

Life Plan

Our best, most comprehensive nutritional system ever

Would you like to feel healthier? Ensure you're getting the nutrients your body needs? Would you like a convenient, simple way to get the most comprehensive nutrition every day? **Feel amazing in 30 days with Life Plan, guaranteed – or your money back.**

Life Plan is the result of the foremost scientific research and decades of studies. With **35 patents and patents pending**, Life Plan combines **Life Shake™** and **Life-Strip** and is designed to promote every aspect of your health **with nutrients that are clinically proven to help provide the foundation for a healthier life.**

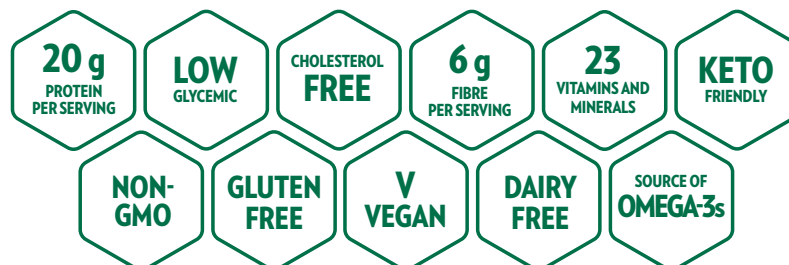
LIFE SHAKE™

One shake does it all! Life Shake is a protein-rich meal shake with nutrients clinically proven to help create the foundation for a healthier life. With delicious flavours to choose from, Life Shake satisfies and helps you achieve a healthier weight.

- Helps build strong muscles and protective antibodies with 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.
- Has 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.
- Available in soy and plant protein formulas, with and without stevia.



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

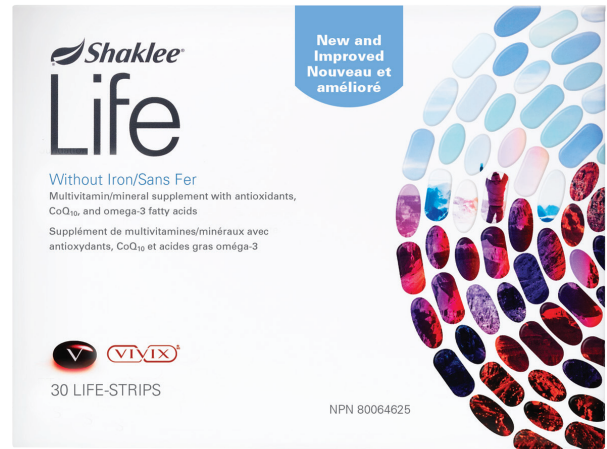
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LIFE-STRIP

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 the foundation for a healthier life.**

- Backed by **The Landmark Study** (see page 3)
- Provides effective levels of essential vitamins and minerals
- Backed by more than 10 patents
- Available with or without iron



VIVIX® LIQUIGELS feature a natural blend of diverse polyphenols to protect against oxidative cell damage.



OMEGAGUARD® PLUS supplies pure, ultra-concentrated omega-3 fatty acids (DHA, EPA, and more) sustainably sourced from wild fish from pure Alaskan waters. For cardiovascular health, cognitive health, and joint comfort.



ADVANCED MULTIVITAMIN dissolves in less than 30 minutes in the stomach and is designed to enhance absorption of folic acid from the patented micro coating. Provides complete nutrition.



B+C COMPLEX was shown in a clinical study to provide up to 198% greater absorption of B vitamins over 12 hours. Helps maintain the body's ability to metabolize nutrients and maintain immune function.

ORDER NOW

#79351 Life Plan (customizable at checkout*)
Member Price: \$277.35 | Point Value: 178.10

#79354 Life Plan, Kosher† (customizable at checkout*)
Member Price: \$266.90 | Point Value: 172.78

IS LIFE PLAN RIGHT FOR YOU?

- ✓ If you're looking to ensure you're receiving the optimal daily nutrition you need to provide the foundation for a healthier life.

NOTE: due to the inclusion of Vivix®, Life-Strip is not recommended for pregnant or lactating women, or anyone younger than 18 years old.

Contains Vitamin K; if taking blood-thinning medications, consult a physician prior to use.

*Items you can select for Life Plan vary in price. Final cost is based on your selection and will be displayed on your order.

†Kosher Life Plan includes Kosher Vivix®, Vita-Lea® With or Without Iron (60 tablets), B-Complex, Chewable Cal Mag Plus, and Vita-D₃® instead of Life-Strip.

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THE SHAKLEE DIFFERENCE™

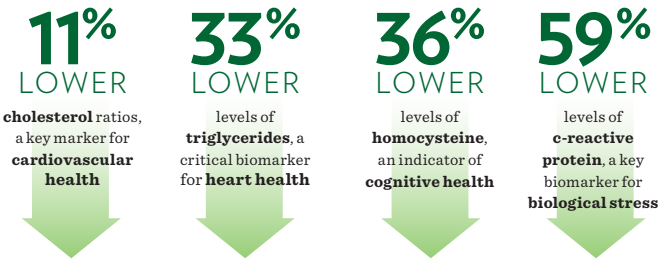


The power of nature,
unleashed by science.
Safe. Proven. Guaranteed.

At Shaklee, we're committed to innovating through science and looking to nature for the answers that can provide healthier lives. We ensure the highest quality and safety standards, conducting more than 100,000 quality tests per year to ensure our products are safe for you and your family.

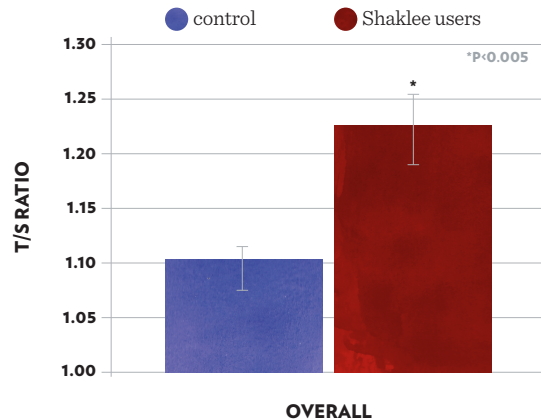
The research behind **Life Plan** includes more than 100 published scientific papers and presentations from studies supported by Shaklee. These include **The Landmark Study** and **The Telomere Study**.

- **The Landmark Study** was conducted in partnership with University of California Berkeley and remains one of the largest studies on long-term multiple supplement users. The study showed that **Shaklee supplement users had double-digit better bio-markers** of cardiovascular, heart, and cognitive health compared with non-supplement or non-Shaklee-product, single-supplement users.



The Telomere Study was based on research conducted by Elizabeth Blackburn, Ph.D., who was awarded the 2009 Nobel Prize for Medicine and is a Shaklee Scientific Board Advisor. In the Shaklee preliminary telomere study, users of Shaklee supplements for at least five years had a 40% lower rate of telomere shortening across the adult age range compared with an age-matched healthy control group. Telomeres are the protective caps of repetitive DNA at the end of chromosomes. Over time, our telomeres gradually become shorter, and telomere length is thought to be a marker of overall health.

SHAKLEE USERS HAD LONGER TELOMERES



Plus, **Life-Strip** features:



- Patented Shaklee Micronutrient Advanced Release Technology™ (S.M.A.R.T.™), a unique delivery system designed to dramatically improve absorption of key nutrients in the body

In addition, **Life Shake** features:

- 20 grams of ultra-pure, non-GMO protein per serving, with precise ratios of all nine essential amino acids
- Added leucine
- 23 essential vitamins and minerals clinically proven to support cardiovascular, brain, bone, immune, and overall health
- Added digestive enzymes to provide comfort
- A low glycemic index

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Life Shake™ – Vanilla



Soy Protein	Plant Protein	
	Amount Per Serving (dry mix)	% Daily Value*
Serving size / Servings per container:	2 scoops (35 g) / 15	2 scoops (36 g) / 15
Calories	130	140
Calories from Fat	30	30
Total Fat	3 g	5%
Saturated fat	0 g	0%
Trans fat	0 g	0%
Polyunsaturated fat	0.5 g	1%
Monounsaturated fat	1 g	2%
Cholesterol	0 mg	0%
Sodium	320 mg	13%
Potassium	250 mg	7%
Total Carbohydrate	8 g	3%
Dietary fibre	6 g	24%
Total sugars	<1 g	<1%
Added sugars	0 g	0%
Protein	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 D₂ 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 B₁₂, 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 PUMPKIN 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 D₂ FROM *AGARICUS BISPORUS* ORGANIC MUSHROOM POWDER, SELENIUM YEAST, D-ALPHA-TOCOPHERYL ACETATE, MOLYBDENUM YEAST, NIACINAMIDE, ZINC OXIDE, COPPER GLUCONATE, CALCIUM PANTOTHENATE, VITAMIN A PALMITATE, VITAMIN B₁₂, 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	0%
Polyunsaturated fat	0.5 g	1%
Monounsaturated fat	1 g	2%
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 D₂ 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 B₁₂, 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).

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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, please see the appropriate decorator carton.