053

10 bars

Member Price: \$22.60 | PV: 10.35

ALSO AVAILABLE

Assortment Pack #56061

Includes 3 each of Toffee & Chocolate Crunch and Crunchy Peanut Butter, and 2 each of Cherry & Almond and Chocolate & Coconut.

10 bars

Member Price: \$22.60 | PV: 10.35

THE SHAKLEE DIFFERENCE™

The Shaklee 180® line includes clinically tested products – most of them Powered by Leucine® – to help you keep muscle you have, get rid of fat you don't need, and lose inches you don't want.

*Please note that some Shaklee 180 Meal-in-a-Bar and Snack Bar flavours contain nut products, including peanuts, peanut oil, peanut butter, and almonds, and all bars are manufactured in a facility that may also process peanuts, tree nuts, milk, egg, soy, and wheat.



ONLY
100
CALORIES

SHAKLEE 180® SNACK CRISPS

A satisfying, savoury snack

Crave no “mmmmore!” Our Snack Crisps are baked to golden perfection with a hint of sea salt goodness in every gratifying bite.

- Each serving (1 bag) delivers 6 grams of soy protein to help keep hunger away and cravings under control

#56020 | 10 bags (V) (gf) (GMO) (★)

Member Price: \$23.15 | PV: 10.68



METABOLIC BOOST

Helps burn calories naturally

Help your body metabolize carbohydrates and fats by taking one tablet with every meal.

- Contains a proprietary thermogenic blend with calorie-burning, clinically proven EGCG (from green tea)
- Helps provide support for healthy blood glucose levels, which, in turn, may help keep your energy up and your food cravings down

#56040 | 90 tablets (V) (gf) (★)

Member Price: \$56.45 | PV: 43.05

THE SHAKLEE DIFFERENCE™

All Shaklee 180 and Life Shake™ products:



Non-GMO protein sources



Gluten free



Low glycemic



Vegan (or vegetarian)



No artificial flavours, sweeteners, colours, or preservatives

DAN
LOST
62 LBS*

JANEEN
LOST
56 LBS*



“Honestly – Shaklee 180 has brought us closer together. We’ve increased our energy levels and our whole zest for life.”

Dan and Janeen
Shaklee Family Members since 2013

*Results and experiences from the Shaklee 180 Program are unique for each person, so results may vary. People following the weight-loss portion of the Shaklee 180 Program can expect to lose 1-2 pounds a week.

YOUTH[®]

LOOK YOUNGER LONGER

POWERFUL BOTANICALS. ADVANCED TECHNOLOGY.

YOUTH is revolutionary. The key to beautiful, younger-looking skin is cell renewal and hydration. Unlike ordinary skin care products, the YOUTH collection goes beyond addressing aging on the surface to target the cellular level of your skin.

Plus, YOUTH is free of parabens, phthalates, and more than 2,500 other questionable ingredients that we will NEVER use.

Our promise is that YOUTH will not only dramatically improve the health of your skin but will also 100% guarantee to shift the appearance of your skin to a younger age.

To make sure you always look as young as you feel, start now. Your future self will thank you.



100% of women who participated in a clinical study were proven to have younger-looking skin, with improvements in just seven days. And, with continued use, 2/3 shifted their skin age into a younger decade.

A DECADE OF AGING ERASED

Developed by world-class skin experts, the Skin Age Index uses factual clinical data to measure the effect YOUTH has on the key signs of aging including the appearance of skin texture, facial wrinkles, pore size, even skin tone, radiance, firmness, and sagging.

100% VEGAN | CRUELTY FREE | GLUTEN FREE
PARABEN AND PHTHALATE FREE



WE DO CLEAN BEAUTY BETTER THAN ANYONE

We start by avoiding the most questionable ingredients:

- Free of parabens
- Free of phthalates
- Free of propylene glycol
- Free of sodium/ammonium lauryl sulfate
- Free of coal tar
- Free of PEG derivatives
- Free of petrolatum
- Free of hydroquinone
- Free of artificial colours
- Free of artificial fragrances

Then, we go far beyond with a list of more than 2,500 chemicals and other questionable ingredients that you'll never find in our YOUTH collection.

DELIVERING CLINICAL RESULTS WITHOUT COMPROMISE.



THE SHAKLEE DIFFERENCE™

The Science Behind the Youth Complex

As we age, cell renewal slows and we produce less collagen and elastin. Shaklee has created the patent-pending Youth Complex to support critical cellular functions that will restore your youthful glow. It combines powerful botanicals and vitamins to deliver remarkable results.

Lotus japonicus activates a key youth protein to regenerate cells and to produce more collagen and elastin.

Schisandra chinensis fruit extract structurally helps provide more nutrients and energy to the skin.

Muscadine grape polyphenols protect and repair cellular DNA while blocking collagen and elastin breakdown.

Vital Repair+® Complex provides antioxidant nutrients (grape seed extract and more) and essential vitamins (A, B₅, C, and E) to block skin-damaging free radicals and encourage healthy cell growth.

Apple cell and gentle encapsulated vitamin A retinol – known to accelerate cell renewal – power our Youth Activating Serum.

FOUR SIMPLE STEPS FOR YOUNGER- LOOKING SKIN

THE YOUTH ANTI-AGING COLLECTION

Our Anti-Aging Collection is 100% guaranteed to shift the appearance of your skin to a younger age. Use products together or combine with products from the new Advanced Hydration Regimen to create your own customized regimen. It's never too soon to start.

Step 1

LUMINOUS GEL OIL CLEANSER

Our 3-in-1 soap-free, pH-balanced cleanser gently polishes, purifies, and prepares your skin. It's infused with Vital Repair+® Complex and muscadine grape extract plus exfoliating green algae complex to provide instant radiance.

#53566 | 125 mL

Member Price: \$46.40 | PV: 32.63

Step 2

PERFECTING SKIN TONER

Free your skin of dull cells and environmental pollutants. Go way beyond the basics to exfoliate, hydrate, and nourish with rejuvenating green algae complex, Vital Repair+® Complex, and muscadine grape extract.

#53567 | 177 mL

Member Price: \$46.40 | PV: 32.63

MUST-HAVE PRODUCT

Step 3

YOUTH ACTIVATING SERUM

This potent anti-aging treatment has 10 times the normal concentration of hyaluronic acid blend to provide the critical regeneration step. Powered by apple cell extract, *Lotus japonicus*, and encapsulated vitamin A, it helps support collagen production and renew skin at the cellular level, making your skin act younger for superior radiance and rejuvenation.

#53568 | 30 mL

Member Price: \$92.65 | PV: 65.21

Step 4 Day

MINERAL DEFENCE MOISTURIZER SPF 30

Protect your skin from the effects of the sun, environmental pollutants, and free radicals and moisturize to improve overall appearance of skin tone with this rich cream. It provides chemical-free, SPF 30 broad-spectrum UVA/UVB protection with a naturally occurring zinc oxide and features Vital Repair+® Complex and muscadine grape extract.

#53574 | 50 mL

Member Price: \$46.40 | PV: 32.63

Step 4 Night

ADVANCED RENEWAL NIGHT CREAM

Vital Repair+® Complex, schisandra, and *Lotus japonicus* hydrate, nourish, and support your skin's cell-renewal process while you sleep. Wake up to younger-looking, smoother, and more luminous skin. Available a Light gel-like formula or a Rich formula with added shea butter and jojoba.

Light #53570

Rich #53571

50 mL

Member Price: \$56.70 | PV: 39.87

**STEP 1****STEP 2****STEP 3****STEP 4 DAY****STEP 4 NIGHT****THE ULTIMATE SET****ADVANCED ANTI-AGING REGIMEN**

All components of the Advanced Anti-Aging Regimen were designed to work together to deliver remarkable results. The Regimen includes Luminous Gel Oil Cleanser, Perfecting Skin Toner, Youth Activating Serum, Mineral Defence Moisturizer SPF 30, and Advanced Renewal Night Cream (Light or Rich formula).

#79453

Member Price: \$288.45 | PV: 202.97

THE STARTER SET**ANTI-AGING REGIMEN**

This Regimen includes Luminous Gel Oil Cleanser, Perfecting Skin Toner, Mineral Defence Moisturizer SPF 30, and Advanced Renewal Night Cream (Light or Rich formula).

#79454

Member Price: \$195.80 | PV: 137.76

Regimens contain a 60-day supply.

INCREASES SKIN'S HYDRATION BY 212%

YOUTH HYDRATION COLLECTION

Transform your skin with intense hydration

100% of women who participated in a clinical study had measurably more hydrated skin immediately

Hydration levels were maintained for 8 hours with one application

92% of women studied exhibited significantly hydrated skin for up to 24 hours

Rehydrate, revitalize, and refresh your skin with our new YOUTH Hydration Collection featuring Active Cellular Hydration Technology™. The Collection includes two superstar products that work together to help bring back your skin's glow: Moisture Activating Serum and Lock Day Cream.

ACTIVE CELLULAR HYDRATION TECHNOLOGY

This new technology serves as a moisture magnet, attracting it to skin's outer layers and allowing it to act as a reservoir, locking in hydration. Plus, it reduces the appearance of fine lines and wrinkles. Our exclusive formula combines powerful botanicals including:

100% plant-based squalane, an ingredient known for leaving skin hydrated, plump, and soft

100% plant-based lipids, known to help hold moisture in the skin

Cactus extract, to help hydrate

Youth Complex with powerful botanicals including muscadine grape extract, *Lotus japonicus*, and schisandra for anti-aging benefits

New unique blend of four forms of hyaluronic acid targets skin's layers and can retain up to 1,000 times its weight in water



**MUST-HAVE PRODUCT****Step 3** ☀️🌙**MOISTURE
ACTIVATING SERUM**
with Active Cellular
Hydration Technology™

This fast-absorbing gel instantly quenches dry skin and is clinically proven to increase hydration levels by 212% in one application and maintain skin's hydration for 8 continuous hours. Formulated with 10 times the normal concentration of our hyaluronic acid blend, it delivers intense hydration so that skin appears plumper, softer, and smoother and is measurably hydrated for up to 24 hours. Moisture Activating Serum helps restore skin's natural moisture balance and build its moisture barrier to reduce water loss and the appearance of fine lines. Use it as part of our Advanced Hydration Regimen for seriously hydrated skin.

#32583 | 30 mL

Member Price: \$92.65 | PV: 65.21

REHYDRATE, REVITALIZE, AND REFRESH

MOISTURE LOCK DAY CREAM with Active Cellular Hydration Technology™

Here's your daily go-to for smoother, plumper, softer, and more hydrated skin. Moisture Lock Day Cream protects skin from moisture loss all day long. Use it after Moisture Activating Serum as part of our Advanced Hydration Regimen for seriously glowing skin. Features Vital Repair+® Complex and muscadine grape extract for anti-aging benefits. Formulated to layer under makeup.

#32584 | 50 g

Member Price: \$56.70 | PV: 39.87



FOUR SIMPLE STEPS TO INTENSE HYDRATION

THE ULTIMATE SET

ADVANCED HYDRATION REGIMEN

This Regimen is formulated to address intense hydration and moisture retention with new Moisture Activating Serum and Moisture Lock Day Cream, both featuring Active Cellular Hydration Technology.

Step 1 ☀️🌙

LUMINOUS GEL OIL CLEANSER

Step 2 ☀️🌙

PERFECTING SKIN TONER

Step 3 ☀️🌙

MOISTURE ACTIVATING SERUM

Step 4 Day ☀️

MOISTURE LOCK DAY CREAM

Step 4 Night 🌙

ADVANCED RENEWAL NIGHT CREAM, LIGHT OR RICH

#79455

Member Price: \$288.45 | PV: 202.97

ALSO AVAILABLE

Personalized Regimen #79456

Includes: Luminous Gel Oil Cleanser, Perfecting Skin Toner, Advanced Renewal Night Cream – Light or Rich, Mineral Defence Moisturizer SPF 30 or Moisture Lock Day Cream, Youth Activating Serum or Moisture Activating Serum

Member Price: \$288.45 | PV: 202.97



Regimens contain a 60-day supply.

INSTANT FACIAL

UNMASK BEAUTIFUL SKIN

Use our Purifying Clay Mask or Hydrating Gel Mask once or twice a week for an instant boost of hydration and radiance.

Purifying Clay Mask: to detoxify and help clarify skin

Hydrating Gel Mask: for deep, soothing moisture

Or combine them for your own customized facial, applying Hydrating Gel Mask where you need moisturizing and Purifying Clay Mask where you need detoxifying most.

Three simple steps

Apply to a clean face, relax for 10 minutes, then rinse with a wet cloth.

PURIFYING CLAY MASK

Naturally detoxify and purify skin with a triple blend of mineral-rich clays, superfine charcoal powder, and volcanic ash from Jeju Island in the Pacific Ocean. This formula absorbs and removes pollutants, impurities, and excess sebum to help minimize the appearance of pores and reveal smoother skin without stripping or drying.

#32585 | 30 g

Member Price: \$30.85 | PV: 21.74

HYDRATING GEL MASK

Indulge your skin with deep, soothing moisture for revitalized, hydrated skin. Our refreshing gold gel is packed with hyaluronic acid, aloe leaf juice, and a multiherbal blend for instant and long-lasting moisture.

#32587 | 30 g

Member Price: \$30.85 | PV: 21.74



AWAKEN AND BRIGHTEN

RESTORING EYE TREATMENT

Wouldn't you love to awaken each day to brighter, smoother, more youthful-looking eyes? This multi-tasking powerhouse that delivers potent anti-aging benefits and visible solutions to tired, dry, or puffy eyes. It's an essential add-on to one of our Advanced regimens.

Restoring Eye Treatment contains a unique peptide blend shown in a clinical study to reduce the appearance of lines and wrinkles around the eyes, as well as crow's feet, in as few as 7 days.*

Reduces the appearance of puffiness and dark circles.†

Helps smooth the eye contour, and visibly firms and hydrates.†

Features a unique metal cooling tip that refreshes and energizes the eye area with a gentle massage at application.

Ophthalmologist tested and suitable for contact lens wearers.

#53579 | 15 mL

Member Price: \$56.70 | PV: 39.87



RADIANCE C+E HYDRATING SERUM

Restore radiance with powerful 20% pure vitamin C plus vitamin E and raspberry cell extract to plump, brighten, and visibly reduce the appearance of lines and wrinkles.

Radiance C+E also reduces the appearance of age spots, smoothes skin texture, and improves overall skin tone.

Add this product to the Advanced Anti-Aging Regimen, using immediately before applying Youth Activating Serum, or as a radiance boost any time you need to revive tired skin

These convenient single-dose capsules are plant based, vegan, and 100% biodegradable, and they allow for a preservative-free formula.

#53580 | 60 capsules

Member Price: \$92.65 | PV: 65.21



ALSO AVAILABLE

YOUTH® Mesh Carry-All Bag #52267

Tall, zippered mesh bag displays the YOUTH logo in white on a metallic gold band. Features a top opening and a sturdy strap.

Member Price: \$20.10 | PV: 0

*As measured in a 28-day clinical study of twice-daily use involving 36 subjects.

†As perceived by a majority of subjects in a 28-day clinical study of twice-daily use involving 36 subjects.

LASH ENVY – GUARANTEED

LASH REVITALIZING AND CONDITIONING MASCARA

This 2-in-1 lash conditioner and mascara is specially formulated with our Botanical Complex and Lash Protection Complex, which help strengthen lashes and defend lashes and roots against environmental damage. It features an innovative two-sided brush to help create a natural, elegant look: the shorter bristles grab close to the root, boosting volume and lengthening beyond belief; the longer bristles create definition and lift even the tiniest lashes. Our smudge-free, ultra-moisturizing formula adheres immediately to lashes for longer-lasting wear.

Lash Revitalizing and Conditioning Mascara is ophthalmologist tested, safe for contact lenses wearers, and comes in a universal shade of soft black that suits all.

#32586 | 6.75 mL

Member Price: \$45.35 | PV: 31.88



LEARN HOW TO PERFECT YOUR SKIN

YOUTH ACTIVATING BB CREAM SPF 30

Evens | Corrects | Hydrates | Nourishes | Protects

This multitasking 5-in-1 beauty balm is formulated to deliver skin care benefits and a flawless complexion with muscadine grape polyphenols to protect against damaging free radicals, plus vitamins C, E, and B₅ to nourish skin and green algae extract to help improve firmness. A marine polymer creates a protection shield and naturally derived zinc oxide and titanium dioxide provide chemical-free, SPF 30 broad-spectrum UVA/UVB sun protection.

Light #53575

Light Medium #53576

Medium #53577

Dark #53578

30 mL

Member Price: \$41.15 | PV: 28.98

ALSO AVAILABLE

YOUTH® 8-wedge Sponge Wheel #52264

Use to apply and blend Youth Activating BB Cream SPF 30.

Member Price: \$5.15 | PV: 0

YOUTH® Expert Applicator Brush #52270

Perfect for applying Youth Activating BB Cream SPF 30.

Member Price: \$20.60 | PV: 0



Comes in four blendable shades designed to provide coverage for every skin tone. Or, blend to create your own customized shade. Apply once for a natural look or layer for more complete coverage.

BUY TOGETHER AND SAVE

YOUTH® POWER DUOS

Jump-start your skin care regimen with multi-tasking product pairings to deliver targeted solutions. Each Power Duo features nourishing Advanced Renewal Night Cream in your favourite formula.



Preferred Members save \$10.30

BRIGHTEN AND NOURISH DUO

Ready, set, glow

Brightens and plumps | Smooths and hydrates

Includes: Radiance C+E Hydrating Serum and Advanced Renewal Night Cream (Light or Rich)

#79494

Member Price: \$139.05 | PV: 97.83



Preferred Members save \$10.30

RENEW AND NOURISH DUO

Skin renewal from the inside out

Rejuvenates at the cellular level | Smooths and deeply softens

Includes: Youth Activating Serum and Advanced Renewal Night Cream (Light or Rich)

#79493

Member Price: \$139.05 | PV: 97.83



Preferred Members save \$6.30

HYDRATE AND NOURISH DUO

Deep hydration for luminous skin

Exfoliates, hydrates, and nourishes | Smooths and deeply softens

Includes: Perfecting Skin Toner and Advanced Renewal Night Cream (Light or Rich)

#79492

Member Price: \$96.80 | PV: 68.11



Preferred Members save \$6.30

AWAKEN AND NOURISH DUO

Wake up refreshed and radiant

Brightens and restores | Smooths and hydrates

Includes: Restoring Eye Treatment and Advanced Renewal Night Cream (Light or Rich)

#79497

Member Price: \$107.10 | PV: 75.38



PERSONAL CARE

The same nutrients that help keep you healthy on the inside also play a huge role in how you look on the outside. So it only makes sense that your skin, hair care, and baby skin care products come not from a cosmetics company but from the company that knows nutrition inside and out. See how beautiful healthy can be.



EYE MAKEUP REMOVER

A safe, gentle alternative

This hypoallergenic, oil-free cleanser is ophthalmologist-tested and specially formulated for sensitive skin. Beta-glucan comforts and Vital Repair+® Complex helps encourage the fragile eye area to achieve and maintain a smooth, firm, and healthy appearance.

- Effectively and gently dissolves all traces of eye makeup
- Non-irritating cleanser soothes skin around the eyes
- Safe for contact lens wearers

#32539 | 59 mL

Member Price: \$12.85 | PV: 7.64



GENTLE ACTION CLEANSING BAR

A soap-free solution

Hypoallergenic and pH balanced, this creamy, soap-free formula leaves skin radiantly clean. Triple-patented Vital Repair+® Complex helps fight skin-damaging free radicals.

- Boosts skin's softness and moisture retention
- Absorbs excess oil, and gently exfoliates and soothes
- Produces a rich lather that's ideal for shaving

#32068 | 128 g

Member Price: \$21.50 | PV: 12.75





REFINING POLISHER

Rejuvenates, exfoliates, and protects

This clinically proven, hypoallergenic, shower-activated polisher is gentle enough for everyday use – even on sensitive skin. Vital Repair+® Complex provides a natural defence against free radical damage.

- Stimulates, clarifies, and softens from head to toe
- Jojoba beads gently exfoliate and revive dull skin
- Increases and retains moisture

#32555 | 73 mL

Member Price: \$22.90 | PV: 15.25



MOISTURIZING SHOWER GEL

Refreshing and hydrating

Spoil yourself with this patented, soap-free, non-irritating body cleanser, which features sea botanical extracts and Vital Repair+® Complex to help fight free radicals. It's also formulated with skin-softening vitamin E, plus copper, manganese, zinc, and trace minerals from the sea.

- Refreshes and hydrates
- Increases natural moisture retention
- Defends against prematurely older-looking skin

#32549 | 236 mL

Member Price: \$17.90 | PV: 8.78



HAND AND BODY LOTION

Six-hour moisture infusion

This all-over, hypoallergenic moisturizer contains neutralizing phytic acid to counter skin-damaging reactions triggered by iron in tap water, and triple-patented Vital Repair+® Complex to help reverse UV-induced signs of aging. Added pro-vitamin B₅ helps strengthen nails and cuticles.

- Locks in moisture for up to six hours
- Promotes visibly firmer skin
- Defends against prematurely older-looking skin

#32541 | 236 mL

Member Price: \$23.40 | PV: 11.49



SPA ULTRA MOISTURIZING SHEA BUTTER CREAM

Pampers your skin

Get a spa experience at home! Luxurious, skin-nutritive shea butter is infused into this creamy formula. Vitamin E provides extra nourishment.

- Deeply moisturizes
- Soaks deep into the skin to nourish and hydrate
- Perfect for hands and body

#32536 | 170 g

Member Price: \$31.60 | PV: 20.50



HERBAL BLEND® MULTI-PURPOSE CREAM

Tough skin deserves a soft solution

Dry, chapped, rough skin is no match for this soothing cream. The cooling, mentholated formula is enriched with natural extracts including rosemary, chamomile, corn oil, and salvia to nourish stressed skin.

- Soothes dry, chapped, and rough skin
- Softens callouses on knees, elbows, and feet
- Non-greasy formula leaves skin soft and refreshed

#39078 | 120 mL

Member Price: \$10.55 | PV: 6.86



JOINT AND MUSCLE PAIN CREAM

Topical pain relief that works in a hurry

This non-greasy, mentholated formula enables fast absorption and provides prolonged-release action to affected areas – without side effects.

- Temporarily relieves occasional joint and muscle pain
- Targets and effective against minor pain due to arthritis, backache, sore muscles, sports injuries, and more
- Deeply penetrates and soothes in minutes

#54051 | 85 g

Member Price: \$31.05 | PV: 21.33



NOURISHING SCALP TREATMENT

Normalizes the scalp

This clinically proven formula contains the highest concentration of Scalp Health Complex, a unique blend of no fewer than 10 powerful vitamins, minerals, and herbs, providing the optimal environment for healthy, thick, and vibrant hair. It also includes the antioxidant vitamins A and E plus coenzyme Q₁₀ to protect against free radical damage. Can be used daily on wet or dry hair.

- Nourishes, strengthens, and thickens by reducing hair loss during combing
- Protects natural, healthful oil/moisture balance
- No-rinse formula doesn't leave hair sticky or oily

#31642 | 59 mL

Member Price: \$41.75 | PV: 26.71

LONG-LASTING FINISHING SPRAY

Medium hold with UV protection

Keep your style in place with this medium-hold spray, which provides UV protection.

- Increases shine and lustre
- Strengthens
- Manages frizz and flyaway hair

#31697 | 237 mL

Member Price: \$16.85 | PV: 10.28

REVITALIZING SHAMPOO

Gentle cleansing system

This patented cleansing system is formulated with plant-derived ingredients including corn and coconut, while humectants retain hair's moisture. It also includes powerful Scalp Health Complex, formulated for optimal hair growth and health.

- Invigorates, volumizes, and smoothes
- Remove dirt, oil, and pollutants without irritating the scalp
- Gives hair strength, shine, and resilience

#31690 | 296 mL

Member Price: \$18.95 | PV: 12.14

REPLENISHING CONDITIONER

Moisturizes and replenishes

Formulated with humectants, emollients, and a vegetable-based protein, Replenishing Conditioner includes Scalp Health Complex to reduce hair loss during combing and to naturally thicken and strengthen hair.

- Moisturizes and replenishes each strand of hair
- Strengthens, smoothes, and adds shine
- Repairs surface damage and mends split ends

#31644 | 237 mL

Member Price: \$18.95 | PV: 12.14



GENTLE WASH

Makes bath time safe and fun

This extra-gentle wash contains organic chamomile, lavender, and an aloe base to soothe delicate skin. It's 99% natural and formulated with 75% organic ingredients. The no-tears formula is hypoallergenic, pH balanced, and sensitivity tested to shower even the most tender skin with love.

- Produces mild lather
- Non-irritating formula calms and relaxes

#30110 | 252 mL

Member Price: \$25.20 | PV: 12.51



SOOTHING LOTION

Naturally gentle

Keep baby's skin silky soft and moisturized with this gentle lotion, formulated with organic sunflower seed and jojoba seed oils, plus shea butter. Lavender, chamomile, rosemary, and vanilla oils are infused for a calming effect. Soothing Lotion is 99% natural and contains 78% organic ingredients. It's a bottle full of even more reasons to cuddle.

- Replenishes the skin's nutrients
- Pediatrician tested and hypoallergenic

#30111 | 252 mL

Member Price: \$25.20 | PV: 12.51



MASSAGE OIL

An organic blend that calms

This ever-so-gentle special blend of organic sunflower oil, lavender, and chamomile soothes and moisturizes. It's 100% natural, with 73% organic ingredients.

- Nourishes baby's skin
- pH balanced and hypoallergenic

#30113 | 118 mL

Member Price: \$21.30 | PV: 10.56

ALWAYS SAFE, ALWAYS WORK, ALWAYS GREEN

Let's get every nook and cranny spick-and-span clean. And let's make sure we do it right – with products that are safe, especially around your little ones; powerful against even the most stubborn dirt; green for the planet; and smart on your wallet. In other words, let's Get Clean.

ALWAYS SAFE

Natural and non-toxic, with absolutely no harmful fumes, phosphates, phthalates, or bisphenol-A (BPA).

ALWAYS WORK

These powerful, multifunctional products are all you need to start cleaning your way to a healthier home. Rival or outperform 20 national brands.

ALWAYS GREEN

Super-concentrated formulas plus biodegradable, recyclable, or reduced-waste packaging prevents 10.5 million kilograms (23 million pounds) of packaging waste and 24.6 million kilograms (54 million pounds) of greenhouse gas emissions.*

GET CLEAN® STARTER KIT

All you need to start cleaning your way to a healthier home

INCLUDES:

- Scour Off™ Heavy-Duty Paste (255 g)
- Hand Dish Wash Liquid Concentrate (473 mL)
- Dish Washer Automatic Powder Concentrate (907 g)
- Dish Washer Powder Dispenser (empty)
- Soft Fabric Fragrance-Free Dryer Sheets (80)
- Nature Bright® Laundry Booster and Stain Remover (907 g)
- Nature Bright® Dispenser (empty)
- Fresh Laundry Concentrate HE Compatible (946 mL)
- Basic H® Organic Super Cleaning Concentrate (473 mL)
- Get Clean accessories include Caddy, Spray Bottle (3 × 475 mL), Super Microfibre General Cleaning Cloth, Super Microfibre Glass Cleaning Cloth, Super Microfibre Dish Sponge, Miracle Scrubber Pad, 1/4 oz. Pump Dispenser (for 946 mL bottle), Measuring Cup, Dual Measuring Spoon.

#50456

Member Price: \$115.15 | PV: 50.00

*Based on comparing number of uses as set forth on product labels of conventional, ready-to-use cleaners.

Hand Dish Wash
Liquid Concentrate

Scour Off™
Heavy-Duty Paste



Dish Washer Automatic
Powder Concentrate

Nature Bright®
Laundry Booster
and Stain Remover



Basic H2®



Soft Fabric Dryer Sheets




Fresh Laundry
Concentrate

**BASIC H²®****Organic Super Cleaning Concentrate**

The natural, sustainably sourced ingredients in Basic H² are derived from corn and coconuts. This safe formula doesn't contain any phosphates, dyes, toxins, toxic fumes, hazardous chemicals, fragrances, or chlorine. And the packaging is recyclable.

- Just one 473 mL bottle makes 181 L of super-powerful cleaner
- Removes dirt, grease, and grime
- Cleans oil on driveways, barbecue grills, ovens, and more
- No-rinse, no-residue, streak-free formula
- Recipient of Canadian-based PTPA Media's parent-tested, parent-approved "Green Category" Seal of Approval (www.ptpamedia.com)

#44015 | 473 mL ★ 

Member Price: \$11.35 | PV: 5.64

#44029 | 1.89 L ★

Member Price: \$40.90 | PV: 20.30

ALSO AVAILABLE

**1/2 oz. Pump Dispenser
for 1.89 L bottles #50415**

Member Price: \$2.10 | PV: 0



$$\left[\begin{array}{c} \mathbf{1 \text{ BOTTLE}} \\ \text{of 473 mL Basic H}^2 \end{array} \right] = \left[\begin{array}{c} \mathbf{5,824 \text{ BOTTLES}} \\ \text{of 769 mL Windex}^{\text{®1}} \end{array} \right]$$



It takes 5,824 769-mL bottles of Windex[®] to equal the number of cleaning uses of just one 473-mL bottle of Basic H².*

**BASIC H²® ORGANIC SUPER
CLEANING WIPES**

**Convenient biodegradable
multitaskers**

- Removes dirt, grease, and grime from any washable surface
- No-rinse, no-residue, streak-free formula
- Helps prevent fogging on glass

#44302 | 35 wipes ★

Member Price: \$8.50 | PV: 4.22

**GET CLEAN® CADDY ORGANIZER KIT**

Get organized, then Get Clean® anywhere

Upstairs or downstairs, inside or outside, this kit will help you take your Get Clean products with you wherever dirt and grime are.

INCLUDES:

- Spray Bottle (3 × 475 mL)
- Squeeze Bottle With Dropper Tip
- 1/4 oz. Pump Dispenser for 946 mL bottles (2)
- Measuring Cup (2)
- Dual Measuring Spoon
- Super Microfibre General Cleaning Cloth
- Super Microfibre Glass Cleaning Cloth
- Super Microfibre Dish Sponge
- Miracle Scrubber Pad
- Caddy (not sold separately)

#50447

Member Price: \$32.00 | PV: 0

1. Source: Sterling Laboratories. This label comparison was conducted on November 6, 2018 and is valid only for the named product marketed at that time.

*One 473-mL bottle of Basic H², when diluted as directed, equals the number of cleaning uses of 5,824 bottles of ready-to-use Windex[®] (769 mL).

All trademarks are the property of their respective owners.



SPRAY BOTTLES

Bottle 3-pack for Basic H²®

- Each empty 475 mL bottle is labelled with instructions for mixing Basic H² for all-purpose cleaning (leaf), glass/window cleaning (butterfly), and degreasing (flower)
- Each has ounce measurements along the sides and “Get Clean beliefs” around the bottom
- For best results, use with our **Super Microfibre General Cleaning Cloth** (#50409 – \$4.15), **Super Microfibre Glass Cleaning Cloth** (#50410 – \$4.15), or **Super Microfibre Dish Sponge** (#50411 – \$2.80)

Get the best value:

- All-purpose cleaner costs less than 3¢ per 475 mL*
- Window cleaner costs less than 1¢ per 475 mL*
- Degreaser costs less than 18¢ per 475 mL*

#50443

Member Price: \$7.25 | PV: 0

ALSO AVAILABLE

Miracle Scrubber Pad #50510

Member Price: 60¢ | PV: 0

Squeeze Bottle with Dropper Tip #50419

Member Price: \$1.05 | PV: 0

Measuring Cup #50077

Member Price: 55¢ | PV: 0

Dual Measuring Spoon #50416

Member Price: 45¢ | PV: 0



HAND WASH CONCENTRATE

Gentle on your hands

This non-toxic, pH-balanced moisturizing wash is formulated with natural botanicals. It contains wheat germ oil, algae extract, soy protein, and aloe, as well as linden flower, rosemary, and arnica extracts. It also features biodegradable surfactants.

- Conditions and moisturizes skin with every wash
- Non-drying, gentle formula

#44191 | 946 mL

Member Price: \$20.10 | PV: 13.82

ALSO AVAILABLE

Dispenser #50408

Member Price: \$2.80 | PV: 0

1/4 oz. Pump Dispenser for 946 mL bottles #50414

Member Price: \$2.10 | PV: 0



We believe that health isn't just about what you put in your body – it's about everything around you.

Get Clean® brings you a full line of non-toxic cleaning choices that are Safe for You, Your Home, and Your Planet®.

*At Member Price of 1.89 L bottle.



HAND DISH WASH LIQUID CONCENTRATE

Mild on hands and
tough on grease

This hypoallergenic, fresh-scented, PTPA Media Award-winning formula is made of sustainably sourced plant-based ingredients. It's non-toxic, has biodegradable surfactants, and contains no phosphates.

- Tackles greasy dishes with just a few drops
- Leaves dishes sparkling clean
- Produces long-lasting suds
- Has non-drying gentle formula

#44255 | 473 mL ★ 

Member Price: \$7.60 | PV: 3.76

ALSO AVAILABLE

Super Microfibre Dish Sponge #50411

Member Price: \$2.80 | PV: 0



DISH WASHER AUTOMATIC POWDER CONCENTRATE

Cleans 48 loads

Our phosphate-free, non-chlorinated, PTPA Media Award-winning formula is enzyme activated to thoroughly clean tough stains. And it contains biodegradable surfactants.

- Powerful concentrate removes tough stains
- Leaves dishes and glasses sparkling clean in most water conditions

#44295 | 907 g ★ 

Member Price: \$10.45 | PV: 5.18

ALSO AVAILABLE

Dispenser #50407

Member Price: \$3.05 | PV: 0



SCOUR OFF™ HEAVY-DUTY PASTE

Great for tough jobs

Our non-toxic cleaning paste contains natural mineral abrasives and biodegradable surfactants. It's formulated without phosphates, harsh chemicals, or toxic fumes – so it won't burn off your nose hairs in the process.

- Removes the toughest dried-on splatters and spills, burned-on grease, and baked-on foods
- Safe to use on stainless steel and porcelain sinks, ovens, oven-proof glass, stovetops, ceramic tiles, grout, and baked enamel

#44430 | 255 g ★

Member Price: \$17.25 | PV: 8.50

ALSO AVAILABLE

Basic-G® Disinfectant Cleaner #51525

946 mL

Member Price: \$26.20 | PV: 12.75

THE SHAKLEE DIFFERENCE™

Basic H²® and our two dishwashing concentrates have all received "Green Category" recognition by PTPA Media Inc. This Canadian-based organization awards its Seal of Approval to new parent-tested, parent-approved products that have value, functionality, quality, and product appeal. You can learn more about PTPA Media by going to www.ptpamedia.com.



FRESH LAUNDRY CONCENTRATE HE COMPATIBLE Earth-friendly spot remover and detergent

This hypoallergenic, non-chlorinated liquid formula contains natural corn- and coconut-based ingredients plus an enzyme booster to fight tough stains. Available with or without fragrance.

- Triple-concentrated, phosphate-free formula contains biodegradable surfactants
- Works with both standard and high-efficiency (HE) machines
- 946 mL bottle cleans 32 loads

Regular #44066 | 946 mL ★

Fragrance-Free #44300 | 946 mL ★

Member Price: \$14.20 | PV: 7.05

Regular #44114 | 1.89 L ★

Member Price: \$27.55 | PV: 13.68

ALSO AVAILABLE

**1/4 oz. Pump Dispenser
for 946 mL bottles #50414**

**1/2 oz. Pump Dispenser
for 1.89 L bottles #50415**

Member Price: \$2.10 | PV: 0



NATURE BRIGHT® LAUNDRY BOOSTER AND STAIN REMOVER

A bleach alternative for stains

Powerful Nature Bright with biodegradable surfactants helps keep your whites white and your colours brighter with natural enzymes and active oxygen instead of phosphates or chlorine.

- Helps keep your whites and colours brighter
- Add one scoop to every load to boost colour tones

#44305 | 907 g ★

Member Price: \$10.80 | PV: 5.34

ALSO AVAILABLE

Dispenser #50413

Member Price: \$3.05 | PV: 0



SOFT FABRIC CONCENTRATE Gets clothes super soft

This concentrated, non-toxic, biodegradable formula contains a special plant-based softener that acts as a natural fabric softener. It also features a pleasant citrus-floral fragrance.

- Reduces wrinkles and controls static cling
- One small bottle softens 64 loads
- Works with both standard and HE machines

#44307 | 946 mL

Member Price: \$9.65 | PV: 4.79

SOFT FABRIC FRAGRANCE-FREE DRYER SHEETS Recyclable static reducers

These innovative dryer sheets are veggie based and biodegradable and contain no fragrances or dyes.

- Each sheet breaks into two in the dryer for even distribution
- Helps prevent wrinkles and reduces static cling
- Safe for all washable fabrics

#44306 | 80 sheets ★

Member Price: \$9.50 | PV: 4.71



THE GREEN WAY TO CLEANER WATER

GET CLEAN® WATER

365 days of cleaner, healthier water*

Get Clean Water is certified to measure up to tough NSF/ANSI Standards 42 and 53 by the Water Quality Association (WQA) to reduce up to 99% of lead and more than 50 other contaminants. It keeps the planet green by using the first refillable carbon-block pitcher filter system. Each filter is made from sustainable coconut shell carbon.

- Outperforms Brita® and PUR®¹
- A smart meter indicates when it's time to replace the filter, which can be used in other leading-brand pitchers
- Saves more than 2,400 plastic bottles from the landfill
- Filters more than 5,000 glasses (250 mL each) of water at just over a penny a glass

THE SHAKLEE DIFFERENCE™

The first refillable carbon-block pitcher filter system designed to reduce environmental waste to help keep the planet green.



GET CLEAN® YEAR OF CLEAN WATER STARTER KIT

The green way to cleaner water

INCLUDES:

- Get Clean Water Pitcher – Food safe, BPA free, 10-cup (2.37 L) capacity
- Get Clean Water Refillable Filter Housing Kit with one filter
- Get Clean Water Filter Refill 3-pack – 302.83 L (80 U.S. gallons) capacity each

#42111

Member Price: \$116.95 | PV: 50.00

ALSO AVAILABLE

GET CLEAN® WATER STARTER KIT

INCLUDES:

- Get Clean Water Pitcher – Food safe, BPA free, 10-cup (2.37 L) capacity
- Get Clean Water Refillable Filter Housing Kit with one filter

#42110

Member Price: \$63.45 | PV: 20.00

ALSO AVAILABLE

Get Clean® Water Replacement Pitcher #42114

Member Price: \$33.15 | PV: 0

Get Clean® Water Single Replacement Filter #42115

Member Price: \$21.00 | PV: 11.48

Get Clean® Water 3-Pack Replacement #42116

Member Price: \$56.70 | PV: 31.00

Get Clean® Water Refillable Filter Housing Kit + Filter #42117

Member Price: \$30.30 | PV: 16.59

*Annual usage defined as 1,211 L (320 U.S. gallons). Purchasing the Get Clean Year of Water Kit (#42111), which includes with the Get Clean Water Filter Refill 3-Pack, saves 15% off the regular price of three single filters. Filters the amount of water contained in more than 2,400 bottles of water (500 mL/16.9 fl. oz. each).

1. Comparison of current WQA and NSF certified reduction claims conducted on January 18, 2016 referencing Brita® pitchers using OB03 cartridges and PUR® pitchers using CFR-950Z cartridges, and is valid only for the named products marketed at that time. Product data claims obtained from NSF and WQA Website certification listings. Models compared are also certified to reduce chlorine (taste and odour). "Leading brands" defined as Brita and PUR. All trademarks are the property of their respective owners.

KOSHER NUTRITIONAL PRODUCTS

Kosher-certified products are produced, processed, and prepared according to dietary standards specified in the Bible and rabbinical law. Requirements involve species of animal used, the handling of meat and equipment, and the mixing of ingredients.

Many Shaklee products are kosher certified as Star-K Kosher and Star-D Dairy by Star-K Kosher Certification in Baltimore, Maryland; and MK Pareve (Montreal-Kosher Certification Agency). You may obtain actual letters of certification by visiting their Websites or requesting the letters from Shaklee Canada's Field Support team.

KOSHER Nutritional Products	Code	MK			Page #
		Star-K	Pareve	Star-D	
Alfalfa Complex	57110	X			50
B-Complex	57240	X			53
Chewable Cal Mag Plus	57390	X			47 / 54
Cholesterol Reduction Complex	56219	X			40
CorEnergy®	57815	X			51
Defend and Resist Complex	57675	X			45
Energizing Tea – Green Matcha	56031	X			51
Energizing Tea – Pomegranate	56030	X			51
EZ-Gest®	57755	X			34
Fibre Plan	57095	X			34
Flavour-Enhanced Soy Protein	55400	X			27
Garlic Complex	56290	X			40
Herb-Lax®	57415	X			34
Iron Plus Vitamin C	57710		X		54
Joint Health Complex	57880	X			48
Life Shake™, Plant Protein	56335	X			24 / 64
– Chocolate					
Life Shake™, Plant Protein – Vanilla	56333	X			24 / 64
Life Shake™, Soy Protein	56329	X			24 / 64
– Café Latte					
Life Shake™, Soy Protein	56324	X			24 / 64
– Chocolate					
Life Shake™, Soy Protein	56327	X			24 / 64
– Strawberry					
Life Shake™, Soy Protein – Vanilla	56321	X			24 / 64
Life Shake™, Stevia-Free	56340	X			24 / 64
Soy Protein – Chocolate					
Life Shake™, Stevia-Free	56341	X			24 / 64
Soy Protein – Vanilla					
Metabolic Boost	56040	X			66
MindWorks®	57066	X			36
NutriFeron®	57690	X			44
Optiflora® DI	57770	X			32
Optiflora® Prebiotic	57760	X			33
Organic Greens Booster	56306	X			23 / 50
Performance™ Advanced Physique®	54313		X		59
Whey Shake, Grass-Fed Source					
– Chocolate					
Performance™ Advanced Physique®	54314		X		59
Whey Shake, Grass-Fed Source					
– Vanilla					
Performance™ Electrolyte Mix	54308	X			61
– Lemon-Lime					
Performance™ Electrolyte Mix	54309	X			61
– Orange					
Performance™ Low-Calorie	54316	X			59
Electrolyte Drink – Lemon-Lime					
Performance™ Low-Calorie	54317	X			59
Electrolyte Drink – Orange					
Performance™ P.M. Recovery	54312	X			59 / 61
Complex					
Performance™ Physique® +	54495		X		61
Bio-Build® Recovery Shake					
– Banana					

KOSHER Nutritional Products	Code	MK			Page #
		Star-K	Pareve	Star-D	
Shaklee 180® Meal-in-a-Bar	56001	X			65
– Blueberry & Almond Crisp					
Shaklee 180® Meal-in-a-Bar	56000			X	65
– Peanut Butter & Chocolate Chip					
Shaklee 180® Meal-in-a-Bar	56054			X	65
– White Chocolate Cinnamon					
Shaklee 180® Snack Bar	56052	X			65
– Cherry & Almond					
Shaklee 180® Snack Bar	56053			X	65
– Chocolate & Coconut					
Shaklee 180® Snack Bar	56012	X			65
– Crunchy Peanut Butter					
Shaklee 180® Snack Bar	56051			X	65
– Toffee & Chocolate Crunch					
Shaklee 180® Snack Crisps	56020			X	66
– Sea Salt					
Shaklee 180® Whey Protein	56260			X	27 / 65
Smoother Mix – Vanilla					
Stress Relief Complex	57680	X			46
Super Cal Mag Plus	57400		X		47 / 54
Vita-C 100 Chewables	57025	X			52
Vita-C 500 Sustained Release	57600	X			52
Vita-D ₃ ®	57260	X			53
Vita-Lea® Gold With Vitamin K	57450	X			20
Vita-Lea® Gold Without Vitamin K	57455	X			20
Vita-Lea® Ocean Wonders®	57475	X			57
Vita-Lea® With Iron	57440	X			20
Vita-Lea® Without Iron	57445	X			20
Vitalized Immunity®	57073	X			45
VitalMag®, Sustained Release	57875	X			54
Vivix®, Kosher	22911	X			30
Zinc Complex	57650	X			54
KOSHER Household Products	Code	MK			Page #
		Star-K	Pareve	Star-D	
Basic H® Organic Super	44015	X			90
Cleaning Concentrate	44029	X			
Basic H® Organic Super	44302	X			90
Cleaning Wipes					
Dish Washer Automatic	44295	X			92
Powder Concentrate					
Hand Dish Wash	44255	X			92
Liquid Concentrate					
Fresh Laundry Concentrate	44066	X			93
HE Compatible	44114	X			
	44300	X			
Nature Bright® Laundry	44305	X			93
Booster and Stain Remover					
Scour Off™ Heavy-Duty Paste	44430	X			92
Soft Fabric Fragrance-Free	44306	X			93
Dryer Sheets					

PUBLISHED MANUSCRIPTS

(IN CHRONOLOGICAL ORDER)

- Jenkins MY, Mitchell GV. Biological and biochemical evaluation of commercial powdered protein products. *Nutr Rep Int* 1981;24(3): p. 499-510.
- Spiller GA, Wong LG, Whittam JH, Scala J. Correlation of gastrointestinal transit time to fecal weight in adult humans at two levels of fiber intake. *Nutr Rep Int* 1982;25: p.23-30.
- Albanese AA, Wein EH, Carroll LA. Effects of a high-protein supplement on body weight and blood constituents of overweight and obese individuals. *Nutr Rep Int* 1984;29: p. 193-204.
- Hegenauer J, Strause L, Saltman P, Dann O, White J, Green R. Transitory hematologic effects of moderate exercise are not influenced by iron supplementation. *Eur J Appl Physiol* 1983;52: p. 57-61.
- Ellsworth NM, Hewitt BF, Haskell WL. Nutrient intake of elite male and female Nordic skiers. *Physician Sports Med* 1985;13: p. 78-92.
- Jensen CD, Pattison TS, Spiller GA, Whittam JH, Scala J. Repletion and depletion of serum alpha and beta carotene in humans with carrots and an algae-derived supplement. *Acta Vitaminol Enzymol* 1985;7: p. 189-98.
- Spiller GA, Pattison TS, Jensen CD, Wong LG, Whittam JH, Scala J. Multivitamin-mineral supplementation: effects on blood chemistries of college-age women. *Acta Vitaminol Enzymol* 1985;7: p. 217-22.
- Albanese AA, Lorenze EJ, Edelson AH, et al. Calcium nutrition and skeletal and alveolar bone health. *Nutr Rep Int* 1985;31: p. 741-55.
- Luo XM, Wei HJ, Yang CL, et al. Bioavailability of selenium to residents in a low-selenium area of China. *Am J Clin Nutr* 1985;42: p. 439-48.
- Albanese AA, Edelson AH, Lorenze EJ, Wein EH, Carroll LA. Effect of age and fractures on bone loss and calcium needs of women 45-85+ years of age. *Nutr Rep Int* 1985;31: p. 1093-1115.
- Thompson D, Lemaster C, Allen R, Whittam JH. Evaluation of relative shampoo detergency. *J Soc Cosmet Chem* 1985;36: p. 271-86.
- Luo XM, Wei HJ, Yang CL, et al. Selenium intake and metabolic balance of 10 men from a low selenium area of China. *Am J Clin Nutr* 1985;42: p. 31-7.
- Jensen CD, Spiller GA, Pattison TS, Whittam JH, Scala J. Acute effects of dietary carotenes on serum alpha and beta carotene in humans. *Nutr Rep Int* 1986;33: p. 117-22.
- Spiller GA, Story JA, Wong LG, et al. Effect of increasing levels of hard wheat fiber on fecal weight, minerals, steroids and gastrointestinal transit time in healthy young women. *J Nutr* 1986;116: p. 778-85.
- Haymes EM, Puhl JL, Temples TE. Training for cross-country skiing and iron status. *Med Sci Sports Med* 1986;18: p. 162-7.
- Hagan RD, Upton SJ, Wong LG, Whittam JH. The effects of aerobic conditioning and/or caloric restriction in overweight men and women. *Med Sci Sports Exer* 1986;18: p. 87-94.
- Jensen CD, Howes TW, Spiller GA, Pattison TS, Whittam JH, Scala J. Observations on the effects of ingesting cis- and trans-beta carotene isomers on human serum concentrations. *Nutr Rep Int* 1987;35: p. 413-22.
- Spiller GA, Jensen CD, Pattison TS, Chuck CS, Whittam JH, Scala J. Effect of protein dose on serum glucose and insulin response to sugars. *Am J Clin Nutr* 1987;46: p. 474-80.
- Superko HR, Haskell WL, Sawrey-Kubicek L, Farquhar JW. Effects of solid and liquid guar gum on plasma cholesterol and triglyceride concentrations in moderate hypercholesterolemia. *Am J Cardiol* 1988;62: p. 51-5.
- Jensen CD, Spiller GA, Wookey VJ, Wong LG, Whittam JH, Scala J. Plasma lipids on three levels of fish oil intake in healthy human subjects. *Nutr Rep Int* 1988;38: p. 165-72.
- Nadel ER, Bussolari SR. The Daedalus project: physiological problems and solutions. *Am Scientist* 1988;76: p. 351-60.
- Jenkins DJ, Wolever TM, Spiller GA, et al. Hypocholesterolemic effect of vegetable protein in a hypocaloric diet. *Atherosclerosis* 1989;78: p. 99-107.
- Wiess R. The Physiology of Human-Powered Flight. *Sci News* 1990;137(9): p. 140.
- Haskell WL, Spiller GA, Jensen CD, Ellis BK, Gates JE. Role of water-soluble dietary fiber in the management of elevated plasma cholesterol in healthy subjects. *Am J Cardiol* 1992;69: p. 433-9.
- Zawadzki KM, Yaspelkis III BB, Ivy JL. Carbohydrate-protein complex increases the rate of muscle glycogen storage after exercise. *J Appl Physiol* 1992;72: p. 1854-9.
- Jensen CD, Zaltas ES, Whittam JH. Dietary intakes of male endurance cyclists during training and racing. *J Am Diet Assoc* 1992;92: p. 986-8.
- Jensen CD, Spiller GA, Gates JE, Miller A, Whittam JH. The effect of acacia gum and a water-soluble dietary fiber mixture on blood lipids in humans. *J Am Coll Nutr* 1993;12: p. 147-54.
- Greenleaf JE, et al. Vascular uptake of rehydration fluids in hypohydrated men at rest and during exercise. *NASA Tech Memo* 1992(August): p. 1039-42.
- Yaspelkis III BB, Patterson TS, Anderla PA, Ding Z, Ivy JL. Carbohydrate supplementation spares muscle glycogen during variable-intensity exercise. *J Appl Physiol* 1993;75: p. 1477-85.
- Chandler RM, Byrne HK, Patterson JG, Ivy JL. Dietary supplements affect the anabolic hormones after weight-training exercise. *J Appl Physiol* 1994;76: p. 839-45.
- Greenleaf JE, et al. Hypervolemia in men from drinking hyperhydration fluids at rest and during exercise. *NASA Tech Memo* 1994(December): p. 46-57.
- Greenleaf JE, et al. Drink composition and cycle-ergometer endurance in men: carbohydrate, Na⁺, osmolality. *NASA Tech Memo* 1996(November): p. 46-50.
- Greenleaf JE, Jackson CG, Lawless O. CD4⁺/CD8⁺ T-lymphocyte ratio: effects of rehydration before exercise in dehydrated men. *Med Sci Sports Exer* 1995;27: p. 194-9.
- Rachui SR, Duke MA, Allen R. Use of the MatTek EPI-100 in vitro system to screen antioxidant efficacy. *J Toxicol Cut Ocular Toxicol* 1995;14: p. 237-50.
- Fox AA, et al. Effects of diet and disease risk factors in moderately obese older women. *Am J Clin Nutr* 1996. 63(2): p. 225-33.
- Geelen G, Greenleaf JE, Keil LC. Drinking-induced plasma vasopressin and norepinephrine changes in dehydrated humans. *J Clin Endocrinol Metab* 1996;81: p. 2131-35.
- Jensen CD, Haskell W, Whittam JH. Long-term effects of water-soluble dietary fiber in the management of hypercholesterolemia in healthy men and women. *Am J Cardiol* 1997;79: p. 34-7.
- Grant KE, et al. Chromium and exercise training: effect on obese women. *Med Sci Sports Exer* 1997;29(8): p. 992-8.
- Greenleaf JE, et al. Pre-exercise hypervolemia and cycle ergometer endurance in men. *Biol Sport* 1997;14(2): p. 103-14.
- Broughton KS, et al. Reduced asthma symptoms with n-3 fatty acid ingestion are related to 5-series leukotriene production. *Am J Clin Nutr* 1997;65(4): p. 1011-7.
- Greenleaf JE, et al. Hypervolemia in men from fluid ingestion at rest and during exercise. *Aviat Space Environ Med* 1998;69(4): p. 374-86.
- Thompson JL, et al. Effects of diet and exercise on energy expenditure in postmenopausal women. *Am J Clin Nutr* 1997;66(4): p. 867-73.
- Dubuc GR, et al. Changes of serum leptin and endocrine and metabolic parameters after 7 days of energy restriction in men and women. *Metabolism* 1998;47(4): p. 429-34.
- Roberts RL, Greene JA. Clinical Testing of Personal Care Products. *The Chemist* 1999;Nov/Dec: p. 23-26.
- Greenleaf JE, et al. Plasma sodium-osmotic dissociation and hormonal interaction with drinking-induced hypervolemia at 2800 m altitude. *Aviat Space Environ Med* 2001;72(6): p. 522-8.
- Barrett BP, et al. Treatment of the common cold with unrefined echinacea. A randomized, double-blind, placebo-controlled trial. *Ann Intern Med* 2002;137(12): p. 939-46.
- Jensen C, et al. Long-term effects of nutrient intervention on markers of bone remodeling and calciotropic hormones in late-postmenopausal women. *Am J Clin Nutr* 2002;75(6): p. 1114-20.
- Schaffer DM, et al. Nonvitamin, nonmineral supplement use over a 12-month period by adult members of a large health maintenance organization. *J Am Diet Assoc* 2003;103(11): p. 1500-5.
- Kaji K, et al. An open-label study of administration of EHO202, a health-food additive, to patients with chronic hepatitis C. *J Gastroenterol* 2004;39(9): p. 873-8.

50. Ushiroyama T, et al. A pilot study of a Kampo formula, EH0202, with intriguing results for menopausal symptoms. *J Altern Complement Med* 2004;10(2): p. 397-9.
51. Ushiroyama T, et al. Clinical efficacy of EH0202, a Kampo formula, on the health of middle-aged women. *Am J Chin Med* 2004;32(5): p. 755-70.
52. Kubo M, Hasimoto Y, and Yoshida S. The effect of health food containing EH0202 on physical and mental symptoms accompanying menstruation in women with premenstrual syndrome (PMS). *Clinical Pharmacology and Therapy* 2004;14(2): p. 129-42.
53. Schirmer MA, Phinney SD. {gamma}-Linolenate Reduces Weight Regain in Formerly Obese Humans. *J Nutr* 2007;137(6): p. 1430-5.
54. Block G, Jensen CD, Norkus EB, 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. *Nutrition J* 2007;6(30): p. 1-11.
55. Lunetta S, Roman M. Determination of coenzyme Q₁₀ content in raw materials and dietary supplements by high-performance liquid chromatography-UV: Collaborative study. *J AOAC Int* 2008;91(4): p. 702-8.
56. Westcott WL, Martin WF, La Rosa Loud R, and Stoddard S. Research update: protein and body composition. *Fitness Management* May 2008: p. 50-3.
57. Palermo LM, et al. Human parainfluenza virus infection of the airway epithelium: viral hemagglutinin-neuraminidase regulates fusion protein activation and modulates infectivity. *J Virol* 2009;83(13): p. 6900-8.
58. Maki K.C., et al. Serum 25-hydroxyvitamin D is independently associated with high-density lipoprotein cholesterol and the metabolic syndrome in men and women. *J Clin Lipidol*. 2009;3:289-296.
59. Maki KC, Rubin MR, Wong LG, McManus JF, Jensen CD, Lawless A. Effects of vitamin D supplementation on 25-hydroxyvitamin D, high-density lipoprotein cholesterol, and other cardiovascular disease risk markers in subjects with elevated waist circumference. *Int J Food Sci Nutr*. 2011 Jun; 62(40):318-27.
60. Ghanim H, et al. A resveratrol and polyphenol preparation suppresses oxidative and inflammatory response to a high-fat, high-carbohydrate meal. *J Clin Endocrinol Metab*. 2011 May;96(5):1409-14.
61. McHugh RT, Hollins JL, Lau FC, Daggy BP. Effect of combined AREDS2 supplementation and a polyphenol preparation on dry age-related macular degeneration (AMD): analysis of case studies. Presented at the American Society for Nutrition's Advances & Controversies in Clinical Nutrition conference, National Harbor, MD, 2014 Dec.
62. Lau FC, Daggy BP, McManus JF. Effect of a structured meal replacement program on weight loss: an eight-week mobile-app assisted intervention. Presented at the American College of Nutrition's 55th annual conference, San Antonio, TX, 2014 Oct. JACN 33;5: p. 414.
63. McManus JF, Lau FC, Daggy BP. Outcomes of a 3-month Employee Wellness weight-loss challenge: a physician-supervised, structured meal replacement program. Presented at the American College of Nutrition's 55th annual conference, San Antonio, TX, 2014 Oct. JACN 33;5: p. 414.
64. Harley CB, Chan U, Blauwkamp M, Lau FC, McManus JF, Watson D, Hytopoulos E, Daggy BP. Cross-sectional analysis of telomere length in people 33-80 years of age: effects of dietary supplementation. Presented at the American College of Nutrition's 55th annual conference, San Antonio, TX, 2014 Oct. JACN 33;5: p. 414.
65. Lau FC, McManus JF, Daggy BP. Effect of an online, mobile app-mediated structured meal replacement program on weight management: outcomes in a real world setting. Presented at the Obesity Society annual conference, Boston, MA. 2014 Nov.
66. Fisher L, Ianiro T, Lau FC, Wang H, Daggy BP. Synergistic effects of phenolic mixtures in human cell models of aging. Presented at the Experimental Biology conference, Boston, MA. 2015 Apr. FASEB J 29;1: 608.36.
67. Wang H, Daggy BP. Immuno-stimulatory activities of a blend of natural extracts in human immune cells. Presented at the Experimental Biology conference, Boston, MA. 2015 Apr. FASEB J 29;1: 593.7.
9. Albanese M, Wein EH, Whittam JH, Scala J. Effects of vitamin/mineral intervention on increasing bone density of postmenopausal women. 4th European Nutrition Conference, The Hague, Netherlands 1983 (abstr).
10. Whittam JH, Chuck CS, Ikemiya C, et al. Weight loss on a combined regimen of formula diet and traditional food. 4th International Congress on Obesity, New York City 1983 (abstr).
11. Whittam JH, et al. Weight Management Program Designed for and administered by Non-Professional Leaders. 4th European Nutrition Conference, 1983.
12. Minear AL, Blankenbaker GM, and Sacks PV. 630 Kcal formula diet versus 1,200 Kcal balanced deficit diet: comparison of weight loss and safety. *J Am Diet Assoc* 1983. p. 83.
13. Hoage CM, Fediuk ME. Compulsive eating, depression and failure to complete a behavioral group weight loss program. 4th International Congress on Obesity, 1983.
14. Spiller GA, Ashley H, Whittam JH, Scala J. Postprandial hyperglycemia on a complete liquid formula diet, its carbohydrate fraction and glucose. International Congress of Diabetes and Nutrition, Crete, Greece 1983 (abstr).
15. Spiller GA, Wong LG, Nunes JD, et al. Effect of four levels of hard wheat bran on fecal composition and transit time in healthy young women. *Fed Proc* 1984;43: p. 392 (abstr).
16. Luo XM, Yang CL, Wei HJ, et al. Selenium intake and metabolic balance in 10 men consuming self-selected diets in a selenium-deficient area of Hebei Province, People's Republic of China. *Fed Proc* 1984;43: p. 473 (abstr).
17. Wei HJ, Luo XM, Yang CL, et al. Effect of selenium supplements on the selenium levels and glutathione peroxidase activity of residents in a selenium-deficient area of Hebei Province, People's Republic of China. *Fed Proc* 1984;43: p. 473 (abstr).
18. Dronkert A, Spiller GA, Whittam JH, Scala J. Safety and effect on weight, hemoglobin A-1C, serum glucose and blood pressure of a liquid formula diet combined with traditional food in adult diabetic patients: A pilot study. Diabetes and Hypertension Meeting, Bern, Switzerland 1984 (abstr).
19. Spiller GA, Ashley H, Chuck CS, Pattison TS, Whittam JH, Scala J. Effect on postprandial glycemia of a formula diet and its carbohydrate fraction with or without protein and fat. *Am J Clin Nutr* 1984;39: p. 671 (abstr).
20. Scala J, Wong LG. The coach and nutritionist - a partnership in performance. A case study - applied nutrition with the US Ski Team and Mount Everest Expedition. In: Shrimpton OH, Ottaway PB, eds. *Nutrition in Sport: Proceedings of a National Symposium held at the Institute of Directors, London 1985*; p. 76-83.
21. Pattison TS, Spiller GA, Jensen CD, Whittam JH, Scala J. Comparison of serum beta carotene repletion with two levels of carrots and an algae-derived product in healthy adult humans. *Fed Proc* 1985;44: p. 771 (abstr).

OTHER SCIENTIFIC PUBLICATIONS (IN CHRONOLOGICAL ORDER)

1. Newman MB, Soparkar PM, Depaola PF, Poovaiah BP. Clinical study of the effectiveness of an organic dentifrice for stain removal. *J Dental Res* 1980;59: p. 276 (abstr).
2. Albanese AA, Lorenze EJ, Scala J, Wein EH. Effects of calcium and micronutrients on premenopausal and postmenopausal bone loss. *J Am Med Assoc* 1980;244: p. 1915 (abstr).
3. Poovaiah BP, Rider JA, Scala J. The kinetics of vitamin C in human blood plasma from vitamin C supplements. *Fed Proc* 1980;39: p. 557 (abstr).
4. Soparkar PM, Newman MB, Depaola PF, Poovaiah BP. Clinical study of the effect of an organic dentifrice on gingivitis and plaque formation. *J Dental Res* 1980;59: p. 275 (abstr).
5. Pattison T, Allen R, and Ashley H. Automated Testing of Slowly Changing Levels of Analytes in Mixtures. *Clin Chem* 1982;28(7): p. 1613.
6. Chuck CS, et al. Postprandial glycemia on two sweet confections with different carbohydrate patterns. *Fed Proc* 1982;41(398).
7. Spallholz JE, Freitas R, Holm J, Whittam JH. Cytologic activity of selenium compounds and glutathione peroxidase assessed by scanning electron microscopy. *Fed Proc* 1982;41: p. 529 (abstr).
8. Story JA, et al. Modification of human fecal steroid excretion by a dietary fiber supplement. *Fed Proc* 1983;42(4): p. 1062.

22. Story JA, Petro MS, Spiller GA, Wong LG, Whittam JH, Scala J. Modification of human fecal steroid excretion by a dietary fiber supplement. *Fed Proc* 1983;42: p. A4512 (abstr).
23. Spiller GA, Pattison TS, Jensen CD, Wong LG, Whittam JH, Scala J. Some effects of vitamin and mineral supplementation in healthy young women. *Fed Proc* 1985;44: p. 1283 (abstr).
24. Spiller GA, Pattison TS, Jensen CD, Whittam JH, Scala J. Effect of protein quantity and quality on the serum glucose response to the sugars of a formula diet. *Am J Clin Nutr* 1985;41: p. 854 (abstr).
25. Jensen CD, Howes TW, Spiller GA, Scala J. Observations on the effects in humans of cis- and trans-beta carotene isomers. *Am J Clin Nutr* 1986;43: p. 689 (abstr).
26. Wookey VJ, Sacks PV, Jensen CD, Scala J, Spiller GA. Effect of low-calorie diets on retinol-binding protein (RBP) status in women. *Am Diabetes Assoc 47th Scientific Sessions Meeting, Indianapolis 1987* (abstr).
27. Spiller GA, Jensen CD, Scala J. Effect of low dose omega-3 fatty acids on plasma fatty acids and lipids. *Am J Clin Nutr* 1987;45: p. 857.
28. Jensen CD, Briggs GM. Dietary supplements. *J Am Med Assoc* 1987;258:908-10.
29. Wookey V, et al. Effect of low-calorie diets on retinol-binding protein (RBP) status in women. *Am Diabetes Assoc 47th Scientific Sessions Meeting, 1987*.
30. Spiller GA, Jensen CD, Whittam J. Effect of high calcium intake on magnesium excretion. *FASEB J*, 1988;2(6): p. A1099.
31. Whittam J. Salon testing: art or science? *Cosmetics and Toiletries* 1988;103: p. 43-6.
32. Jensen CD, Dronkert A, Whittam J. Effects of graded levels of beta-carotene on skin yellowing in healthy humans. *FASEB J* 1989;3(3): p. A465.
33. Long L, Jensen C, Whittam J. The effects of sodium:carbohydrate (Na:carb) ratios in rehydration beverages (RB) on plasma (PG), osmolality (PO), volume (PV), and subject tolerance (ST). *FASEB J* 1990;4(3): p. A381.
34. Spiller G, et al. The effect of three doses of a water soluble dietary fiber (WSDF) mixture on plasma cholesterol in humans. *International Symposium on Multiple Risk Factors in Cardiovascular Disease, 1990: p. 89*.
35. Spiller G, et al. Plasma cholesterol-lowering efficacy of a mixture of water soluble dietary fibers (WSDF) compared to guar gum. *International Symposium on Multiple Risk Factors in Cardiovascular Disease, 1990: p. 90*.
36. Spiller G, et al. The relationship of water soluble dietary fiber (WSDF) structure to plasma cholesterol-lowering efficacy in humans. *International Symposium on Multiple Risk Factors in Cardiovascular Disease, 1990: p. 89*.
37. Greenleaf JE, et al. Vascular uptake of rehydration fluids in Resting hypohydrated men. *FASEB J* 1991;5: p. A1147 (abstr).
38. Jensen C, et al. The effect of acacia gum versus a mixture of water-soluble dietary fibers on blood lipids in humans. *FASEB J*, 1992;6: p. A1654.
39. Foster VL, Sirotiak AC. Glucose-electrolyte ingestion: influence on endurance factors in highly trained female cyclists. *Med Sci Sports Exerc* 1992;24(5): p. S121.
40. Butterfield G, Borchers J. Response of serum glucose and insulin to meals of various compositions fed after exercise. *Sports Med Training Rehab*, 1993;4: p. 304.
41. Fox A, et al. Effects of diet and exercise on weight loss, fat distribution and blood lipid changes in moderately obese older women. *Med Sci Sports Exerc*, 1994;26(5): p. S58.
42. Thompson D, et al. The effect of diet and exercise on basal metabolic rate in older women. *Thompson, Moynihan, Gylfadottir, Vizoli, Butterfield. Med Sci Sports Exerc*, 1994;26(2): p. S79. 43.
43. Whittam J, Jensen C, Hudson T. Alfalfa, vitamin E, and autoimmune disorders. *Am J Clin Nutr*, 1995;62(5): p. 1025-6.
44. Spiller G, Bruce B, Jensen C. Homocysteine lowering in men and women with normal plasma homocysteine levels. *J Am Coll Nutr*, 1998;17: p. 530.
45. 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.
46. Bruce B, et al. Effects of supplemental soy protein in hypercholesterolemic postmenopausal women. *Cardiovascular Health: A National Conference*, 1998: p. 143.
47. Jenkins AL, Block G. Effect of nutrient intervention on bone mineral density and biomarkers of bone remodeling. *Am J Epidemiol*. 1999;149(11): p. S30.
48. Wallock LM, et al. Improvement in folate indices in blood and seminal plasma following vitamin supplementation in smokers and nonsmokers. *FASEB J*, 1999;13: p. A890.
49. Manning P. An herbal approach to ease the transition to menopause. *Nutrition in Complementary Care*, 2000;2(2): p. 3.
50. Debernardi D, Subramanian S, Hegenauer J. Enhancement of folic acid dissolution in solid dosage forms of dietary supplements. *ACS Symp Ser*, 2002.
51. Yoshida S, Ushiroyama T, Zhang P. Clinical study of Shaklee EH0202 in menopausal patients. *International Congress on Natural Products Research*, 2004.
52. Honda T, Ianiro T, Ubillas R, Mergens W. Development of a reliable HPLC test method for analysis of NAC. *Association of Analytical Communities International meeting*, 2006: p. 1308.
53. Maki KC, et al. Serum 25-hydroxyvitamin D is an independent predictor of high density lipoprotein cholesterol and metabolic syndrome in men and women. *National Lipid Association Annual Scientific Sessions 2009*.
54. Maki KC, et al. Effects of vitamin D supplementation on 25-hydroxyvitamin D and markers of cardiovascular disease risk in subjects with elevated waist circumference. *National Lipid Association Scientific Sessions*, 2010.

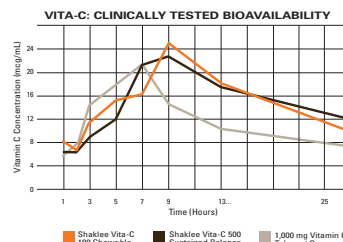
PROOF OF THE PRODUCTS

NUTRITION

Targeted Nutrition

SUBJECT: VITA-C 500 SUSTAINED RELEASE 500 MG VITAMIN C SUPPLEMENT AND VITA-C 100 CHEWABLE 100 MG VITAMIN C SUPPLEMENT CLINICAL STUDY: VITA-C PROVEN BIOAVAILABILITY

This study examined blood vitamin C concentrations for 25 hours following administration of 1,000 mg of vitamin C, taken all at once; 100 mg of vitamin C consumed hourly for 10 hours; and 500 mg of vitamin C in the form of a sustained-release preparation, taken twice at a 5-hour interval. Results showed that the sustained-release preparation produced blood vitamin C levels comparable to consuming 100 mg of vitamin C on an hourly basis. The large-dose immediate-release preparation produced significantly lower blood vitamin C levels over the 25-hour period due to a faster rate of urinary vitamin C excretion.



1. Chuck C, Print S, Pattison T, Whittam J, Scala J. Urine and plasma ascorbic acid levels in humans after administration of immediate- and sustained-release ascorbic acid tablets. Data on file, Shaklee Corporation.

Weight Management

SUBJECT: SHAKLEE® 180 WEIGHT-LOSS PROGRAM CLINICAL STUDY: 12-WEEK SAFETY AND EFFICACY PILOT STUDY

This pilot study was designed to determine changes in weight loss, anthropometric measurements, and estimates of body composition in an uncontrolled 12-week trial with 27 moderately overweight but otherwise healthy men and women.

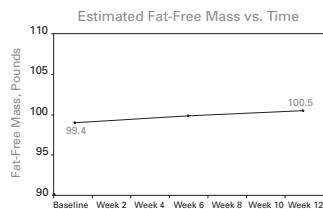
Subjects were instructed to consume two Shaklee® 180 beverage shakes, three Shaklee® 180 dietary supplement tablets, one Shaklee® 180 nutrition bar, and a healthy meal and/or snack daily.

Eighteen participants, 14 of which were fully compliant, completed the 12-week trial. Data from 14 participants show that subjects lost an average of 15.4 pounds and maintained their fat-free mass based on estimates from skinfold caliper measures. Together, this data suggest that weight loss was derived primarily from body fat, and that fat-free mass was preserved. Waist

and hip measurements were reduced by 4.1 and 2.6 inches, respectively, which was a significant reduction in waist-to-hip ratio, a predictor of cardiovascular disease.

In addition, favourable changes were observed in blood lipids, including a 10% drop in total cholesterol and a 34% drop in triglycerides. Additionally, no significant adverse events were noted by participants over the 12 weeks, and there were no significant changes in markers of renal and liver function or blood chemistries.

These findings appear to support recent scientific evidence, which suggests that consumption of additional leucine during a weight-loss diet spares lean tissue. This trial also provides preliminary evidence that adherence to a novel weight-loss program for 12 weeks resulted in effective weight loss and improvements in anthropometric measurements.



Sports Nutrition

SUBJECT: SHAKLEE PERFORMANCE™ MAXIMUM ENDURANCE SPORTS DRINK CLINICAL STUDY: SHAKLEE PERFORMANCE™: EFFECTIVE HYDRATION AND MORE ENERGY

Cyclists rode stationary bicycles at 70% VO_2 max for two to three hours. Shaklee Performance™, other carbohydrate electrolyte prototypes, and water were given to the athletes at the rate of one litre per hour.

Shaklee Performance™ maintained blood glucose levels significantly higher than water throughout the test period, while maintaining plasma volume equal to that of water. Shaklee Performance™ also maintained a higher plasma osmolality than water, helping balance thirst with fluid needs and supporting the osmotic drive to drink. It was also the best tolerated of all the carbohydrate-electrolyte prototypes.

CLINICAL STUDY: SHAKLEE PERFORMANCE™: MAXIMIZING ENDURANCE

Shaklee Performance™ helped maintain athletes' blood glucose levels for muscle energy and fluid levels for proper hydration. After more than three hours of vigorous cycling in the laboratory, during which time the cyclists consumed either Shaklee Performance™ or water, the speed was turned up even higher. At this sprint pace, Shaklee Performance™ drinkers endured for 33 minutes, while the water-only group lasted just two minutes.

Shaklee Performance™ Offers Proven Endurance



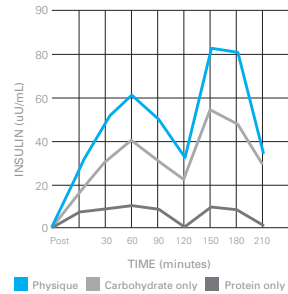
1. Wong LG, Jensen CD, Whittam JH. The effects of sodium: carbohydrate (Na:Carb) ratios in rehydration beverages (RB) on plasma glucose (PG), osmolality (PO), volume (PV), and subject tolerance (ST). *FASEB J* 1990;4:A381 (abstr).
2. Yaspelkis III BB, Patterson JG, Anderla PA, Ding Z, Ivy JL. Carbohydrate supplementation.

SUBJECT: PHYSIQUE® WORKOUT MAXIMIZER SUPPLEMENT CLINICAL STUDY: SHAKLEE PHYSIQUE® - MAXIMIZING MUSCLE RECOVERY FOR SERIOUS ATHLETES

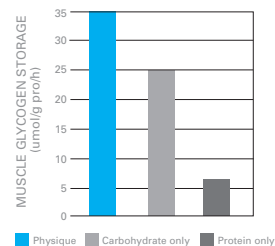
Shaklee Physique® was tested with nine highly trained cyclists. During each of three test periods, athletes rode for two hours with an alternating workload that reflected race-like conditions. Immediately and two hours after every ride, athletes drank one of three drinks: Physique®, with its unique carbohydrate-protein combination formula (40.5 g protein, 112.5 g carbohydrate); a protein drink reminiscent of the "muscle" drinks popular with body builders (40.5 g protein); and a carbohydrate drink similar to the "carboload" products on the market (112.5 g carbohydrate). These were consumed as 16-oz. beverages.

Results of the study confirmed that the carbohydrate-protein combination of Physique® elicited a greater insulin response in the blood than the carbohydrate or protein supplements alone. The greater insulin levels produced by the carbohydrate-protein formula of Shaklee Physique® also led to a greater increase in the rate of muscle energy stored (glycogen) in the four-hour period following exercise than either the carbohydrate or protein supplements alone.¹

Shaklee Physique®: Maximizing Insulin Response



Shaklee Physique®: Maximizing Muscle Energy



1. Zawadzki KM, Yaspelkis III B, Ivy JL. Carbohydrate-protein complex increases the rate of muscle glycogen storage after exercise. *J Appl Physiol* 1992;72:1854-9.

**FOR MORE CLINICAL DATA,
PLEASE VISIT SHAKLEE.COM.**
Reference: Data on File,
Shaklee Corporation.



YOUR PERSONALIZED HEALTH BUILDER

Shaklee Healthprint™ is a powerful health assessment tool that harnesses the work of award-winning Shaklee doctors and scientists to create a customized nutrition plan for you.

Answer just a few questions and Shaklee Healthprint will recommend a combination of products that are personalized for your specific needs, health goals, and budget.

CONTACT



Your Shaklee
Independent
Distributor

CLICK



ca.shaklee.com

CALL



1-800-263-6674

FAX



1-800-281-4160

To learn more about our products and income opportunity, contact your Shaklee Independent Distributor.

Preferred Members order at ca.shaklee.com. Log in to view your order history and get more product information.

Not a Preferred Member? Call your Shaklee Independent Distributor or 1-800-263-6674.

Be sure to have the Distributor's name, shown to the right, when ordering.



Scan this to learn
more about Shaklee

Proud Sponsor



United Way



67270



Sponsor ID#

© 2019 Shaklee Canada. Distributed by Shaklee Canada Inc., Burlington, ON L7N 3W8