



Take your shape in a whole new direction*

Quite Possibly the Last Weight-Loss Program You'll Ever Need

Fad diets promising fast results will ultimately fail you. For weight loss designed to last, it isn't just food or exercise alone – you need the right food and the right tools to help you achieve a leaner, healthier future.

90 days to lose the weight.	90 days to learn how to keep it off.
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Are you ready for your Turnaround?

Bulak
LOST
32 lbs*

Ellen
LOST
73 lbs*

*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. Bulak and Ellen are Shaklee Distributors.

A healthier life doesn't come in a package – it comes in a program

Shaklee 180 is a revolutionary program with meal replacements and snacks designed to help you burn fat and keep muscle – and keep you on track. Shaklee 180 helps you lose the weight and learn to keep it off. *It's quite possibly the last weight-loss program you'll ever need!*

1 BURN FAT, NOT MUSCLE

The problem with conventional diets is that you lose muscle along with fat, slowing down your metabolism and making it easier to regain weight. Different from anything you've tried before, the Shaklee 180 Program is powered by leucine and is designed so nearly every pound you shed is fat.*



Typical Diets
LOSE FAT
AND MUSCLE

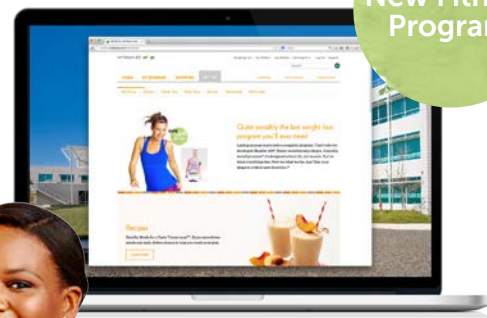


Shaklee 180 With Leucine
DESIGNED TO HELP
YOU LOSE FAT

2 SUPPORT & TOOLS

Unlike other programs, Shaklee 180 will never leave you hanging. That's why we've created useful e-mails to guide you and teach you healthy habits for the rest of your life. Every step of the way, this program will support you by providing helpful tips and expert advice.

Shaklee 180 gives you the tools you need to help you reach your goal. Looking for activity guides, meal plans, recipes, and expert tips? Shaklee has them all for you.



New Fitness Program

3 SEE THE RESULTS

With Shaklee 180 you'll not only lose the weight, you'll also learn how to keep it of.

Shaniqua
LOST
75 lbs†



Shaniqua
Shaklee Distributor

*In a 9-month study, the use of Shaklee Life Shake Mix post-exercise plus daily use of Vitalizer™, improved lean body mass and markers of health better than exercise alone.
†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 per week. Shaniqua is a Shaklee Distributor.

You've got goals. We've got choices.

From Before to After to happily ever After-After™



New formula

Shaklee 180 Turnaround Kit

This customizable two-meal-a-day Kit will help you lose the weight and learn how to keep it off, with leucine-powered Shaklee Life Shakes and bars.



"I've completely changed the way I eat and, thanks to Shaklee 180, I have the confidence to know that I won't slide back to where I was. I'm a changed person."

Jerry
LOST
12 lbs*

*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. Jerry is a Shaklee Distributor.

Your day at a glance

BREAKFAST



Add a serving of fruit or vegetables to your morning Shaklee Life Shake and start the day on a healthy note.

LUNCH



At lunch, enjoy a healthy meal or choose a Shaklee Life Shake or Meal-in-a-Bar to keep healthy eating on track.

SNACKS



Kick those munchies to the curb. Stave off midday hunger and get the leucine you need with a snack bar.

DINNER



Stick to the guidelines and have an Shaklee Life Shake or eat a healthy meal at dinner. The choice is yours.



WHAT ARE GUILT-FREE FOODS?

They're snacks that contain less than 20 calories per serving, and you can eat 1-2 servings a day. One serving is about one cup of veggies.

- | | | |
|-------------------|-------------------|-------------------------------|
| Celery | Raw broccoli | 1-2 tablespoons of condiments |
| Leafy greens | Raw mushrooms | Coffee and tea (black) |
| Pickles/cucumbers | Onion/green onion | |
| Bean sprouts | Garlic | |

What's in your breakfast?

To get all the healthy nutrients in **one** single serving of Shaklee Life Shake, you could spend **over \$25** at the store.

Packed with protein

Protein satisfies and helps you power through your day. Our shakes contain **25 g of protein per serving*** – as much as four eggs. Enough to keep you satisfied and feeling great.

Burn fat, not muscle

The essential amino acid leucine helps build and maintain lean muscle mass. One shake contains as much leucine as a 5 oz. chicken breast.

Fibre rich

Six grams per serving – as much as one cup each of broccoli, cauliflower, and pineapple – help with digestion and promote intestinal health.

Calcium

Calcium – as much as two cups of milk.
Vitamin D – as much as 10 oz. of fresh tuna.

Protein



4 eggs

Fibre



1 cup broccoli



1 cup pineapples



1 cup cauliflower

Calcium



2 cups milk

Vitamin D



10 oz. tuna

Leucine



5 oz. chicken



SHAKLEE 180 PRODUCTS

Have absolutely no artificial flavours, sweeteners, colours, or preservatives added

Use non-GMO soy protein

Are gluten free

Are low glycemic

Starbucks® Grande 2% Caffè Latte and Carrot Cake Muffin¹



Shaklee Life Vanilla Soy Shake Mix made with 1 cup of skim milk



Price[†] \$7.45

\$3.50

Calories 560

260

Fat 8.5 g

3 g

Fibre 2 g

6 g

Protein 17 g

25 g

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

[†]Prices refer to actual purchase or as listed in menus. Burlington, ON, March 3, 2016.

¹Nutrition information from Starbucks Website, October 1, 2014.

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Amber
LOST
24 lbs*

Jeff
LOST
52 lbs*

Shaklee 180

Free membership with the
Shaklee 180 Turnaround Kit

Get a free Shaklee membership (a \$19.95
value) and pay preferred pricing on future
purchases when you buy the Turnaround Kit.

HOW WILL YOU JOIN SHAKLEE?

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

USE



Experience the way Shaklee products
can help transform your health.

SHARE



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

BUILD



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

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