

THE TECHNICAL HANDBOOK – PART B

**NUTRITIONAL PRODUCT
INFORMATION SHEETS**



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FOREWORD TO PART B

This section of The Technical Handbook is a collection of Technical Information Sheets about each of Shaklee Canada's active nutritional products (i.e., vitamin/mineral products, herbal products, food supplements and meal replacements).

*These sheets give more information about the products than it is possible for us to put on the product labels. If you are interested in seeing the detailed label information for the products mentioned in this section, refer to Part A of the Technical Handbook entitled “**Nutritional Product Label Information**”.)*

These technical information sheets are intended to serve as an educational tool for Shaklee Members who wish to know more about the products they are consuming.

The sheets often explain the features and benefits of the products and sometimes explain why the products were developed and what differentiates particular Shaklee products from others on the market.

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ALFALFA COMPLEX

One of the very first products that Dr. Shaklee introduced when he formed the company in 1956 was a tablet made using high-quality alfalfa powder derived from the aerial parts (leaves and stem materials) of mature alfalfa plants. Now called **Alfalfa Complex**, to recognize that there are multiple nutrients in alfalfa, it continues to be one of our most popular original products.

Alfalfa is a member of the legume family (like peas, peanuts, and beans), and was recognized in the Middle East as “the father of all foods” for its value in increasing the speed and strength of horses that were fed alfalfa as fodder. Because the alfalfa plant puts down a deep root system, it’s able to absorb many minerals that other plants do not – so it’s much richer in many trace minerals than other vegetables. It also contains almost 50% protein.

People have used dried alfalfa powder as a tea or in tablets and capsules for decades; however, little scientific information is available to substantiate many of its traditional uses.

Official Recognition by Health Canada

Health Canada’s Natural Health Products Directorate recognizes alfalfa as an ingredient of traditional herbal medicines, and has recently finalized a product monograph for it. While the original draft monograph indicated a number of uses for alfalfa (such as digestive tonic, appetite stimulant, treatment for indigestion, relief of pain from arthritis, and promotion of appetite and weight gain), the revised monograph only allows claims for alfalfa as a “nutritive tonic.”

The Australian Therapeutic Goods Administration defines nutritive tonics as substances that have a nourishing, supportive, or strengthening effect on the body. In herbal medicine, tonics are defined as herbs that produce a restorative action. The action of tonics can be slow and their benefits usually increase over time. Tonics can be used in almost any condition, and to support any body system. They’re particularly indicated where a person is debilitated by prolonged exertion, stress, or infection, and are valuable agents for the relief of fatigue or exhaustion from any cause.

Daily Dosage

When alfalfa has been used traditionally in herbal medicine, the daily dosage has been 9 to 30 grams of dried aerial parts. Since each Shaklee **Alfalfa Complex** tablet contains 300 mg of alfalfa powder, you would need 30 tablets to achieve a 9 gram per day dose. Our labels, therefore, recommend taking 10 tablets three times a day. But feel free to consult a health care practitioner if you wish to take a different dosage (larger or smaller to suit your needs).



ALFALFA COMPLEX (continued)

Risk Information

Health Canada's monograph requires that manufacturers list certain risk statements on the labels of alfalfa-containing products. These are explained below.

Cautions and Warnings

Consult a health care practitioner prior to use if you are taking blood thinners.

Alfalfa naturally contains vitamin K, a fat-soluble vitamin that's able to "thicken" your blood. Each **Alfalfa Complex** tablet contains about 5 mcg of vitamin K, so if you were to take 30 tablets per day, this would be 150 mcg of vitamin K, which could possibly interfere with any blood-thinning medication you might be taking. By letting your health care practitioner know how much alfalfa you're taking, he or she will be able to adjust your dosage of blood-thinning medication accordingly.

Consult a health care practitioner prior to use if you are undergoing hormone replacement therapy (HRT) or taking birth control medication.

Specific compounds in alfalfa, such as coumestrol, may act like estrogen in the body. When taken at the same time as HRT or oral contraceptives, alfalfa might interfere with the way the body uses the drugs. As a result, HRT or oral contraceptives may not be as effective as intended, some women may experience increased side effects, and the risk of an unintended pregnancy may be very slightly higher.

Contraindications

Do not use if you have a history of systemic lupus erythematosus.

In studies, laboratory monkeys that regularly ate alfalfa seeds developed a condition resembling systemic lupus erythematosus (SLE). A few case reports of lupus-like symptoms in humans who ate alfalfa tablets have also been published and are attributed to a naturally occurring compound called L-canavanine, found primarily in alfalfa seeds and sprouts, and possibly in trace amounts in the aerial parts of mature plants. As a result, persons with SLE are advised not to use alfalfa products.

Do not use if you are pregnant or breastfeeding.

This is a general statement required for most natural health products sold in Canada, and exists because clinical studies to assess the safety of most herbal ingredients have not been performed on women who are either pregnant or breastfeeding. To remain on the safe side, don't use **Alfalfa Complex** while pregnant or breastfeeding.

Shaklee **Alfalfa Complex** tablets contain premium, chemical-free alfalfa (*Medicago sativa*) leaf and stem powder, and are flavoured with natural spearmint (*Mentha spicata*) leaf oil.



B-COMPLEX CAPLETS

Shaklee **B-Complex** was designed to deliver a high potency of the B vitamins to the consumer in properly balanced amounts. It delivers all eight B vitamins in ratios that are consistently related to the amounts needed by the body daily. Supplying the same amount (in milligrams) of each B vitamin, as some other brands do, does not give your body the proper balance because your body requires different amounts of each of the B vitamins daily.

The very high levels of B vitamins in some other mega-potency B-complex products are excessive, as your body is not able to absorb very large amounts of the individual nutrients in a single dose. The excess would simply be eliminated in the urine since the B vitamins are water soluble; this would be a waste of a consumer's money. With our product supplying each B vitamin at a lower and more manageable dosage, the absorption is better for all the nutrients. You could take a larger amount daily if you wished – but you would need to spread the caplets out over the day to ensure better absorption.

B-Complex caplets make use of patented strategies to make the folic acid in the product more bioavailable than ever before. Surveys of other companies' B-complex products in the United States indicated that the folic acid was not being properly dissolved from the tablets, and therefore not being made available to the body. Folic acid is particularly important for women who are considering having children, as deficiencies in a mother's folic acid at the time of conception and during early stages of pregnancy have been linked to higher risk of spinal cord birth defects. Shaklee's research and development scientists found a way to incorporate folic acid into the coating of the caplets so that our **B-Complex** would more effectively deliver its folic acid.

B-Complex caplets are bolus-shaped, attractive, bright yellow tablets whose aqueous film coating makes them easy to swallow. With Shaklee **B-Complex**, you can be confident that you are getting all eight B vitamins in the amounts you need daily and in forms that you can easily absorb.

B vitamins are essential to many reactions in your body that convert food into energy. A chart that summarizes the biological functions of each B vitamin is on the next page.

B-COMPLEX CAPLETS (continued)

Vitamin	Specific Uses or Purposes
Biotin	• Helps the body metabolize carbohydrates, fats, and proteins • Helps prevent biotin deficiency
Folate (folic acid)	• For products providing at least 400 mcg per day: helps reduce the risk of neural tube defects when taken daily prior to becoming pregnant and during early pregnancy • Helps the body metabolize proteins, helps form red blood cells, and helps prevent folate deficiency
Niacinamide (nicotinic acid)	• Helps the body metabolize carbohydrates, fats, and proteins • Helps normal growth and development • Helps to prevent niacin deficiency
Pantothenic acid	• Helps the body metabolize carbohydrates, fats, and proteins • Helps in tissue formation; helps prevent pantothenic acid deficiency
Pyridoxine (vitamin B ₆)	• Helps the body metabolize carbohydrates, fats, and proteins • Helps in tissue formation; helps prevent vitamin B₆ deficiency
Riboflavin (vitamin B ₂)	• Helps the body metabolize carbohydrates, fats, and proteins • Helps in tissue formation; helps prevent riboflavin deficiency
Thiamine (vitamin B ₁)	• Helps the body metabolize carbohydrates, fats, and proteins • Helps normal growth; helps prevent thiamine deficiency
Vitamin B ₁₂	• Helps the body metabolize carbohydrates, fats, and proteins • Helps form red blood cells; helps prevent vitamin B₁₂ deficiency

Note: vitamins in a supplement will only help prevent a specific vitamin deficiency if present at or above the Recommended Dietary Allowance (RDA) or Adequate Intake (AI) amounts for that vitamin. All the B vitamins in Shaklee **B-Complex** are at effective levels.



BIFIDUS PLUS YOGURT TABLETS

Bifidus Plus Yogurt is a convenient, chewable probiotic supplement that supplies live cultures of “friendly” bacteria called bifidobacteria and some of the nutrients they love to consume. In our large intestines, these bacteria set up colonies and produce lactic and acetic acids that lower the intestinal pH and create an environment unfriendly to the pathogenic micro-organisms that can make us sick. These “good” bacteria therefore crowd out the “bad” bacteria.

As we get older, there’s a tendency for our friendly bacterial populations to decrease in number. This leaves us prone to the harmful effects of “unfriendly” bacteria. In addition, the food we eat, the medications we take, the stresses we endure, and the various harmful microbes we come in contact with will all depress our friendly bacterial counts. We can reverse this tendency by taking regular doses of probiotic foods including buttermilk, kefir, and yogurt, or use convenient supplements such as **Bifidus Plus Yogurt**.

Bifidus Plus Yogurt tablets are manufactured to deliver 250 million bifidobacteria organisms per tablet throughout their shelf life. They use either the BB536 or the FD-ATK strain of *Bifidobacterium longum*. In fact, when first manufactured, they contain 300 to 400 million organisms and gradually lose their potency over their shelf life (one year at room temperature; two years if stored in a refrigerator). Their natural stability to acid is further enhanced by microencapsulating the bifidobacteria to give them extra resistance as they pass through the stomach on their way to the colon, where they set up residence. We recommend that you take **Bifidus Plus Yogurt** after a meal, when your stomach has food in it and is less acidic (more alkaline) than when it’s empty. Take two or three tablets together to allow more of the bifidobacteria to survive passage into the intestine. The chewable tablets have a pleasant vanilla flavour, which makes them easy for young children and the elderly – or anyone who doesn’t like swallowing tablets – to take.

Bifidus Plus Yogurt also contains fructo-oligosaccharides (or FOS, for short), which are special carbohydrates produced from inulin (a complex carbohydrate found in Jerusalem artichokes and other plants) that enhance the growth of bifidobacteria in your large intestine. This food source for the bifidobacteria is supplied in the tablets so you don’t have to take a separate supplement.

Please note that taking many more tablets than the recommended dose will **not** be helpful because the body regulates the maximum level of these helpful organisms in your intestine. Just take the recommended dose regularly.

Let the friendly bacteria in your system do their best job by supplementing with vanilla-flavoured chewable **Bifidus Plus Yogurt** tablets – a natural way to achieve and maintain good colon health.



CAL MAG PLUS, CHEWABLE

Chewable Cal Mag Plus tablets contain an irresistible berry flavour that makes them the perfect supplement for people who prefer to chew, not swallow, their supplements. The recommended dosage of **Chewable Cal Mag Plus** tablets is 4 tablets daily, or as directed by a health care professional. Mineral supplements like this are always best taken with food.

Four tablets contain:

Elemental calcium (calcium citrate and calcium carbonate)	1,000 mg
Elemental magnesium (magnesium oxide)	100 mg*
Zinc (zinc gluconate)	1.5 mg
Copper (copper gluconate)	1.0 mg
Manganese (manganese gluconate)	0.2 mg
Vitamin D ₃	5 mcg (200 IU)

****Note:** There is less magnesium in this formula than in the **Super Cal Mag Plus** tablets. Persons who are sensitive to magnesium may find this formula easier to absorb as a result.*

Calcium carbonate, derived from ground limestone, is the most potent calcium compound used in supplements (it contains 40% elemental calcium); calcium citrate is the best-absorbed compound but contains less calcium (only 24% elemental calcium). We have used a blend in our product to give you the best of both worlds.

Minerals such as zinc, copper, and manganese are added to this formula because they have been found to have a beneficial effect on proper bone formation. (Boron and vitamin K are also helpful and are added to this product in the United States; we are working on getting this formula registered in Canada now that the new Natural Health products Regulations permit their addition to our Canadian formula.)

Chewable Cal Mag Plus was designed to benefit both men and women. For all adults, it will help maintain healthy bones, a healthy colon, and healthy blood pressure. For women, it will help to minimize PMS symptoms. It's also a great product to help teens build peak bone mass, to lessen the risk of conditions like osteoporosis later in life.



CAL MAG PLUS, SUPER

Most Canadians realize that calcium is the most abundant mineral in the body. In fact, between 1.5 and 2.0% of your body weight comes from calcium, and more than 99% of it is in your bones and teeth. But calcium has many other functions in the body: it helps to maintain heart function and plays an important role in muscle and nerve activity, blood clotting, and the release of hormones. In addition, it helps reduce PMS symptoms such as bloating, cramps, water retention, irritability, and moodiness.

Phosphorus is the second most abundant mineral in the body and is mostly found combined with calcium in your bones and teeth. It occurs in all cells to help with pH balancing and is also part of RNA and DNA, necessary for all growth. Phosphorus is important in energy metabolism and is part of phospholipids in cell walls, which control the transport of nutrients in and out of cells.

Magnesium is also essential in maintaining healthy bones and teeth. Along with potassium, it helps to regulate chemical activities within the cells. For instance, it helps to control the formation of proteins and to transmit electrical signals from cell to cell. It also has a role in helping to retain normal blood pressure.

Bone health is one of the top health concerns for women, the prime candidates for osteoporosis -- a systematic skeletal disease characterized by low bone mass and deterioration of bone tissue. Osteoporosis is a serious disease in North America, affecting about 25% of all women over the age of fifty and causing about 350,000 hip fractures annually for both men and women. The most common symptom of osteoporosis is back pain, caused when weakened bones in the back press together. (Many people with osteoporosis physically shrink and have curved spines.) However, many people have no symptoms -- until they break a bone. How can you reduce your risk for osteoporosis? Most health authorities recommend that you get enough calcium each day through diet or supplements; get regular weight-bearing exercise, such as walking or running; consider taking hormone (estrogen) replacement therapy (HRT) if you are a woman in menopause (consult your doctor); and avoid smoking and drinking alcohol to excess.

Failure to meet calcium requirements during childhood can impede maximum skeletal growth and bone mineralization, which can increase the risk of osteoporosis later in life. Adolescents need the most calcium of all age groups. The U.S. Institute of Medicine says they need 1300 mg of calcium a day, because this is the peak time for bone building. The new Canadian and US recommended dietary intake of calcium for adult women ages 25 to 50 is 1,000 mg per day (it used to be lower). However, many women don't get that much and studies show that fewer than 50% of elderly women receive even 500 mg of calcium per day. Men under 65 should take 1,000 mg of calcium a day, and men over 65 should take 1,500 mg per day. Many people find it too difficult to get enough calcium from food alone, so supplementation makes good sense.



CAL MAG PLUS, SUPER continued)

Vitamin D is extremely important to the proper absorption of calcium by the body. The body needs about 400 to 800 IU/day of vitamin D to absorb calcium. You can get this amount by being in the sun about 15 minutes daily, or by taking supplements that contain vitamin D. Shaklee has always made it a policy to include some vitamin D in its calcium supplements to enhance its absorption.

Super Cal Mag Plus tablets are to be swallowed, not chewed, so people who don't like chewable supplements should be pleased. They have an aqueous film-coating that makes them easy to swallow. The recommended dosage is 4 tablets daily, or as directed by a health care professional. Mineral supplements like this are always best taken with food.

Four tablets contain:

Elemental calcium (calcium citrate, carbonate and phosphate).....	1,200 mg
Elemental phosphorus (calcium phosphate).....	700 mg
Elemental magnesium (magnesium oxide)	350 mg
Zinc (zinc gluconate)	1.5 mg
Copper (copper gluconate)	1.0 mg
Manganese (manganese gluconate)	0.2 mg
Vitamin D ₃	10 mg (400 IU)

Three different sources of calcium are used in our product. Calcium carbonate, an inorganic source derived from ground limestone, is the most potent calcium compound used in supplements (it contains 40% elemental calcium). Calcium phosphate, another inorganic source (that occurs naturally in a mineral called monetite), contains about 30% elemental calcium and 23% elemental phosphorus. Calcium citrate is an organic calcium compound that is better absorbed than all inorganic sources but it contains less calcium (only 24% elemental calcium). We have used a blend in our product to give you the best of both inorganic and organic sources.

Minerals such as zinc, copper, and manganese are added to this formula because they have been found to have a beneficial effect on proper bone formation. (Boron and vitamin K are also helpful and are added to this product in the United States; however, current regulations in Canada do not permit their addition to our Canadian formula.)

Super Cal Mag Plus was designed to benefit both men and women. For all adults, it will help maintain healthy bones, a healthy colon, and healthy blood pressure. For women, it will help to minimize PMS symptoms. It's also a great product to help teens build peak bone mass, to lessen the risk of conditions like osteoporosis later in life.



CAROTOMAX SOFTGELS

For many years, scientists have studied the health benefits of vegetables and fruit and their importance to overall health and wellness. Phytonutrients are specialized compounds found in fruit, vegetables, and plants. One class of these phytonutrients, called carotenoids, provides the body with extremely potent antioxidant protection.

Today we need antioxidant protection more than ever before. Pollution, exposure to sunlight, stress, and even normal metabolism can produce free radicals that damage the cells and DNA in our bodies. Antioxidants help protect cells from free radical damage.

Unless you happen to live on a farm, getting the seven daily servings of vegetables and fruit recommended by Canada's Food Guide is not only difficult but also very unlikely. Most people simply don't eat a sufficient quantity or variety of deep-green, yellow, blue, and red vegetables and fruit every day. As a result, few people have the broad-base phytonutrient defence to help fend off free radicals. Shaklee's **CarotoMax™** is ideal for busy adults who fall short of the recommended daily servings of vegetables and fruit, thus failing to obtain significant levels of a broad spectrum of important carotenoid antioxidants to combat free radical damage. It's also great for teens (over 18) and young adults, who often find it especially difficult to eat a balanced diet.

CarotoMax blends six potent carotenoids – alpha carotene, beta carotene, astaxanthin, lutein, zeaxanthin, and lycopene – in a single soft gelatin capsule (softgel). These carotenoids are powerful, fat-soluble antioxidants that provide potent antioxidant 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.

Alpha and beta carotene

Found in broccoli, carrots, cantaloupe, and sweet potatoes, these carotene compounds promote proper night vision and eye health, are linked to a healthy immune system, and work best when combined with other major carotenoids. Using oil of palm that yields both alpha and beta carotene, and sea algae that contains beta carotene, one **CarotoMax** softgel contains the alpha carotene equivalent of 89 servings of raspberries (102 cups) and the beta carotene equivalent of 102 servings of bananas (125 medium bananas).

Astaxanthin

This is the pigment in algae and phytoplankton that gives salmon its pink colour. In the human body, it protects against the oxidative damage of LDL ("bad") cholesterol and is shown to have greater antioxidant properties than beta carotene in laboratory tests.



CAROTOMAX SOFTGELS (continued)

It continues to be the focus of a large and increasing number of research studies. One **CarotoMax** softgel contains the astaxanthin equivalent of one serving of salmon (4 oz.). (Shaklee's raw material is harvested from marine microalgae, the purest and most potent natural source.)

Lutein and zeaxanthin

These yellow carotenoids found in yellow and green leafy vegetables are the only carotenoids that concentrate in the eye, protecting its vulnerable photoreceptors. They are both strongly connected to macular health. In addition, lutein helps support a healthy cardiovascular system and zeaxanthin helps maintain a healthy immune system. Using a marigold source, one **CarotoMax** softgel contains the lutein and zeaxanthin equivalent of 285 servings of pink grapefruit (162 medium grapefruits).

Lycopene

The red pigment in tomatoes, strawberries, and watermelons, lycopene is an anti-aging carotenoid with the most potent antioxidant activity. It has been clinically shown to support the prostate, cervix, immune system, and cardiovascular system, and is the most prevalent carotenoid in the bloodstream. Using non-genetically modified (non-GMO) tomatoes as a source, one **CarotoMax** softgel contains the lycopene equivalent of 714 servings of apricots (2,830 apricots).

NOTE: **CarotoMax** softgels (57810, 30 capsules) replaced **Advanced Formula Beta Carotene** softgels (57810, 30 capsules).



CHOLESTEROL REDUCTION COMPLEX TABLETS

About 40% of Canadian adults are known to have high cholesterol levels. You can be at risk of high cholesterol for a number of reasons, but the main ones are: having a poor diet, being overweight, or being a post-menopausal woman.

Routine testing of your blood lipid levels – total cholesterol, triglycerides, and HDL and LDL cholesterol – should be a part of your regular medical checkups, as this is an important aspect of assessing your risk of heart disease. By reducing high cholesterol levels to optimal levels, you can reduce that risk.

Now, not all cholesterol is bad. Cholesterol, which is a specialized type of fat molecule, has legitimate roles in human metabolism, including the maintenance of cell membrane structure and production of hormones.

There are two kinds of cholesterol that are usually measured – the “good” or HDL cholesterol (high-density lipoprotein) and the “bad” or LDL cholesterol (low-density lipoprotein). The larger of the molecules is the LDL cholesterol, which could build up in your arteries, cause blockages, and lead to an increased risk of cardiovascular disease.

Researchers have demonstrated that a 10% reduction in your LDL cholesterol level translates to about a 20% decrease in the risk of heart disease, so that’s an excellent incentive to reduce high cholesterol levels if you have them.

Which brings us to our solution. We’re pleased that Shaklee is able to offer everyone a natural way to reduce high cholesterol with our **Cholesterol Reduction Complex** nutritional supplement.

The active medicinal ingredients in this product are natural compounds found in various plants, fruit, vegetables, and grains called plant sterols and stanols. These are superior to other plant compounds that are known to help control cholesterol levels.

Plant sterols and stanols have been clinically demonstrated in more than 80 studies to lower LDL cholesterol. And they do it naturally!

You take two tablets at a time, twice a day before two of your meals. That gives you a daily dosage of 2,000 mg of plant sterols and stanols. This dosage is 100% of the U.S. National Institutes of Health (NIH) daily recommendation for sterols and stanols, which says: “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 TABLETS (cont'd)

This is certainly a very strong and compelling product claim, so we hope a lot of people who've been looking for a natural solution to high cholesterol levels will hear the message and try our product.

In Canada, the Natural Health Products Directorate allows products containing specified levels of plant sterols and stanols to bear two more general claims: "helps lower blood total and LDL cholesterol" and "helps maintain healthy cholesterol levels."

Plant sterols and stanols work to lower cholesterol because their molecular structures are so similar to cholesterol's that, when you consume our product as directed and the sterols and stanols enter the intestine, they compete with any cholesterol molecules for the sites where cholesterol normally enters the bloodstream. Less cholesterol is therefore absorbed, and the poorly absorbed sterols and stanols that have jammed up the cholesterol receptor sites are simply processed and excreted by the body.

A dose of two **Cholesterol Reduction Complex** tablets gives 1,000 mg of the plant sterols and stanols. You take a dose twice a day not more than 30 minutes before each of two meals. Using **Cholesterol Reduction Complex** fits in very well with the tips from the Public Health Agency of Canada. Here's what this agency suggests to lower your cholesterol:

1. Eat a low-fat, high-fibre diet
2. Drink alcohol in moderation
3. Exercise regularly
4. Don't smoke
5. Maintain a healthy body weight

And here are some tips from the NIH's Therapeutic Lifestyle Changes (TLC) Program:

1. Decrease your intake of saturated fat to less than 7% of your total fat intake,
2. Decrease your intake of dietary cholesterol to less than 200 mg per day
3. Lose about 10 pounds (or 4.5 kg) if you're overweight
4. Add 5-10 grams of fibre to your daily diet if it's deficient
5. Add 2,000 mg of plant sterols and stanols to your diet each day

Making changes now that will have a long-term effect are always the hardest to do, so we hope the convenience of using our **Cholesterol Reduction Complex** will be an incentive for persons who have high or borderline high cholesterol – but haven't done anything about it yet – to take action right away. There's no better time than the present!

CHOLESTEROL REGULATION COMPLEX TABLETS

Cardiovascular disease (CVD) is today's biggest health challenge. Every six to seven minutes, a Canadian dies of heart disease. That's about 80,000 of us a year. For many people, a first heart attack is fatal. Heart disease is more likely to kill you than cancer, respiratory diseases, or car accidents. And, contrary to popular belief, heart attacks kill even more women than men.

There are a number of risk factors for CVD: a family history of heart attacks, heart problems, or strokes prior to age 65; the presence of diabetes or high blood pressure; previous heart problems, strokes or "mini-strokes"; smoking or exposure to second-hand smoke; being overweight – especially having excessive weight around the waist; having a high blood cholesterol reading; lack of regular physical exercise; and being over 45 years of age for men or 50 for women. Eight in 10 Canadians have at least one risk factors for CVD, and one in 10 has three or more factors.¹ While we can't change our age, we *can* influence some of these risk factors by our lifestyle choices and behaviours. One of the most proactive steps you can take for your own heart health is to achieve and maintain normal blood cholesterol levels.

Blood Lipid Levels			
Substance	Desirable	Borderline to High Risk	High Risk
a. Metric units – metric system used in the United States; levels are in mg/dL (mg %)			
Cholesterol	Less than 200	200–239	240 or more
LDL “bad” cholesterol	Less than 130	130–159	160 or more
HDL “good” cholesterol	60 or more		Less than 40
Triglycerides	Less than 150		
b. SI units – international system used in Canada; levels are in mmol/L			
Cholesterol	Less than 5.17	5.17–6.18	6.19 or more
LDL “bad” cholesterol	Less than 3.36	3.36–4.13	4.14 or more
HDL “good” cholesterol	0.9 or more		Less than 0.6
Triglycerides	Less than 1.7		

Note: to convert a result from the SI system to the American system, multiply it by 38.664. To convert an American number to the SI system, divide it by 38.664.

The Heart and Stroke Foundation of Canada estimates that 48% of men and 43% of women have elevated total cholesterol levels (5.17 mmol/L or 200 mg/dL or higher).² Elevated blood cholesterol doubles the risk of heart disease. The best way to maintain heart health is by eating a heart-healthy diet, exercising on a regular basis, and keeping so-called “bad” cholesterol (LDL cholesterol) levels in check. While there are many prescription drug products that will help control high cholesterol levels (such as the “statin” drugs), persons with borderline high results are usually encouraged by their health care professionals to try dietary intervention first.

CHOLESTEROL REGULATION COMPLEX TABLETS (continued)

This means reducing total fat consumption, increasing fibre, and eating “heart-healthy” foods. Smokers are urged to reduce or quit their smoking, and most people are asked to increase their physical activity.

Some natural supplements, such as policosanol and red yeast extracts, have been recommended to help lower cholesterol levels, but their mechanisms are not fully understood, and their safety is not widely accepted. Like the statin drugs, some of these natural products may have side effects including shutting down the body’s production of coenzyme Q₁₀, which is an enzyme important itself in heart health.

The Shaklee Difference

Shaklee has a safe, natural way to promote cardiovascular health: **Cholesterol Regulation Complex**. This product contains two active ingredients that:

- Help retain normal cholesterol levels
- Increase HDL (good) cholesterol levels by up to 37% within three months
- May help prevent LDL (bad) cholesterol oxidation
- Help inhibit absorption of dietary cholesterol
- Do not interrupt production of coenzyme Q₁₀ – a nutrient that provides strength and energy to the heart (NOTE: most drugs for cholesterol lowering stop the production of CoQ₁₀; some drugs may also have side effects such as headache, diarrhea, constipation, and even liver damage)

Proven active ingredients

Cholesterol Regulation Complex’s *hydrolyzed soy protein blend* provides phytopeptides with bound phospholipids to inhibit the absorption of cholesterol in the intestinal tract, thereby helping retain normal cholesterol levels. While consuming soy products is very beneficial for your cardiovascular health, it’s the synergistic effect when soybean protein is bound to phospholipids that gives this compound the capability to affect cholesterol in your body. Several studies have shown that phytopeptides with bound phospholipids from soy help inhibit the absorption of dietary cholesterol, thereby helping retain normal cholesterol levels.^{3,4,5} Phytopeptides with bound phospholipids from soy have also been shown to support cardiovascular health by helping retain normal LDL cholesterol levels and by increasing HDL cholesterol by up to 26% after two months and up to 37% within three months.⁵

N-acetylcysteine (NAC), a plant-derived antioxidant, contributes the amino acid l-cysteine, which is involved in the body’s production of the powerful antioxidant known as glutathione. Scientific evidence suggests NAC may help neutralize free radicals. In vitro studies have shown NAC is a strong inhibitor of LDL cholesterol oxidation.^{6,7}



CHOLESTEROL REGULATION COMPLEX TABLETS (continued)

How much to take?

The recommended serving of **Cholesterol Regulation Complex** for adult men, women, and young adults (age 12 or above) is six tablets per day in divided doses. These can be spaced to suit individual convenience. For example, take two each with breakfast, lunch, and dinner; or take three each with just lunch and dinner. If pregnant or nursing, consult a health care professional.

In summary, **Cholesterol Regulation Complex** is a safe, natural approach to retaining normal cholesterol levels. It contains clinically proven ingredients known to raise HDL cholesterol levels by 37% in three months, and it inhibits the absorption of cholesterol without interrupting coenzyme Q₁₀ production. Furthermore, it's backed by Shaklee's 100% guarantee.

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COENZYME Q₁₀ SOFTGELS

Coenzyme Q₁₀ (CoQ₁₀), an antioxidant molecule found in most human cells and responsible for the flow of electrons and production of cellular energy, may be one of the most helpful natural health products to emerge in the new millennium.

Our bodies normally produce CoQ₁₀ from certain amino acids but, as we reach our 50s and 60s, our ability to synthesize it decreases, so supplementation makes eminent sense. CoQ₁₀'s chief claim to fame is in strengthening heart muscle tissues, but it also helps other major organs. As an antioxidant, it protects LDL cholesterol from oxidation, thereby helping to maintain the tone and integrity of blood vessels. CoQ₁₀ is also closely related to vitamin E, and actually helps recycle and regenerate vitamin E so that it can carry on its protective activities.

Unprecedented bioavailability

When Shaklee scientists decided to develop a supplement to maintain heart health, it was natural for them to want to include CoQ₁₀ as its major ingredient. In researching the different forms of CoQ₁₀ on the market, they discovered that there was considerable variation in the bioavailability from one source to another. By working with one particularly innovative supplier, Shaklee gained exclusive rights (for MLM sales) to a patented technology that provides unprecedented bioavailability of CoQ₁₀. The naturally enhanced raw material we use is up to 500% more bioavailable than any solid form, and up to 333% more bioavailable than other softgels. It also has 33% greater absorption than the leading bioavailability-enhanced softgel. The benefit to the consumer is that you take less but absorb more of this helpful coenzyme. Each **Shaklee Coenzyme Q₁₀ Capsule** contains 30 mg of this potent raw ingredient.

And our researchers didn't stop there! They also incorporated a potent antioxidant called resveratrol in the capsules. Resveratrol—the same polyphenol compound found in Shaklee Vivix—is found in red wine, red grape skins, purple grape juice, and in certain other plants, and is thought to be partially responsible for the so-called "French paradox." The French eat a diet high in fat and cholesterol, but don't have elevated rates of cardiovascular disease as a result. It's felt that the resveratrol in the red wine that most French people drink from an early age has a protective effect. Resveratrol has been found to inhibit LDL-cholesterol oxidation by 70-80%; it also helps blood vessels to relax and dilate, thus facilitating blood flow. Each **Shaklee Coenzyme Q₁₀ Capsule** contains 640 mcg of resveratrol—the same amount found in a single glass of red wine. The ultra-pure source we use is Japanese knotweed or *Polygonum cuspidatum*.

Finally, we've added a mixture of natural tocopherols as further antioxidant protection to the capsules. These vitamin E compounds work closely with CoQ₁₀ to prevent the oxidation of vulnerable compounds found in human cells.



COENZYME Q₁₀ SOFTGELS (continued)

Maintain heart health

This product will benefit all adult men and women who are concerned about heart health, especially post-menopausal women who want to maintain a healthy heart.

Many people who take cholesterol-lowering medications may need to take supplemental CoQ₁₀. Statin drugs* such as Lipitor® (atorvastatin calcium), Zocor® (simvastatin) and Pravachol® (pravastatin sodium), taken to reduce the body's cholesterol production, also limit the body's ability to make CoQ₁₀. If you're using such medication, you're a candidate for CoQ₁₀ supplementation!

To summarize, if you want to be good to your heart, give it a unique combination of the most bioavailable form of CoQ₁₀ available and the helpful plant compound resveratrol – with Shaklee **Coenzyme Q₁₀ Capsules**.

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COREENERGY[®] CAPSULES

Today's busy lifestyles can sometimes get the best of most of us. We constantly feel under pressure, whether it's at home or at work, or even on the way to and from work in congested traffic. To meet the need for a product to help people feel revitalized, Shaklee researchers have developed **CorEnergy[®]**. This exciting new product is a natural combination of herbal ingredients and antioxidant phytonutrients shown to support your body's natural ability to maintain energy and resist everyday fatigue.

What's in **CorEnergy[®]** to give this welcome relief, then?

First of all, the "Cor" in the product's name refers to an extract of *Cordyceps sinensis*, a type of mushroom that's been extensively tested in China. When consumed, cordyceps has been found to resist everyday fatigue, primarily by promoting more efficient use of oxygen. In a controlled, double-blind study, elderly people received either cordyceps Cs-4 (a certain strain of the mushroom) or a placebo. After three months of use, 92% of the study's participants reported a reduction in their feelings of fatigue, compared with only 14% in the placebo group. The daily dosage of three CorEnergy capsules contains 750 mg of a 4:1 standardized extract of *Cordyceps sinensis*, making it equivalent to three grams of the mushroom – an effective daily intake.

Secondly, we've incorporated a pure, herbicide-free extract of *Panax ginseng* in **CorEnergy[®]**. Asian ginseng has been well known for centuries to revitalize the body, and is approved in Germany "as a tonic for invigoration and fortification in times of fatigue and debility, for declining capacity for work and concentration." The extract used in our product has been standardized to contain a minimum of 10% ginsenosides, the active compounds from ginseng responsible for its benefits. The daily dosage of three **CorEnergy[®]** capsules contains 200 mg of *Panax ginseng* extract, so it delivers a minimum of 20 mg of ginsenosides.

Finally, because of its phytonutrient content, we've added an extract of green tea (*Camellia sinensis*) leaf to the product. Green tea leaves are a rich source of natural antioxidant compounds called polyphenols, which are known to promote sustained vitality. They also contain moderate amounts of caffeine, a stimulant that can have some negative health effects when taken in amounts greater than 250 mg per day. The daily dosage of three **CorEnergy[®]** capsules contains 200 mg of *Camellia sinensis* extract, standardized to contain 50% polyphenols (100 mg), but only 15 mg of caffeine.



COREENERGY[®] CAPSULES (continued)

In summary, Shaklee **CorEnergy**[®] capsules contain a unique blend of safe and effective herbal ingredients. The standardized extracts ensure that you're getting the levels of the various phytonutrients that have been found to be effective in supporting sustained energy. They're a great alternative for people wishing to avoid the high caffeine and sugar content of constant coffee consumption, or the potential hazards of herbal stimulants like *Ephedra (Ma Huang)*. They're also excellent for women who are experiencing loss of energy during the transition to menopause.

CorEnergy[®] capsules contain no artificial colours or flavours and no synthetic preservatives. Each bottle of **CorEnergy**[®] contains 90 capsules, which is a 30-day supply.



DTX[®] COMPLEX CAPLETS

The ingredients in our **DTX[®] Complex** caplets have been chosen by Shaklee's herbal experts for two reasons: either they help the liver cells specifically to stay in good health, or they promote the flow of bile from the liver. It's vitally important to keep the liver healthy because it acts as a small biochemical factory whose most important roles are the cleaning and detoxification of the blood. This is especially important if the liver is being challenged by exposure to toxic substances such as alcohol, medications, and environmental contaminants.

The herbs involved in maintaining the health of the liver cells are extracts of milk thistle seed, schizandra seed, and reishi mushrooms. These not only protect liver cells from damage from free radicals formed during the detoxification of impurities in the blood but also are believed to stimulate protein synthesis for liver cell repair.

Turmeric, artichoke, and dandelion extracts are included in the product to enhance the flow of bile, which helps carry toxic substances out of the body.

The main ingredient in **DTX[®] Complex** is [milk thistle seed extract](#) (*Silybum marianum*). Native to the Mediterranean, but found throughout the world, this prickly plant has reddish-purple flowers ridged with sharp spines. Its leaves and stems exude a milky sap when broken, which is the origin of the plant's name. Milk thistle has been used traditionally in Europe for more than 2,000 years to help keep the liver healthy. In recent times, a scientific recognition of this ingredient has been made by the publication in Germany of what's known as a "Commission E monograph" on milk thistle. Silymarin, a mixture of several antioxidant compounds known as flavolignans, is believed to be the main component of milk thistle responsible for its liver-protecting abilities. Clinical studies done on humans with alcohol-induced liver damage have shown this compound to be effective in restoring health to damaged liver cells.

Similarly, the extract of [schizandra seed](#) (*Schisandra chinensis*), a plant native to China, has also been used for more than 2,000 years and is listed in the *Chinese Pharmacopoeia*, a modern scientific reference book of active herbal or pharmaceutical agents and products used in Asia.

[Reishi mushrooms](#), also called "ling zhi" (*Gonoderma lucidum*), have been used for more than 4,000 years in Asian cultures to stimulate good health and longevity. They also contain protective antioxidant compounds that help maintain good liver health.

The substances in the formulation of **DTX[®] Complex** known to enhance bile flow are turmeric (*Curcuma longa*), artichoke (*Cynara scolymus*), and dandelion (*Taraxacum officinale*) extracts.



DTX[®] COMPLEX CAPLETS (continued)

Turmeric is a member of the ginger family and is best known as the yellow spicy part of curry powder. It has traditionally been used in Asian medicine for the management of liver disorders. It gained modern scientific recognition when a German Commission E monograph was established for it in 1988.

Artichoke has been a popular food and herbal medicine since Roman times for a variety of conditions including liver disorders. Its bile-stimulating properties, due to a compound called cynarin, were confirmed in a 1994 clinical study reported in *Phytomedicine*.

Finally, **dandelion** has been used as a treatment for liver complaints since the 10th century in Europe. A German Commission E monograph states that its bitter-tasting component, taraxacin, is responsible for its bile-stimulating activity.

DTX[®] Complex is another premium herbal product that meets all Shaklee's exacting specifications. For people concerned about maintaining a healthy liver, it's the product of choice. It combines six herbal substances, each known to enhance liver cell health or stimulate bile flow, to give you a product that will increase your liver's ability to perform its daily functions.



ENERGY™ CHEWS

The market for energy products in North America and most industrialized nations is huge and growing. Surveys have shown that one of the most common complaints from adults is lack of energy. Almost two-thirds of those surveyed feel that this lack of energy has affected their lives at home, work, school, play, or on the road. People of all age groups have turned to energy products to reverse this trend. One American survey identified that use is heaviest among 18 to 34 year-olds (33%), slightly lower in the 35-to-54 age group (30%), and still significant in those 55 and older (18%).

Most of the energy products currently on the market are in liquid form – drinks like Red Bull®*, Energy Drink, Hype Energy Drink®*, SoBe Adrenaline Rush®*, and Red Dragon Energy Drink®*. Most of these drinks contain high amounts of sugar, or their sugar-free versions contain artificial sweeteners such as aspartame or sucralose. People drink them to maintain their energy during intense periods of physical activity or after exercise to quench their thirst. However, rather than rehydrating the body, these drinks sometimes cause dehydration. Health problems have arisen when people drink too much of these drinks or combine them with alcohol.

Shaklee's innovative solution to this energy crisis is to provide safe ingredients that supply energy not in a drink but in a delicious citrus-flavoured chew. These are more convenient to use and require far less packaging than drinks. Shipping them to our customers therefore consumes less fuel, creates less greenhouse gas emissions, and is better for the environment.

Shaklee Energy™ chews provide [vitamins C and D](#); all eight [B vitamins](#), which are important for releasing energy from the food we eat; and three ingredients known to help with energy or cognitive function: [caffeine](#) from green tea extract for energy and performance, and the amino acids [N-acetyl-L-tyrosine](#) and [L-theanine](#) for mental alertness and focus.

These unique chews contain 75% organic ingredients including organic green tea extract and organic sweeteners (dried cane syrup, brown rice syrup, and rice syrup solids), and have a natural citrus burst flavour. They contain no artificial flavours, no artificial sweeteners, and no preservatives, and are gluten free.

Energize your body, sharpen your mind, and improve your mood with Shaklee Energy™ – the healthy edge!

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EZ-GEST® CAPSULES

From time to time, many of us will have trouble digesting certain foods and experience symptoms such as burping, bloating, cramps and flatulence. Often the cause of this digestive upset is not related to any specific medical condition – it's just a fact of life for many Canadians: some foods cause them problems. **EZ-Gest®** gives relief to these sufferers.

The root cause of most of these problems is the body's inability to completely digest certain foods. The usual culprits are milk products, which contain lactose; beans and certain other vegetables (like broccoli), which produce lots of gas; or meals that are simply high in fat and animal protein. In some cases, our bodies do not have enough of the specific enzymes needed to break down sugars, fats, proteins or complex carbohydrates. We may have lost the ability to produce enough of the needed enzymes as we've gotten older, or perhaps we inherited a deficiency in certain enzymes at birth.

The enzymes in **EZ-Gest®** are not from an animal source. They're made from carefully grown cultures of *Aspergillus niger* and *Aspergillus oryzae*, two types of beneficial fungi (or microscopic plants) that are used to produce commercial quantities of many enzymes that help with human digestion.

The amount of each type of enzyme is measured not by weight but in terms of its **activity in specific units**. The activity units are confusing to understand but rest assured that each capsule contains enough of each specific enzyme to deal with the problem foods that might be in a single meal. Here's a breakdown of what each capsule contains:

Enzyme (Source microorganism)	Potency (Unit description)
1. Lactase (<i>Aspergillus oryzae</i>)	3,000 ALU (acid lactase units)
2. Alpha-Galactosidase (<i>Aspergillus niger</i>)	380 GALU (galactosidase units)
3. Protease (<i>Aspergillus oryzae</i>)	12,500 HUT (hemoglobin units on the tyrosine basis)
4. Amylase (<i>Aspergillus oryzae</i>)	2,000 DU (alpha-amylase dextrinizing units)
5. Lipase (<i>Aspergillus niger</i>)	150 LU (lipase units)

These five different enzymes allow the body to break down:

1. Lactose (in milk products),
2. Complex sugars (in gas-producing vegetables),
3. Proteins (in meats and legumes),
4. Starchy carbohydrates (in bread, pasta and potatoes) and
5. Fats (in meats, vegetable oils and dairy products), respectively.



EZ-GEST® CAPSULES (continued)

Of importance to probably the most people with digestive problems is **lactase**. This enzyme breaks down lactose, a non-absorbable sugar found in milk products, into glucose and galactose in the intestines. Using **EZ-Gest®** at the start of a meal will allow these lactose-intolerant people to enjoy calcium-rich dairy foods. Many people lose the natural lactase activity they had at birth as they become teens and adults. Others inherit a lactase deficiency from one of their parents and have problems all their lives. It's estimated that up to 10% of North American Caucasians and from 60-90% of North Americans of African, Asian, American Indian, Jewish or Mexican descent may be lactase deficient.

Persons who experience a lot of gas when eating beans and other legumes, or cruciferous vegetables such as cabbage, cauliflower and broccoli, will definitely benefit from the **alpha-galactosidase**, an enzyme not made by the body. It breaks down the complex sugars in these troublesome foods, preventing the gas and bloating that often follow meals containing them.

The other three enzymes simply round out the overall effectiveness of **EZ-Gest®**. Unlike popular single-function products sold just for beans, for instance, **EZ-Gest®** contains a whole spectrum of enzymes to let you handle all the other foods you may be eating, in addition to milk products or beans. Even eating fast food, or large or fatty meals, or eating on the run or when under stress can all be possible with **EZ-Gest®** (not that we recommend these things) – that's how effective a product it is!

What the scientists at Shaklee really want you to realize is that **EZ-Gest®** will let you consume a healthy and satisfying diet without constantly worrying about gastrointestinal distress. By taking one **EZ-Gest®** capsule with a potentially troublesome meal, you will easily get the enzymes you need, in the right amounts, to deal with all the problem foods that your body cannot digest on its own. As our American neighbours say, "It's E-Zee!"



FIBRE ADVANTAGE CHEWY APPLE CINNAMON BAR

Shaklee would like to announce to the world that adding fibre to your diet doesn't mean having to eat bland, boring foods!

We're all pretty aware that dietary fibre is the indigestible portion of plant foods; that it comes from grains, nuts, fruit, and vegetables; that it keeps us regular; and that we all need it on a daily basis. But most of us are rather lax in the follow-through: consuming the recommended daily amounts of fibre! In fact, most Canadians only eat about half the recommended amounts for their age group.

Surprisingly, fruit and nuts don't contribute as much dietary fibre as people think they do. Fruit only provides about 10% of the fibre content of a typical person's diet, perhaps because fruit is expensive and must be eaten when it's fresh. Nuts are also relatively low in fibre. Vegetables are usually a better source of fibre in the average person's diet. And getting an adequate amount of fibre daily is necessary to maintain a comfortable and healthy lifestyle.

Occasional constipation is one of the most common gastrointestinal complaints among North Americans. In one Canadian survey, nearly a third of the participants reported being constipated in the previous three-month period. One of the most common causes of constipation is insufficient fibre in the diet. Consuming too little water also plays an important role.

The Heart and Stroke Foundation of Canada is among the many public health organizations in this country and the United States that have accepted the dietary recommendations of the Institute of Medicine of the National Academies, a non-profit organization based in Washington, DC. Health Canada also uses their guidelines.

For adult men, they recommend 38 grams of fibre per day; above age 50, because older people eat less food, the recommendation drops to 30 grams per day.

For adult women, the figures are 25 and 21 grams per day, respectively.

Since surveys show that most Canadians are only getting about 15 grams of fibre per day, there's plenty of room for improvement in the diets of most of us.

The Shaklee **Fibre Advantage Chewy Apple Cinnamon Bar** will go a long way in helping people close the gap between what they're currently taking and what they should be taking.



FIBRE ADVANTAGE CHEWY APPLE CINNAMON BAR (cont'd)

Fibre Advantage contains a blend of regular and organic grains, fruit, and vegetables and has a pleasant apple-cinnamon flavour. You won't believe you're getting 8 grams of dietary fibre in each chewy, tasty bar. In Canada, a food that delivers more than 6 grams of fibre in a serving is called "a very high source of fibre," so this is the best you can be in a fibre product!

Each bar contains 120 calories but no saturated or trans fats. It's also low in sodium and kosher certified.

A single **Fibre Advantage** bar contains the same amount of dietary fibre you would get from all of the following servings of whole foods: ½ cup of broccoli plus ½ cup of uncooked oatmeal plus one whole apple (with skin) plus ½ cup of carrots. Talk about convenience!

To summarize the Shaklee Difference™ qualities of the **Fibre Advantage**, we can see that it's **always safe**: it's made from 100% natural ingredients, many of them organic, and contains no artificial flavours, sweeteners, colours, or added preservatives. It's also gluten free and has a low glycemic index, so it's safe for diabetics to use.

It **always works** to supply 8 grams of fibre, nearly a third of the daily value of 25 grams of fibre, which helps to promote regularity. It even contains some prebiotic fibre ingredients to help support the friendly intestinal microflora that promote digestive and colon health.

And it's **always green** because the outer packaging is recyclable. (In some places, the used bar wrappers may even be recyclable.)

So don't let anyone tell you that to increase your daily fibre intake you need to take boring, tasteless powders. To get fibre with flavour, have a convenient and delicious Shaklee **Fibre Advantage** bar!



FIBRE PLAN TABLETS

Shaklee developed **Fibre Plan Tablets** as a supplement to be taken daily as part of a programme for people who are interested in increasing their dietary fibre intake and also controlling their weight. These bolus-shaped tablets are ideal and convenient for people to use when dieting.

Fibre Plan Tablets contains a special blend of various insoluble fibre sources from citrus fruit (lemon powder, orange powder, grapefruit powder, and citrus extracts) mixed with a unique fibre granulation containing materials such as beet fibre, soy fibre, orange powder, and whey protein concentrate.

In each tablet there's a total of 600 mg of dietary fibre contributed by the various sources.

To use this product most effectively, we recommend that you swallow five tablets with a large glass of water at mealtime. The fibre will quickly swell in the stomach and give you a sensation of fullness. When this happens, it will likely have the tendency to make you want to eat less food at mealtimes, helping you lower your caloric intake, which is an important factor in weight loss or weight maintenance.

For persons not used to taking fibre supplements, it may be helpful to start off taking only one or two tablets with a meal and slowly work up to five tablets. This will give your body time to adapt to a higher fibre intake without any unpleasant side effects such as bloating or gas.

Fibre Plan Tablets are low in sodium (3 mg per tablet) and contain only one calorie each. They also contain no artificial flavours, colours, sweeteners, or preservatives. Packaged in bottles of 75 tablets, they're a convenient source of dietary fibre that also helps curb the appetite when on a weight-maintenance or weight-loss programme.



FLAX SEED OIL SOFTGELS

Our bodies are wonderful biochemical factories that are able to sustain themselves using internally available raw materials. However, certain essential fatty acids (EFAs - namely linoleic acid, linolenic acid and arachidonic acid) need to be supplied by the diet because the body cannot make them. The typical North American diet these days seems to be richer in omega-6 fatty acids, such as linoleic acid (LA), but does not supply as much of the omega-3 fatty acids - such as alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) - as it once did. As a result, most North Americans eat an imbalance of the fatty acids they require for optimal health.

Dietary sources of omega-3 fatty acids typically are foods such as plants or fish that thrive in cold environments. The best-known sources of omega-3 fatty acids remain fish and fish oils. Certain blue-gilled fish oils and cod liver oil contain significant levels of EPA and DHA, fatty acids known to help in cholesterol lowering, hypertension and heart disease. Fish produce EPA and DHA from ALA found in the algae and plankton they eat.

Canada's temperate environment makes an ideal agricultural setting for the growth of various plant seeds and oils that contain omega-3 fatty acids. Canola oil, widely used in Canada as a salad and cooking oil, provides about 10% ALA; soybean oil has about 7% ALA. But the richest known source of ALA is flax seed oil, having a content of 45 – 65% of this essential fatty acid. In recent years, it has become extremely popular with health-conscious Canadians as both a salad dressing and a therapeutic agent for treating a myriad of conditions resulting from ALA deficiencies.

Your body uses ALA from flax seed oil to make its own supplies of EPA and DHA. These, in turn, produce hormone-like substances called prostaglandins in the body. In fact, one type of prostaglandins made from omega-3 fatty acids counteracts the negative effects of another made from omega-6 fatty acids, so it is important that we maintain a balance of both the omega-3 and omega-6 fatty acids in our diet.

Shaklee Canada's **Flax Seed Oil Capsules** each contain 1000 mg of flax seed oil from plants organically grown in the Canadian prairies and cold-pressed in an organically-certified production facility. Unlike flax seed oil available in bottles, which has a short shelf-life and must be kept in a refrigerator and away from light and oxygen, our flax seed oil is hermetically sealed in soft gelatin capsules and remains stable when kept in a cool place for up to three years. Taking three capsules daily, or more, is an easy and convenient way to increase one's intake of omega-3 fatty acids. Giving your body more of these important EFAs is a great way to help it achieve and maintain good health.



GARLIC COMPLEX TABLETS

The Legend of Garlic

For at least 5,000 years, garlic has been heralded as an important part of a good diet. Garlic was found in King Tut's tomb among the treasures he would need in the afterlife. The ancient Greeks always featured plenty of garlic on the Olympic training tables. Throughout time, this humble member of the lily family has been assigned an important role in well-being in widely differing cultures on every continent. And now scientists are using advanced technology to explore garlic's secrets.

The Mystery Behind Garlic's Goodness

What is it about garlic that has built its legendary reputation? Scientists are challenged by garlic's complex chemistry and are trying to unravel its mystery. Many scientists believe that the aromatic compounds in garlic may provide the key.

Sniff a bulb of garlic and you'll find no aroma. That's because raw garlic cloves contain an odourless amino acid called **alliin**. But when garlic is chopped or crushed, **alliin** comes into contact with the enzyme **alliinase**. It's the reaction of these compounds that produces **allicin**, which is the key to garlic's characteristic odour. Once **allicin** forms, it's transformed into several additional sulphur compounds – compounds that are also under investigation for their health-promoting qualities.

When other companies eliminate the odour from their garlic products, they may be eliminating its goodness too. Shaklee's unique formulation controls odour by slowing the formation of **allicin** and other sulphur compounds during digestion. It brings you the legendary goodness of garlic, but without the strong odour! Just two **Garlic Complex** tablets provide the equivalent of a clove of garlic in a concentrated form but with a gentler aroma. How do we do it? The Shaklee way! We start with the finest of nature's offerings and then use technological advantages to improve the delivery system.

Shaklee Garlic

We start with the highest-quality, premium garlic bulbs grown from the finest hybrid seeds in the ideal growing conditions of the long, hot summers in California's San Joaquin Valley. Absolutely no pesticides are used during the growing process.

A unique processing system uses a gentle, temperature-controlled drying process to remove moisture from the whole garlic, then produces a pure powder that retains all the important natural components of fresh garlic. Patented ShakleeGuard[®] ensures quality and freshness.

GARLIC COMPLEX TABLETS (continued)

Dual Odour-Control Formula

Many scientists believe the very compounds that create garlic's odour also contribute to its natural goodness. That's why we control the odour but don't eliminate it. Shaklee's dual odour-control formula makes it more pleasant to get garlic's goodness every day because the tablets are formulated to slow the release of garlic's odour-causing compounds during digestion for effective odour-control. Extracts of two favourite aromatic herbs – rosemary and spearmint – are added to the formulation to give Shaklee **Garlic Complex** tablets a pleasant herbal scent.

Uses of Garlic

Health Canada's Natural Health Products Directorate has published a monograph for garlic products and recognizes several uses. Garlic has been used traditionally in Herbal Medicine to help relieve the symptoms associated with upper respiratory tract infections and catarrhal conditions. It's used in modern Herbal Medicine to help reduce elevated blood lipid levels (hyperlipidemia) in adults and to help maintain cardiovascular health in adults.

As usual, Health Canada also asks manufacturers to keep consumers aware of various cautions and, for garlic products, these include the following:

- Consult a health care practitioner if symptoms persist or worsen (when treating upper respiratory tract infections or catarrhal conditions)
- Consult a health care practitioner prior to use if you are pregnant, have diabetes, or take blood thinners or protease inhibitors

Hypersensitivity (e.g., allergy) to garlic has been known to occur; if this occurs, the consumer should discontinue use.

Using Garlic Complex:

Each Shaklee **Garlic Complex** tablet contains 500 mg of cool-dried garlic (*Allium sativum*) bulb powder. The recommended adult dose is two tablets daily, which is an amount equivalent to one fresh clove of garlic. (A different daily dose may be recommended by a health care practitioner.) **Garlic Complex** is best taken with food or 250 mL (8 fluid ounces) of water.

Shaklee **Garlic Complex** combines the best of nature and the best of technology to bring you an effective, dual-odour controlled fresh garlic product.



GLA-PLUS VITAMIN E SOFTGELS

GLA, or gamma-linolenic acid, is an omega-6 fatty acid that our bodies use to form prostaglandins – potent, hormone-like substances that help the body to regulate many normal body functions such as blood thickness, skin and joint health, cholesterol levels, dilation and constriction of blood vessels, inflammation and more. While GLA is mostly known because it is helpful to women in maintaining well-being during the menstrual cycle, it has a multitude of benefits for both men and women.

Your body is normally able to produce GLA from the essential fatty acid linoleic acid (LA), which is widely available in the typical North American diet from safflower, sunflower, corn, grape and sesame oils; however, many people are deficient in GLA because the conversion of LA to GLA can be blocked or impeded by numerous factors. These include: excessive cholesterol intake from diets rich in meat, eggs and dairy products; excessive intake of saturated and monounsaturated fatty acids, hydrogenated oils and trans-fats; excessive alcohol consumption; aging; zinc deficiency; viral infections; diabetes and pre-diabetic conditions; and high sugar consumption.

To circumvent any of these blockages, supplementation with GLA certainly makes sense. GLA is most commonly produced from evening primrose or borage seed oils. Shaklee chose borage seed oil as its source because it has a higher concentration of GLA than evening primrose oil, which means less oil (and fewer calories) is needed to provide an effective daily dosage.

The borage oil used in Shaklee's **GLA Plus Vitamin E Capsules** is derived from Canadian grown borage plants (Latin name: *Borago officinalis*). This small flowering herb, grown in Saskatchewan under carefully controlled farming conditions, is pesticide-free. The seeds are harvested and shipped to a modern edible oil-processing facility near Saskatoon where they are cold-pressed and filtered to yield the GLA-rich borage oil. No solvents are used to extract the oil from the seeds; no chemicals are used to alter the oil that is produced.

GLA Plus Vitamin E Capsules also contain vitamin E, which helps protect arterial walls and supports the immune system by helping to maintain cell integrity. Finally, Shaklee's patented antioxidant system of natural protective substances, **ShakleeGuard®**, has been added to the oil in the capsules to protect it from oxidation. This blend of vitamin E and vitamin C compounds and rosemary extract gives the capsules a longer shelf-life than they might otherwise have.

GLUCOSE REGULATION COMPLEX CAPSULES

The number of people with high levels of blood sugar has been climbing rapidly in all age groups recently. An estimated two million Canadians have seriously high levels of glucose in their blood.

The movement of glucose from the blood into the cells, which helps produce energy, is directed by the hormone known as insulin. In a healthy person, insulin attaches to special receptors on the surface of cells, signalling the cell walls to open so the glucose can enter. Once inside, glucose can be stored or burned for energy. If insulin doesn't work as the door opener, high levels of glucose and insulin remain in the blood, and cells may not have enough stored energy for normal functions. Maintaining normal blood sugar levels is an important part of controlling long-term health. An estimated one in four Canadians, or nearly eight million people, could benefit from dietary support to help the body make efficient use of the insulin it already produces.

Shaklee's **Glucose Regulation Complex** is a unique approach to regulating blood sugar levels in that it makes your system more efficient and effective at utilizing blood glucose. It:

- ◆ contains natural ingredients that help maintain cell responsiveness to insulin;
- ◆ supports efficient insulin function, thereby helping to maintain long-term cardiovascular health and normal blood sugar levels;
- ◆ provides a unique blend of specific scientifically supported minerals, a botanical, and antioxidants that can help promote normal blood sugar levels.

Minerals

Magnesium, chromium, zinc and vanadium are all known to support the body's ability to process glucose.

- ◆ High levels of **magnesium** were found in a large population study on women to correlate to the greatest likelihood of maintaining normal blood sugar levels.
- ◆ **Chromium** is an essential mineral required for normal insulin function. Several studies have found that chromium supplements can support carbohydrate metabolism and blood glucose control. Chromium has been shown to lower oxidative stress.
- ◆ **Zinc** may help insulin bind properly to receptors on cell walls, and plays an important role in insulin production and secretion.
- ◆ **Vanadium** *may be involved in the regulation of insulin function and the maintenance of normal blood glucose levels.*

GLUCOSE REGULATION COMPLEX CAPSULES (continued)

Botanical Aid

Banaba (not *banana*) leaf extract comes from a southeast Asian plant called *Lagerstroemia speciosa*. This extract, along with the minerals magnesium and chromium, promotes the efficient transport of glucose from the blood into the cells, promoting normal blood glucose levels. In laboratory studies, colosolic acid from banaba leaf was shown to stimulate glucose uptake. In a series of small studies, an extract standardized to 1% colosolic acid was found to help maintain normal blood glucose levels. When taken as part of a healthful, high-fibre diet, chromium and banaba leaf extract can help stave off blood sugar crashes that can lead to feelings of low energy, hunger, carbohydrate cravings, and between-meal snacking.

Antioxidants

The three antioxidants in the formula – alpha lipoic acid, zinc, and taurine – help protect the integrity of cells so they can respond normally to insulin.

- ◆ **Alpha lipoic acid** is a powerful antioxidant in itself, but it also helps recharge the antioxidant protection of vitamins C and E. Experimental studies suggest that alpha lipoic acid may also play a role in glucose transport.
- ◆ Aside from its role mentioned above, **zinc** is a component of the antioxidant enzyme superoxide dismutase, giving it a role in combatting oxidative stress. (*Zinc* and *chromium* together have a greater effect on oxidative stress than either mineral acting alone.)
- ◆ **Taurine** is an amino acid that has been clinically investigated for a potential role in the control of blood sugar levels. Taurine helps stabilize cell membranes and appears to have free radical scavenging activity. It has also been shown to support normal platelet function.

Adult Usage Instructions:

Take two capsules daily – one with each large meal. Do not take on an empty stomach.

Caution: consult your physician if you have diabetes or are pregnant or nursing. This product is not intended for use by children under age 12.

Ingredient	Amount per Daily Dosage (2 capsules)
Magnesium (as oxide)	200 mg
Zinc (as gluconate)	5 mg
Chromium (as polynicotinate)	400 mcg
Taurine	500 mg
Vanadium (as an amino acid chelate)	100 mcg
Alpha Lipoic Acid	10 mg
Banaba Leaf (<i>Lagerstroemia speciosa</i>) Extract, standardized to contain 1% colosolic acid	32 mg



GLUCOSE REGULATION COMPLEX CAPSULES (continued)

Adding Up the Benefits:

Glucose Regulation Complex is a product designed for adult men and women who are concerned about maintaining optimal blood sugar levels, and who want to help sustain energy and prevent blood sugar crashes that can lead to carbohydrate cravings. Regular use of this product will help you make the lifestyle changes needed to maintain long-term health.

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HERBAL LAXATIVE TABLETS

Fibre occurs naturally in many vegetables and types of fruit. It passes through the digestive system virtually unchanged by the process. In contrast to vitamins, minerals and other nutrients, it isn't absorbed into the body. Since fibre absorbs water like a sponge, it increases the bulk of the stool. Different kinds of fibre have different water-retention capacities. Fibre's contribution to the bulk speeds the rate at which waste materials move through the digestive tract. Eliminations with a high water content are bulky and soft. Because of this, they move quickly – but more importantly, they move easily – through the colon. The colon walls do not have to contract constantly to squeeze the contents along, and the pressure is reduced. Clinical studies have shown clearly that increasing the amount of fibre in the diet improves regularity. Other measures, such as increasing the amount of fluids you drink every day and having some kind of regular exercise as part of your daily activities will also help to improve and maintain regularity.

In contrast to fibre, a laxative is an agent that acts like a drug because it is a substance other than a food intended for the therapeutic treatment of constipation. The rise in the use of laxatives in developed societies has very closely paralleled the decline in fibre intake. In most cases, constipation results from an over-refined, fibre-deficient diet and can be corrected by an increase in foods containing dietary fibre – by eating more whole-grain cereals, fruit and vegetables – and by ensuring a fluid intake of six to ten glasses of fluids per day. If a person with irregularity does not respond to these measures, laxatives should be considered.

Laxatives are classified by how they act in the body and may take many different forms, such as bulk-forming agents, emollient laxatives, lubricant laxatives, suppositories, enemas and stimulant laxatives. Shaklee **Herbal Laxative** belongs to the last class because this class includes a wide variety of compounds, both natural and synthetic, that act on the inner walls of the intestines to stimulate the movement of the fecal material through the colon.

These compounds work by causing a local irritation of the smooth muscle that lines the intestine. This stimulates the rhythmic movements of the large intestine that push the fecal mass through the intestine.

As you can appreciate, this is an artificial stimulation of the body by an external agent and that is why it is not recommended that people use stimulant laxatives of any kind for prolonged periods of time. If you use them every day, then your body will forget how to respond to its natural signals to eliminate. As a result, you will depend on the laxative product to tell you when you should go to the bathroom and this is not desirable.

HERBAL LAXATIVE TABLETS (continued)

Aside from senna, the main laxative agent in Shaklee **Herbal Laxative**, some of the most common other **stimulant laxatives** are: bisacodyl; cascara sagrada; casanthranol; and castor oil. Let's look at some of these agents for a moment.

- **Bisacodyl** suppositories may cause a burning sensation in some people and an inflammation of the delicate tissue in the anus.
- Prolonged use of **cascara sagrada**, a natural material, can result in a dark staining of the inside walls of the intestine. It is usually reversible 4 to 6 months after the person stops taking the product regularly.
- **Casanthrol** is a purified form of the active ingredients in cascara sagrada.
- **Castor oil** is not recommended for the ongoing management of constipation because it may result in excessive loss of fluids and electrolytes. Its use is best reserved for total evacuation of the colon before surgery or diagnostic procedures, while the person is under medical supervision.

Shaklee Canada's **Herbal Laxative**, which is almost identical to the product called **Herb-Lax** in the United States, was the second product introduced by Dr. Shaklee after forming the Shaklee Products Company in 1956. Its principal laxative agent is the powdered leaf of the senna tree but it contains nine herbal ingredients in all, which have various beneficial effects.

Senna, whose botanical name is *Cassia angustifolia*, is a shrub that grows in India, North Africa and Arabia. In fact, senna is an Arabian name. The leaves of the plant are dried and ground into a coarse, dusky green to olive brown coloured powder. The powder has a slightly bitter taste and stimulates the muscles in the intestine to cause eliminations.

Buckthorn bark, or *Rhamnus frangula*, also called Dogwood or Black Alder, is a shrub introduced into North America from Europe. Bark from trees that are at least four years old is collected and dried into a yellowish-orange to yellowish-brown powder with a slightly bitter taste. Its unique flavour contributes to **Herbal Laxative's** refreshing taste and soothing qualities.

Licorice root or *Glycyrrhiza glabra*, also called Sweet Licorice, is a perennial herb that grows two to five feet high in Southern and Central Europe and parts of Asia. The word licorice is a corruption of the Greek "glykis" (meaning sweet) and "rhyza" meaning root. The root, which burrows deep into the ground, contains a substance known as glycyrrhizin that is 50 times as sweet as sugar cane. One interesting property of this sweetener is that it does NOT increase thirst as most sweeteners do. The dried licorice root adds sweetness and texture to the tablets and helps prevent the tablets from sticking to one another.

Alfalfa or *Medicago sativa* is a perennial clover-like plant cultivated in many parts of the world

HERBAL LAXATIVE TABLETS (continued)

for animal and human consumption. It is a legume like peas and beans but all its parts -- the leaves, sprouts and seeds -- are eaten rather than just the seeds alone. Alfalfa has feeder roots that burrow deep into the ground seeking out minerals. Shaklee's alfalfa is specially grown without the use of pesticides or chemical fertilizers. The leaves are dried and crushed into a bright green powder used in Shaklee **Herbal Laxative** and **Alfalfa Complex** tablets. The green colour of **Herbal Laxative** tablets comes largely from the alfalfa powder in the formulation.

Fennel, or *Foeniculum vulgare*, a member of the parsley family of herbs is a biennial or perennial plant that grows in many places around the world. The ground seeds have been used for centuries to mask the taste of unpleasant medicines. Fennel has a taste similar to that of licorice and is also known for its soothing effects.

Anise or *Pimpinella anisum*, is also a member of the parsley family of herbs. Originally found in Egypt, it is now grown in the warmer parts of Europe and North America. Anise is widely used in cough medications and lozenges for its aroma and its ability to improve the flavour. It is also known for its soothing properties.

Rhubarb, or *Rheum palmatum*, also known as Chinese rhubarb, is a perennial herb which resembles common garden rhubarb. It is grown in Asia, China, Europe and North America. It is deep yellow in colour, has a fragrant odour and a bitter, faintly astringent, taste.

Blue Malva, or *Malva sylvestris*, is a perennial herb brought from Europe to North America. The five-petalled flowers are dark mauve in colour with dark veins. They have been used to colour red wines and also contain pectin, a form of dietary fibre. The Blue Malva contributes texture to **Herbal Laxative** tablets.

Culver Root, or *Veronicastrum virginicum*, is another perennial that grows three to five feet tall. The root is gathered in the fall of its second year of growth, dried and made into a pale yellowish-brown powder. It has a characteristic odour and a bitter taste that contributes to the overall taste of **Herbal Laxative**.

To produce **Herbal Laxative**, Shaklee has chosen only the finest form of the dried herbs mentioned above and combined them to make an uncoated tablet that promotes normal bowel movements with no gripe (grasping or seizing intestinal pain) and no burn (abrasion to the intestinal wall). **Herbal Laxative** encourages mild bowel movements to aid the body's natural processes of elimination during occasional periods of irregularity.



HERBAL LAXATIVE TABLETS (continued)

For best effect, we recommend that adults take two to four tablets before retiring. For those who have difficulty swallowing tablets, they can be dissolved in a cup of hot water to make an herbal tea.

If a small child (2 to 5 years of age) has been told by a physician to use a laxative, one-quarter of the adult dose can be taken. Children 6 to 12 years of age can take one-half the adult dose.

Dr. Forrest C. Shaklee's early interest in herbs was responsible for the development of this effective herbal formulation for treating occasional constipation. His formula is unchanged today and has been introduced in several of the countries where Shaklee has expanded its markets.

For over fifty years now, Shaklee customers and members around the world have been using **Herb-Lax** or **Herbal Laxative** for the occasional relief of irregularity with great success and comfort. We hope that this information sheet has helped you to understand a few of the reasons behind these products' long record of effectiveness and safety.

IRON PLUS VITAMIN C TABLETS

Iron is a mineral that everyone needs. Without a sufficient supply of iron, we can't make haemoglobin (a protein in our blood that carries oxygen to our cells) or myoglobin (an oxygen-storing protein found in our muscles). Iron is also a component of several enzymes involved in energy production from carbohydrates and fats and the diffusion of nutrients into the cells. Finally, it plays a role in the function of the immune and central nervous systems.

Iron deficiency is still the most common form of nutritional deficiency in North America, and is highest in young children and women of child-bearing age. People who suffer from severe iron deficiency have anaemia, but a low iron intake can also have its effects. Some of these are: fatigue and diminished work capacity; impaired concentration; deficits in attention span, cognitive development and learning ability in children; and compromised immune function. If your energy level seems constantly low, despite getting proper rest, you may have a low iron level.

Iron in the diet is present in two different forms: haem iron (found in red meat – especially beef liver – and, to a lesser extent, poultry and seafood); and non-haem iron (also called inorganic iron or vegetable iron, found in bran, molasses, beans, peas, spinach, etc.). Typically, we can absorb about 15% of the haem iron in our diets; however, the absorption of non-haem iron is highly variable (from 1% to 40%), and is inhibited by tea, coffee, egg yolk, fibre and phytate. The absorption of non-haem iron is enhanced by concurrent ingestion of meat, poultry and seafood, and vitamin C. On average, then, we absorb only about 10% of all the different forms of iron in our diets.

For adult men, body losses of iron are normally about one mg per day; for women of child-bearing age, about 1.8 mg per day due to blood losses during menstruation. To replace this iron, knowing the average absorption rate, men require about 8-10 mg per day, and women 14-18 mg. Since the North American diet contains about 6 mg of iron per every 1,000 kcal of food, men can easily meet their requirements by eating 1,700 cal of food per day. Women, on the other hand, would need to eat 3,000 kcal per day to get enough iron, which is much more food than they would want to eat without gaining weight. Not surprisingly, women who don't take a supplement containing iron often develop deficiencies. During pregnancy and lactation, women need additional daily iron to help build and maintain the baby's iron stores.



IRON PLUS VITAMIN C TABLETS (continued)

With all of this information in mind, Shaklee scientists developed **Iron Plus Vitamin C** to address the problem of iron deficiency. Each tablet contains 18 mg of ferrous fumarate (an organic form of iron). In addition, there are 60 mg of ascorbic acid (vitamin C) in each tablet to enhance the absorption of the iron after it's been digested in your stomach. The tablets also contain natural ingredients such as barley flour, beet root powder, locust bean gum, and spinach powder, which are all derived from plants that contain non-haem iron.

One caution about iron: while we all need it for daily functioning, getting too much can be a problem, especially for children. That's why products containing more than 250 mg of elemental iron are sold in child-resistant packaging in Canada. Don't let children have free access to products containing iron, as too much iron can be dangerous to them.

A final note is that some large-scale clinical studies conducted in the 1990s concluded that the presence of excessive amounts of stored iron in adult males and post-menopausal women appears to raise their risk of heart disease. As a result, these groups are not prime candidates for iron supplementation, but children, teenagers, and women of child-bearing age (especially pregnant and nursing women) certainly are. Use iron supplements responsibly to improve and maintain your good health.



JOINT HEALTH COMPLEX CAPSULES

Glucosamine has received wide support from doctors and other health care professionals in North America for its ability to help with joint health. Glucosamine compounds are amino sugars found naturally in the body that help to cement various tissue cells together and are very important in joints and surrounding tissues as a cushioning ingredient. Joint problems often result when the synthesis of new cartilage cannot keep up with the disintegration of existing cartilage. As the old cartilage deteriorates over time, inflammation, pain, swelling, and decreased joint movement ensue. Glucosamine supplementation helps the body make new cartilage to replace worn-out cells and tissues in the joints, thus addressing the root cause of joint stiffness and pain.

Shaklee researchers were convinced that glucosamine **hydrochloride**, rather than glucosamine **sulphate**, is the preferred compound for helping with joint flexibility. First of all, there is more glucosamine in the hydrochloride form than the sulphate form. Since it's more concentrated, less is needed to have a beneficial effect on bone movement. Secondly, glucosamine hydrochloride is sodium-free whereas the sulphate form is often combined with sodium chloride, or table salt, as a stabilizing agent. Excess sodium is not desirable for persons with hypertension. Finally, there is some experimental evidence that glucosamine hydrochloride is able to help the body make chondroitin sulphate, another glucosamine compound that helps maintain healthy cartilage.

Two herbal ingredients have been combined with the glucosamine hydrochloride in Shaklee's product to help with pain relief. First is **cat's claw bark extract** (*Uncaria guianensis*), a plant native to South America and used by the Ashaninka Indians of Peru to reduce pain and inflammation. Cat's claw is known to work quickly and people have received relief from their joint problems in as little as one week of regular use of our product. Second is **alfalfa** (*Medicago sativa*), a North American herb known for its content of saponins, or natural pain relievers.

Certain mineral ingredients have also been found to be helpful in the cartilage-building process but these haven't been added to the Canadian version of Shaklee **Joint Health Complex** for regulatory reasons. Most of the minerals that help with cartilage synthesis - manganese, copper and zinc - can be obtained by taking **Advanced Formula Vita-Lea** when you take **Joint Health Complex**.

Because joint deterioration has usually occurred over a long period of time, don't expect **Joint Health Complex** to reverse it overnight. While some people will experience relief within a week, it may take from 3 to 6 weeks of daily use for others to see any changes. So be persistent but know that glucosamine doesn't have any of the side-effects that many medications used to treat joint pain have. And, unlike medications that treat the symptoms, **Joint Health Complex** will treat the cause of the problem - that's the Shaklee difference!

LECITHIN SOFTGELS

The name lecithin is taken from the Greek word "likothos," which means egg yolk. Egg yolk is an excellent dietary source of lecithin but it also contains cholesterol and other saturated fats. A better source is soy lecithin, Nature's richest cholesterol-free source. Lecithin food supplements are actually a mixture of **phospholipids**. These molecules are similar to fat molecules called triglycerides but they contain a phosphorus compound in place of the third fatty acid found in triglycerides. Typically, soy lecithin contains 50 - 60% of "true lecithin" (**phosphatidyl choline**) as well as **phosphatidyl ethanolamine** and **phosphatidyl inositol**. In the body, lecithin is broken down into its component parts - unsaturated fatty acids, choline, inositol and phosphorus. These molecules are then used as building blocks by the body to make other molecules (including more lecithin) that it needs for various functions. For example, **choline** is used by the body to synthesize acetylcholine, a compound made by the brain that's an important factor in nerve signal transmission. Similarly, **inositol** plays a role in cell membranes and also participates in the production of lipoproteins responsible for blood cholesterol transport.

Lecithin is found in all cell membranes and tissues, including the brain, heart and liver. It's also part of the myelin sheath that surrounds and insulates nerve fibres. Phospholipids like lecithin help make up your body cell walls and act as a "gatekeeper" to help cell membranes remain selectively permeable, allowing nutrients to pass into and out of cells.

Lecithin functions as a natural emulsifier by helping the water-based human body absorb fats and fat-soluble vitamins such as vitamins A, D and E. Lecithin, together with bile salts, cholesterol and bile pigments, is used by the liver to produce a yellowish-orange fluid called **bile**. Bile is stored in the gallbladder and is "on call" to be pumped into the small intestines where it helps to emulsify fats and fat-soluble nutrients and assists in their absorption by the body.

Lecithin supplies the **essential fatty acid** linoleic acid to the body without the presence of cholesterol that often accompanies fats from animal sources. Essential fatty acids are required for numerous reactions in the body. One of these is the production of prostaglandins, hormone-like substances that participate in many physiological processes including the regulation of blood pressure and heart rate.

Each Shaklee **Lecithin** capsule contains about 520 mg of lecithin, including 78 mg of phosphatidyl choline and 47 mg of phosphatidylinositol (equivalent to about 14 mg of choline and 8 mg of inositol). No sugars, artificial colours, flavours or preservatives are added to the capsules. Of the total fat in each Shaklee **Lecithin** capsule, 79% is unsaturated, and 21% is saturated.

MENOPAUSE COMPLEX SOFTGELS

Between the ages of 40 and 55, women experience the menopause -- a time in their lives when their bodies stop their monthly production of eggs and preparation for fertilization. It's also a time when the ovaries decrease their production of the reproductive hormones, estrogen and progesterone, by about 75%, which can trigger in some women a number of uncomfortable symptoms.

These symptoms can include "hot flashes" (called "night sweats" when they occur at night), irregular menstrual cycles, fuzzy vision, forgetfulness, concentration difficulties, mood swings, dizziness, insomnia, vaginal dryness, urinary tract infections, incontinence, extra body hair or thinning of scalp hair. Statistics also show that women are more susceptible to both osteoporosis and heart disease after the menopause.

The most common current medical treatment for menopause is hormone replacement therapy. This replaces a woman's declining levels of estrogen and progesterone and reverses many of the symptoms mentioned above. However, as with all drug therapies, some women may experience side-effects such as drowsiness, nausea and breast tenderness from estrogen therapy; they may experience side-effects similar to premenstrual syndrome (depression, mood swings, headaches, bloating, weight gain, etc.) from progesterone therapy.

For women who are concerned about taking hormone replacement therapy with its attendant side-effects, there are a number of phytochemicals (natural chemicals derived from plants) that may assist in regulating a woman's hormonal balance during menopause. We recommend that any woman interested in these alternatives discuss them fully with her doctor when deciding on her own approach to dealing with the challenges of menopause.

First of all, soybeans contain a group of phytoestrogens called isoflavonoids or **isoflavones** that are similar to the estrogen in a woman's body but not as potent. Two isoflavones found in soy, called genistein and daidzein, can actually take the place of regular estrogen in the body at certain estrogen receptor sites on the surface of cells. This can help to minimize the negative effects of regular estrogen, such as hot flashes. Soybeans have also been investigated for their overall benefit to bone, heart and breast health and for maintaining healthy cholesterol levels.

Black cohosh is an herbal ingredient that also contains compounds that will bind to estrogen receptors, giving relief to symptoms of premenstrual syndrome, menstrual cramps and menopause. Complex phytochemicals in black cohosh are believed to suppress the secretion of luteinizing hormone (the hormone stimulating ovulation and the production of progesterone), which fluctuates during menopause.



MENOPAUSE COMPLEX SOFTGELS (continued)

Dong quai is another herb that eases the symptoms of menopause, especially hot flashes. It also appears to have the ability to relax the uterus, making it helpful in combatting menstrual cramps.

Flax seed is the richest whole-grain source of a second class of phytoestrogens called lignans. These compounds, which provide fibre, can also bind to estrogen receptors in the body, minimizing the negative effects of estrogen. Lignans may also have antioxidant properties that reduce the activity of free radicals and may play a role in lowering cholesterol and maintaining bone density.

Red clover and **licorice** also both contain phytoestrogens similar to those found in soybeans.

Supplements that contain effective levels of one or more of these plant compounds will definitely help to ease a woman's transition to menopause, providing many benefits without harmful side-effects: Shaklee Canada's **Menopause Complex Capsules** (formerly called **Phytofem Capsules**) are one of these.

Two Shaklee **Menopause Complex Capsules** per day supply:

- | |
|---|
| <ul style="list-style-type: none">■ 80 mg of black cohosh extract (standardized to contain 2.5% total triterpene glycosides)■ 30 mg of soy isoflavones■ 266 mg flax seed extract (equivalent to 2 grams of flax seed)■ 100 mg of proprietary blend of dong quai, licorice root and red clover extracts |
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MENTAL ACUITY COMPLEX™ CAPLETS

Did you know that some herbs might help us to retain our mental acuity as we get older? As we age, we start to forget things, lack attentiveness, or experience mental fatigue. Traditional Chinese healers have addressed all of these conditions for thousands of years with extracts from the leaf of a tree that is so ancient Charles Darwin called it a “living fossil.” It's a tree called ***Ginkgo biloba*** that's believed by some to have been on earth more than 200 million years and is still known for its resistance to diseases, pollution and insects.

Ginkgo biloba leaf extracts help by improving circulation of the blood to all parts of the body, including the brain - the control centre of the body where millions of electro-chemical reactions take place every day. With better flow of blood (and the oxygen it carries) to the brain, mental acuity is increased, absentmindedness is decreased. Some researchers also claim that the increased circulation improves the blood supply to our extremities, getting rid of the problem of cold toes and fingers that many people have. In fact, a whole issue of the prestigious French medical journal *La Presse Medicale* (Volume 15, 1986) was devoted to studies from around the world that used ***Ginkgo biloba*** successfully to help a wide variety of conditions.

The active principles in ***Ginkgo biloba*** are two groups of biochemicals known as flavone glycosides and terpene lactones. Many brands of products do not tell you how much ***Ginkgo biloba*** active material is in each tablet or capsule, or give so little it's no wonder they don't work. To ensure consistent results from taking a product containing ***Ginkgo biloba***, look for one giving you 120 mg per day of a standardized extract containing 24% flavone glycosides and 6% terpene lactones. You should also allow 6 - 8 weeks of regular use of ***Ginkgo biloba*** before you expect to start experiencing its beneficial effects.

Several other herbal ingredients have related properties and make good partners for ***Ginkgo biloba***:

Hawthorn is known as a heart tonic, increasing the power of the heart to push the blood into the capillaries opened by the ***Ginkgo biloba***. It also has some vasodilator effects, especially in coronary tissue, that enable it to allow more blood and oxygen to reach the heart muscles.

Bilberry helps to strengthen the walls of capillaries and veins, making it less likely that wastes and toxins will leach back into surrounding tissues. It is also able to reduce the discomfort of swollen legs and ankles that some people experience because of swelling.

Gotu kola is another herb that helps to improve the tone of our veins, making blood flow more easily through them.



MENTAL ACUITY COMPLEX™ CAPLETS (continued)

Rosemary is a well-known herbal antioxidant, often used to protect other ingredients in a formulation. When combined with the herbs above, it protects them all from being broken down by various harmful oxidizing agents.

So remember, it's not only vitamins and minerals that can help us to achieve and maintain good health: the herbal ingredients described above are also helpful in keeping the body in good health through their benefits to the circulatory system.

Special Note: In the United States, Shaklee distributes a similar product called **Mental Acuity Plus**. It also contains certain B-vitamins known for their ability to lower the levels of homocysteine and help further with maintaining good heart health. These vitamins are not found in the Canadian formula of **Mental Acuity Complex™**, but they may be found in our **Vita-Lea®** tablets or our **B-Complex** caplets, which can be taken with **Mental Acuity Complex™** to give the same overall effect.



MIGHTY SMART™ CHEWS

Docosahexaenoic acid – more commonly known as DHA – is an essential omega-3 fatty acid that plays many roles in helping support cognitive health and brain function. Among other things, it plays a key role in child development, particularly in the growth of the brain and other neural tissues.

A study published in the March 2009 issue of *The Journal of Nutrition* shows that most Canadian children aren't getting enough of this important nutrient in their diets. Researchers at the University of Guelph in Ontario analyzed the diets of 41 children between the ages of four and eight during a three-year period. They found that only 22% of the subjects received the suggested amount of 90 mg per day (based on Dietary Reference Intakes from the U.S. Institute of Medicine, Washington, DC) of the long-chain omega-3 fatty acids eicosapentaenoic acid (EPA) and DHA, which are prevalent in sardines, tuna, and organ meats including liver. Not only do most kids dislike the taste of such foods, but parents fear the health risks. According to Health Canada, certain types of fish contain mercury, which can be detrimental to growing children.

In the United States, studies have shown that most children there don't get enough DHA from diet alone either. In fact, the majority of American youngsters get only 20 mg to 40 mg a day.

The World Health Organization, the Food and Nutrition Board of the U.S. Institute of Medicine, and the Heart and Stroke Foundation of Canada have all called for or recommended a healthy, balanced diet that includes consumption of omega-3 fatty acids, including DHA, because of their positive effects on health.

Shakleekids™ **Mighty Smart™** is the perfect way to ensure that your children get the recommended daily amount of this essential brain nutrient they need. Each scientifically formulated chew provides 100 mg of 100% natural DHA obtained from omega-3 oil that meets Shaklee's high standards for purity and potency, and is certified 75% organic by Quality Assurance International. Supplementation with such an ultra-pure source is a safe way to increase DHA intake.

And, unlike fish, organ meats and other major sources of DHA, **Mighty Smart** soft chews are something you can actually get your kids to consume because they're delicious! They're just bursting with natural orange flavour and contain no artificial sweeteners, colours, or preservatives. Your children will never know they're eating a fish oil supplement!

NUTRIFERON™ CAPLETS

Thanks to your immune system, your body is able to resist infection by pathogens such as viruses, bacteria or other parasites. Some general, non-specific defence mechanisms you have are the acid in your stomach, antibacterial enzymes in your tears, and the physical barrier provided by your skin, hair and mucous membranes. Backing up these defences are many special immune cells that have specific functions.

A simplified look at immune cells

Certain large white cells in your bloodstream, called **phagocytes**, are able to ingest foreign organisms by engulfing them and killing them. Two types exist: **neutrophils** and **macrophages**. Macrophages cruise through your body, clearing up dead cells and other debris, and are always on the lookout for something that doesn't belong. If they spot anything, they call for help from other immune system cells using messenger chemicals called **cytokines**. (Cytokines serve as messengers between white cells. They also encourage cell growth, promote cell activation, direct cellular traffic, and destroy target cells. **Interferons** are one group of these messengers.)

Another immune fighter is the B-lymphocyte, or **B-cell**. It produces specific **antibodies** when receptors on its cell surface combine with particular chemical structures known as **antigens** on an invading microorganism. In order to release antibodies, the B-cell must interact with two other cells. One is a T-lymphocyte, or T-cell, known as a **T-helper cell**; the other is a macrophage cell that ingests the foreign cell, partially digests it, and presents fragments of the invader cell on its own surface so that the T-helper cell can recognize it. Without this **antigen-presenting cell** (APC), the T-helper cell cannot become activated; without the T-helper cell, the B-cell cannot multiply and release antibodies. Once your body produces antibodies, it retains a memory of these so that, if the same organism invades again, you'll have immunity to it.

Yet another immune mechanism involves cytotoxic **T-cells** and **natural killer (NK) cells**, whose purpose is to kill body cells that have been invaded by a pathogen.

Challenges to the immune system

As you can see, your immune system is a very complex and interactive group of cells. Like other cells in our body, they need to stay healthy if they're going to be able to protect you from all the challenges that modern life presents, such as:

- **not enough rest or exercise** – adequate rest and moderate exercise enhance immune response; too much exercise, like running a marathon, can temporarily depress immune function
- **inadequate nutrition** – insufficient intake of essential nutrients can short-change your immune system, leaving it with too few of the materials it needs for optimal defence
- **high stress** – chronic, unrelenting stress can result in elevated levels of the stress hormone cortisol, which may depress immunity

NUTRIFERON™ CAPLETS (continued)

- **aging** – your immune function naturally diminishes with age
- **environmental substances and airborne irritants** – even people with healthy habits may face these potential invaders on a regular basis

To counteract these challenges, you can first strengthen your immune system by adopting a healthier lifestyle: get better sleep, exercise regularly, eat a balanced diet, and reduce stress. Secondly, you can take Shaklee **NutriFeron™** daily to support and stimulate your natural immune response.

NutriFeron™ contains a proprietary blend of four different botanicals:

- **pumpkin** (*Cucurbita pepo* var. *moschata*) **seeds** are known to induce interferon production in cell cultures. Interferons – a family of proteins with antiviral properties, and key components of the immune system – can enhance various components of the immune response.
- **plantain** (*Plantago asiatica*) **seeds** contain bioactive polysaccharides that are thought to stimulate non-specific immunity.
- **safflower** (*Carthamus tinctorius*) **flowers** are traditionally reputed to promote blood circulation. Polysaccharides purified from safflower petals have been shown in experiments to prompt macrophages to produce cytokines.
- **Japanese honeysuckle** (*Lonicera japonica*) **flower buds**, used in Chinese medicines and teas for years, have general health-promoting properties and are reported to increase the activity of immune cells.

Developed by a world-famous immunologist

NutriFeron™ was developed by Dr. Yasuhiko Kojima, an eminent Japanese immunologist and professor, while collaborating with Dr. S. Yoshida at the **Yamanouchi Pharmaceutical Consumer Health Institute**, a division of Shaklee's former parent company. Dr. Kojima was the scientist who first isolated interferons in the late 1950s.

Product action

Shaklee **NutriFeron™** activates macrophages – among the most important cells of the immune system – which in turn produce your body's own natural interferons to supercharge the immune system. Our product boosts the production and activity of phagocytes and also enhances neutrophil activity; at the same time, it supports enhanced cytokine production. Taking **NutriFeron™** is like sending a whole army to your immune system's front lines.



NUTRIFERON™ CAPLETS (continued)

Compared with other retail immune products, our product contains more bioactive polysaccharides than some of the popular premium brands on the market, and at a more affordable price.

Ideally, you should take your **NutriFeron™** with a daily multivitamin supplement, such as **Advanced Formula Vita-Lea®**, to give your immune system a powerful one-two punch. (Other complementary products are Shaklee **Vita-E 400® Plus** capsules and **Vita-C 500 Sustained Release** tablets. Both vitamins E and C are known to assist the immune system.) **Shaklee DR™** tablets also stimulate the immune system, but they should be used when dealing with seasonal immune challenges, such as colds and flu bugs.

NutriFeron™ should be used by adult men and women as an everyday tonic to keep the immune system functioning at its best, and to optimize the immune response against environmental substances and airborne irritants.

OMEGAGUARD™ SOFTGELS

In our increasingly overweight society, the word “fat” has taken on a very negative connotation. However, fats are still important nutrients in our diets, and it’s only when we eat too much or too little fat that health problems result. Just as proteins are made from building blocks known as amino acids, all the various fats that are needed in the body are made from fatty acids. Fatty acids rarely occur freely in foods or in the body, and are usually incorporated into compounds called triglycerides. Triglycerides in our food supply us with energy and the building blocks to make more fatty acids.

In the omega nomenclature system for fatty acids, the carbon atoms are numbered starting from the omega (ω) or methyl end of the molecule. In **omega-3** fatty acids, the double bonds start at the third carbon from the omega end; in **omega-6** fatty acids, they start at the sixth carbon. There are whole families of omega-3 and omega-6 fatty acids, and our bodies are able to make them all provided they have the **essential fatty acid** for each family. Essential fatty acids cannot be made by the body and must be supplied by the diet.

The **essential omega-6 fatty acid** is linoleic acid (LA), which is found in many vegetable oils (corn, cottonseed, safflower, sunflower, soybean, and wheat germ) and poultry fat. Other important omega-6 fatty acids are gamma-linolenic acid (GLA) and arachidonic acid (AA), which the body can make from LA. GLA may also be supplied directly to the body by using products that contain borage oil, evening primrose oil, and black currant seed oil; AA is found in milk, meat, and organ meats.

The **essential omega-3 fatty acid** is alpha-linolenic acid (ALA), which is found in plants grown in moderate climates (canola, flax seed, soybean, walnut, and wheat germ oil) and in wild game. One of the best sources of ALA is flax seed oil, and Shaklee Canada has a flax seed product that supplies this essential fatty acid. Other important omega-3 fatty acids are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which are found in fish that thrive in cold environments.

Nutritionists have been telling us for some time that the typical North American diet is top-heavy in omega-6 fats and doesn’t supply us with enough omega-3 fatty acids. Both families of fatty acids are critical in human nutrition because they’re building blocks of important compounds called prostaglandins, which have hormone-like properties in controlling various bodily functions.

The omega-3 family of fatty acids is particularly important to heart health, especially EPA and DHA. Fish oil contains both EPA and DHA in significant quantities. Your body can also make these two fatty acids from ALA – from flax oil, for instance. However, the conversion of ALA to EPA and DHA may only be about 7% to 10% in most persons. If you want to ensure a consistent supply of EPA and DHA, it’s more convenient to take fish oil capsules on a daily basis.

EPA is important to heart health because it helps produce hormone-like substances called series 3 prostaglandins, which have anti-inflammatory properties. EPA also gets converted to the fatty acid DHA, which is critical for the nervous system and brain function.



OMEGAGUARD™ SOFTGELS (continued)

Studies of populations that consumed a high intake of fish were the first to demonstrate a positive association between heart health and the intake of fish oil. EPA and DHA are now associated with a reduced occurrence of coronary heart disease and atherosclerosis (the buildup of plaque in the blood vessels), lowering of blood pressure, and prevention of ventricular arrhythmias (life-threatening abnormal rhythms and electrical conductivity in the heart).

Shaklee's **OmegaGuard** contains a full spectrum of seven ultra-pure omega-3 fatty acids naturally found in fish oil to help maintain a healthy heart and cardiovascular system.

Because they're high in DHA and EPA content, **OmegaGuard** softgels support healthy brain, vision, and joint function. They also have a low odour level so there's no fishy aftertaste, and they're easy to digest and very bioavailable.

Health Canada Recommendations for Fat Intake

Your body needs a balance of "good" fats to be fully functioning. Health Canada suggests an intake of at least 3% and 0.5% of energy from omega-6 and omega-3 fatty acids, respectively (a 6:1 ratio). For omega-3 fatty acids, they recommend 0.55 g per 1,000 kcal of energy. For adult men (aged 25 to 74) who consume 2,300 to 2,700 calories per day, this would be about 1.3 to 1.5 grams per day; for adult women consuming 1,800 to 1,900 calories per day, it's about 1.0 to 1.1 grams per day.

Taking three **OmegaGuard** softgels (with a meal) will give you a total of 1 gram of omega-3 fatty acids, which includes a total of 905 mg of EPA (545 mg) plus DHA (360 mg).

Summary

Shaklee's **OmegaGuard** provides a full spectrum of seven ultra-pure omega-3 fatty acids naturally found in fish oil to help maintain a healthy heart and cardiovascular system, and to support healthy brain, vision, and joint function.

The fish oil used to make the softgels has been produced by a superior manufacturing technology that virtually eliminates trace contaminants such as mercury and other heavy metals, as well as PCBs, dioxins, and other pesticides that are found in nearly all fish around the world.

OmegaGuard is a product that most adults in North America will want to consider adding to their daily supplementation routines!

OPTIFLORA®

It's always helpful when a product's name tells you what it does. A case in point is Shaklee's **Optiflora®** – a brand name derived from the word “optimum,” which means “the best,” and “flora,” which is short for microflora, a scientific name for microorganisms. This product is all about optimizing the microflora in our digestive tracts, where there are constant battles of “good” and “bad” microbes that can affect our overall health.

At birth, our digestive tracts are virtually free of microorganisms of any kind, but this state does not last for long. Every breath we take, every drink we swallow, every mouthful of food we ingest thereafter introduces microbes into our bodies.

We're all aware that food can sometimes carry harmful microbes that can make us sick if allowed to grow unchecked. Some of these bad microbes simply make us feel ill temporarily. Others, known as pathogenic microbes, can make us seriously ill or even kill us in a matter of hours. The media are quick to report stories of *E. coli* contamination in hamburger, and *Salmonella* in raw eggs and chicken. And we've all heard of persons with debilitating *Candida* infections or *Clostridia* overgrowths when taking antibiotics. In addition to causing short-term problems, some bad microbes may also have the long-term effect of enzymatically converting harmless compounds in our digestive tracts into dangerous carcinogens.

Beneficial Microbes

Thankfully, there are also some good or “friendly” microbes that settle in our colons and help to crowd out the bad microbes in a process called “competitive inhibition.” The more of these beneficial microbes that we have in our digestive tracts, the better our chances that the bad microbes won't gain a foothold there and cause health problems.

Two such friendly microbes that are very effective fighters are good bacteria known as *Lactobacillus acidophilus* and *Bifidobacterium longum*. These organisms occur naturally in our small intestines and large intestines, respectively, but sometimes their counts become depleted. That's where **Optiflora®** comes in – it's a superior product that can be taken orally to effectively deliver a payload of both of these friendly microbes to your digestive tract with a minimum of potency loss.

Other products on the market purport to do this, but laboratory tests have shown that many fail for two reasons. First of all, many products are not stable, and lose their initial bacterial potency just standing in their bottles on the shelf. The bacteria are not maintained in a live state long enough for them to be effective when swallowed. Secondly, bacteria may be adversely affected by exposure to heat, light, acidity and moisture.

OPTIFLORA® (continued)

Unless the bacteria are protected by the formulation as they pass through the acidic environment of the stomach, they'll never reach the intestines in numbers sufficient to be effective against the forces of evil there.

Unique two-part product

Optiflora's advanced technology overcomes both of these problems. Optiflora is a two-part product: a) the **probiotic** part consists of tiny capsules or pearls that contain live colonies of *Lactobacillus acidophilus* and *Bifidobacterium longum*, and b) the **prebiotic** part consists of a powdered blend of nutrients that specifically help these good microbes to thrive in your intestines.

Patented triple-encapsulation technology guarantees that counts of **500 million live bacteria** will be maintained in each probiotic capsule from the time the product is manufactured until it reaches your small intestine. This is achieved by: 1) carefully drying the friendly bacteria to put them into a state of hibernation; 2) suspending them in tiny drops of vegetable oil to protect them from moisture and oxygen; 3) surrounding those droplets with another protective layer of lecithin and vegetable oil; and 4) enclosing this in a hard seamless capsule that can withstand passage through the acidic stomach. Once it reaches the small intestine, each capsule dissolves and releases its cargo of viable friendly bacteria.

A teaspoon of the prebiotic powder is mixed with four ounces of water or a beverage of your choice and taken at the same time as the probiotic capsule. It contains two complex carbohydrates: fructo-oligosaccharides (FOS for short), and a carbohydrate called inulin. These provide energy to the good microbes and not the bad, and help them multiply and colonize in your digestive tract. As the good microbes grow, they produce acetic and lactic acids that help reduce the levels of undesirable pathogenic bacteria, which prefer more alkaline conditions. The friendly bacteria also help to counteract the effects of enzymes from the bad microbes that produce carcinogens in our colons. Finally, research has shown that having higher concentrations of beneficial microbes in our digestive tract boosts the ability of our white blood cells to attack and destroy hostile microbes **throughout the body**, not just in the intestinal tract.

In summary, **Optiflora®** certainly lives up to its name – we think it's the best way for you to optimize the levels of beneficial microflora in your digestive tract, and help your body to achieve and maintain good health!



PAIN RELIEF COMPLEX CAPLETS

Pain is our body's warning system to tell us that something is amiss.¹ Our joints and muscles are most likely to experience pain when we push them too hard, especially after long periods of non-use. With lots of heavy physical activity and with aging, our bodies fall victim to arthritis, backaches, muscle strains, sore joints, and so on. All of these interfere with a normal quality of life. When pain occurs, you want relief by the most safe and effective means possible.²

Attacking pain from inside, Shaklee's **Pain Relief Complex** is a patent-pending blend of natural plant extracts that provide sustained relief, often within just a few weeks. It relieves pain and discomfort in joints caused by overexertion, promotes flexibility and comfortable activity, and is gentle on the stomach³. It features a patent-pending combination of clinically proven *Boswellia serrata*⁴ extract and proprietary patent-pending safflower extract for natural pain relief for overworked joints.

This product is effective for people who participate in strenuous recreational activities, especially "weekend warriors" who normally get insufficient exercise to stabilize joints by increasing their muscle strength. It's also beneficial for those persons who place repetitive stress on their joints at home or work — an increasingly common problem given that the incidence of repetitive joint stress has tripled in recent years

The recommended serving of **Pain Relief Complex** is 3 capsules daily. These provide 1000 mg of *Boswellia* (*Boswellia serrata*) resin extract [standardized to 40% total boswellic acids] and 150 mg of Safflower (*Carthamus tinctorius*) flower extract. A controlled clinical trial found that a daily dosage of 1,000 mg of boswellia extract, taken in divided doses, significantly improved joint discomfort, swelling, knee flexion, and walking distance.³ In a clinical study, an extract containing boswellic acids was shown to promote comfortable joint movement.⁴ The benefits of the safflower are newly discovered in the West, but it has a long tradition of herbal use in Asia.⁵

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PROTEIN POWDER, FLAVOUR-ENHANCED SOY

Flavour-Enhanced Soy Protein (or **FESP** for short) contains a “new generation” soy isolate that came onto the market in the mid 1990s. New technology in soy protein isolate manufacturing created a smoother texture and a “less-distinctive” soy flavour than ever before. It's actually blander than the original soy isolates we used to use -- which is good with soy products -- and even kids love it! It's also GMO-free, which means it does not come from soybeans that have been genetically engineered. The product is almost identical to its American cousin, **Energizing Soy Protein**, with only a few ingredient differences because of Canadian regulations.

You'll notice a feeling of energy and vitality from consuming **FESP**. Now, to a scientist, energy means calories or fuel, which is usually associated with carbohydrate intake. But **FESP** has only 110 calories per serving, most of which comes from its protein content. In the body, protein is a nutrient that is conserved and not used as a fuel source except in emergencies. To explain this energy phenomenon, we think the answer may have to do with what is called "glycemic response." Glycemic response is a scientific term describing the effect a food has on blood sugar. Each of you has experienced it.

For example, let's say it's mid-morning or mid-afternoon. You're hungry and busy, so you grab the nearest snack, which happens to be a candy bar. You munch it down and feel good for a while as your blood sugar rises. But soon thereafter, blood sugar reaches its peak and begins to plummet rapidly causing symptoms such as fatigue, irritability and hunger. This roller coaster effect is just the opposite of what you experience when you eat **FESP**. When you consume **FESP**, blood sugar levels remain essentially constant and nourishment is provided without disrupting the body's natural metabolic balance. It prevents the metabolic roller coaster and effectively sustains your energy level. In nutritional terms, we call this "homeostasis", which refers to a state of balance or equilibrium within the body.

In addition to the balanced energy provided by **FESP**, it has the highest rating possible for vegetable protein quality. Protein quality ratings describe the availability of essential amino acids for growth and health. Remember the system for rating proteins called PER or Protein Efficiency Ratio? It tried to describe the benefit of protein foods by measuring the growth of rats! Well, now there is a whole new method for rating protein that has been adopted by the World Health Organization. The standard for protein quality, reflected in the latest scientific measurement approaches, is based on human – not animal – needs for amino acids. With this new method, soy protein is rated Number One in the vegetable protein category, the highest quality rating possible...and no animal testing is required.



PROTEIN POWDER, FLAVOUR-ENHANCED SOY (continued)

The nine essential amino acids required for human health are now listed on our label, along with the typical levels that are found in a serving of the product. And incidentally, **FESP** is gluten-free, which is very good news for the small percentage of consumers who may be sensitive to gluten or who have celiac disease.

Turning now to fats and lipids, you'll notice that Shaklee **FESP** gives you the highest rated vegetable protein quality without cholesterol because there are no animal proteins with their associated fats and cholesterol in our product.

Each serving contains only two-tenths of a gram of saturated fat. (In the United States, the **Energizing Soy Protein** is actually labelled as having no saturated fat, which is allowable due to a difference in food product labelling regulations between our two countries).

And lastly, each serving has less than one gram of total fat per serving. Compare those numbers with animal and dairy protein products, and you'll have one more compelling reason to choose **FESP**.

The Shaklee Wellness Project and Canada's Guide to Healthy Eating both emphasize that we should be eating more foods from plants - which is exactly what you will be doing when you use **FESP**. It contains only vegetable sources of nutrition.

Lastly, we need to mention a particular group of plant nutrients (or **phytonutrients** as they are known) that occur naturally in soy - they're called isoflavones. There is some very exciting and promising research currently underway regarding health benefits of soy isoflavones. In fact, the theme of one of the Shaklee Scientific Advisory Board meetings in 1998 exclusively focused on the health benefits of soy protein. As a result, we are now in the planning stages with Stanford University's Center for Research in Disease Prevention to design a study that will focus on isoflavones and their ability to lower blood cholesterol levels. **FESP** is a rich source of isoflavones. On a measure for measure basis, it provides more isoflavones than soybeans, soy flour, or tofu.

Flavour-Enhanced Soy Protein has so many good things going for it that you may want to consider it your first choice when it comes to protein - not a supplemental protein source. The fact is: there is no other protein source quite like it!



SAW PALMETTO COMPLEX SOFTGELS

Saw Palmetto Complex capsules contain a unique blend of traditional herbs, and were developed by scientists at the Forrest C. Shaklee Research Center in Hayward, CA. This product is beneficial for men over the age of 40 because it can help them maintain proper urinary flow and prostate gland health.

The prostate is a gland that only men have, and is located just below the bladder. It surrounds the urethra, the tube through which urine flows in order to be eliminated from the body. As men grow older, the prostate usually enlarges. This compresses the urethra and slows the flow of urine. The condition of an enlarged prostate is known as Benign Prostate Hyperplasia (BPH). Its symptoms include incomplete emptying of the bladder, which leads to frequent urination both during the day and at night. It also leads to a sense of urgency of urination and, in severe cases, complete blockage of urinary flow. **Saw Palmetto Complex** can often help men with this condition.*

Saw Palmetto Complex has been formulated using three herbal ingredients: saw palmetto extract, pumpkin seed oil and beta-sitosterol. Each of these has been linked to prostate health.

The first ingredient is the product's namesake: **saw palmetto**. This is the common name for an herb known as *Serenoa repens*, a small palm tree that grows only in the Southeastern United States. Native inhabitants of Florida traditionally used saw palmetto to treat certain male bladder, urethra and prostate problems. In fact, in the 1890s, medical journals were touting saw palmetto's effectiveness in treating problems associated with enlarged prostate.

Scientists conducted research to identify active ingredients, and quickly recognized that it was an oil-soluble component of saw palmetto berries that was of benefit to men suffering from symptoms of BPH. Quite a number of fatty acids and plant sterols are found in saw palmetto berry extract. It's still not known whether one or more of these provides the benefits, but evidence today points to the importance of plant sterols such as beta-sitosterol.

The demand for saw palmetto berries has created a very tight world supply. Many brands on the market today try to reduce costs by using only saw palmetto powder. But Shaklee uses the highest potency, premium grade extract available: a 12:1 extract standardized to contain 85-95% fatty acids and phytosterols. That ratio of 12:1 means that it takes 12 kg of saw palmetto berries to produce 1 kg of the extract.

SAW PALMETTO COMPLEX SOFTGELS (continued)

The second botanical ingredient in our unique formulation is **pumpkin seed oil**. The Latin name is *Cucurbita pepo*. This material is sold widely in Europe and, in fact, is listed in the German Herbal Pharmacopoeia for relief of symptoms of enlarged prostate. As in the case of saw palmetto, the active compound in pumpkin seed oil has not been identified; but again, there is a broad range of phytosterols naturally occurring in the oil.

The third ingredient in the formula is **beta-sitosterol**, a phytosterol extracted naturally and in high concentrations from soybeans. It's believed that plant sterols, specifically beta-sitosterol, have chemical structures very similar to testosterone and estrogen. It has been observed that men with BPH have higher levels of these latter hormones than those with normal prostates. So, it may be that phytosterols, because of their similar chemical structure, block receptor sites for testosterone and estrogen, and limit the effect of these hormones on enlarging the prostate. That's only a theory. But whatever the mechanism, the fact is that these herbal ingredients *do* work.

Numerous studies have confirmed the efficacy of our ingredients. A 1980 study in *The British Journal of Clinical Pharmacology*, for example, researched the effectiveness of saw palmetto extract. It showed a 50% increase in urinary flow and a significant reduction in the amount of urine left in the bladder. Perhaps more importantly, subjects recorded a marked improvement in their quality of life. Another study in *The British Journal of Urology*, conducted on a combination of saw palmetto and pumpkin seed oil, again showed an increased flow in urine with decreased nocturnal frequency and no side effects. And, finally, a study published in 1995 in the prestigious British medical journal *Lancet* demonstrated the beneficial effects of our third ingredient, **beta-sitosterol**. Benefits are the same as noted in the previously mentioned studies.

After reviewing clinical studies and researching ingredients, Shaklee's scientists developed a soft gelatin capsule for men to take. The recommended dosage is two capsules daily. Each two-capsule dose delivers 320 mg of standardized saw palmetto extract and 30 mg of soybean beta-sitosterol in pumpkin seed oil. And, of course, like some of our other products containing oils or delicate ingredients, we protect our precious mixture with ShakleeGuard[®], Shaklee's patented blend of natural antioxidants.

For those individuals with symptoms of BPH, many can expect to respond to treatment with **Saw Palmetto Complex**. Results are usually observed within four to eight weeks. And most importantly for our consumers, the product is safe and may be used as long as needed with no side effects.

Note: **Saw Palmetto Complex does not treat prostate cancer and is not intended to replace regular visits to a physician. A diagnosis by a physician is needed to distinguish the symptoms of BPH from the small number of cases of enlarged prostates that may be caused by more serious medical conditions.*



SHAKLEE DR™ TABLETS

It makes sense for each of us to keep our immune system strong so that it's ready to protect our body from unwanted bacteria, viruses, fungi and other harmful organisms. We are constantly exposed to microorganisms whenever we are around other people, especially at certain times of the year when colds and flu bugs are prevalent. In addition, we are regularly exposed to immune challenges at work or at school (when handling telephones or keyboards that others use), or when using public transportation, pay telephones, bank machines, water fountains, etc.

From an early age, we are taught to keep our immune system in top form with a healthy diet and plenty of rest. But in today's stressful society, many of us have trouble eating well and sleeping enough and have weakened immune systems as a result. Fortunately, scientific studies have shown that supplementation with certain nutrients and herbal ingredients can also help to bolster the immune system during those times when we are faced with particular immune challenges. **Shaklee DR™** tablets contain a unique blend of ingredients known to help **D**efend your body from common pathogens and to **R**esist infection.

Each tablet contains standardized extracts of Echinacea, Black Elderberry, and Larch Tree – three herbal ingredients known to stimulate the body's natural resistance. **Shaklee DR™** also contains zinc gluconate, a mineral known to help support immune function and to be soothing to the sore throat that often accompanies a cold. **Elderberry juice** acts as a natural flavour for the product and another herbal ingredient, **stevia** (*Stevia rebaudiana*), provides some natural sweetness.

The **echinacea** in the product is an extract of the herb and root of *Echinacea purpurea*, the most studied Echinacea species. Scientists believe that the cichoric acid and alkamides in this plant are responsible for its immunostimulating activity. Six **Shaklee DR™** tablets will supply 168 mg of the 6:1 Echinacea extract; that's the equivalent of just over 1,000 mg of the dried herb, a dosage found to be effective in relieving sore throats due to colds.

Black elderberry (*Sambucus nigra*) is used in two ways in the product. Elderberry extract provides standardized amounts of anthocyanadins and polyphenols -- antioxidant compounds that help the immune system. Elderberry juice is used to give the tablets their delicious blueberry-like flavour.

The **Larch tree** (*Larix occidentalis*) extract contributes arabinogalactans, compounds even more immunoactive than extracts of Echinacea, which are known to help maintain a state of immune readiness.



SHAKLEE DR™ TABLETS (continued)

The mineral zinc is supplied by **zinc gluconate**, a compound also found in clinical studies to relieve sore throats. Each tablet contains 2.75 mg of zinc. Zinc acts as a trigger for over 200 different enzymes in the body, contributes to growth and development, and is important to proper immune function.

Shaklee DR™ can be swallowed, dissolved in the mouth and chewed, or crushed and made into a tea. Take **Shaklee DR™** when you know your immune system is being challenged. Canadian labelling regulations for mixed mineral/herbal products only allow us to state a dosage of one tablet per day, but most health-care practitioners would recommend taking 6 tablets per day for about 7 days. (Children 4-12 years old should take 2-4 tablets per day for about 7 days.) Stop taking the product for a few days before starting again, if needed.

So, remember to use **Shaklee DR™** to help your immune system to **D**efend and **R**esist. It should also help to minimize the “downtime” experienced whenever your body faces seasonal immune challenges.

*NOTE: we’re in the process of getting **Shaklee DR™** registered as a natural health product in Canada, and have submitted data to justify a new dosage of six tablets per day for adults and two to four tablets per day for children four to 12 years of age. This is the dosage recommended in the United States, where this product is sold as Shaklee **Defend and Resist Complex**.



SHAKLEE VITALIZER™ PACKS (With or Without Iron)

Shaklee Vitalizer™ Vita-Strips™ were designed to deliver the most important nutrients to long-term health to consumers in a quick, convenient format. In fact, this is the most comprehensive nutritional product that Shaklee has launched in its 50-year history.

There's no better time than the present to start a sound supplementation program, and Shaklee Vitalizer™ is an easy way to get started. Benefit from a comprehensive multivitamin formula with probiotics and omega-3s and give your body a head start in fending off the various conditions and maladies that will challenge us all as we get older. The Shaklee Vitalizer™ provides all essential vitamins and minerals, the full spectrum of antioxidants, phytonutrients including carotenoids and flavonoids, ultra-pure omega-3 fatty acids and probiotics *L. acidophilus* and *B. longum*.

Each Vita-Strip™ contains: 2 Advanced Formula Vita Lea® (without iron) tablets (or 2 Advanced Formula Vita Lea® with Iron tablets in the Shaklee Vitalizer + Iron™), 1 Vitamin B+C Complex caplet, 2 Caroto-E-Omega Complex capsules, and 1 Optiflora® Probiotic Complex beadlet. Shaklee Vitalizer™ delivers more nutrition in 6 tablets/capsules than what competitors can deliver in 10 to 18!

Combined with one of Shaklee's protein products (Flavour-Enhanced Soy Protein, Instant Protein® Soy Mix or Cinch™ Shake Mix), Shaklee Vitalizer™ helps to promote the health of the cardiovascular system, breast, lung, prostate, colon, bones, muscles, blood vessels, eyes, teeth and gums.

The Shaklee Vitalizer™ concept is based on what we learned from the University of California (Berkeley) Landmark Study of long-term supplement users—a collaboration with Dr. Gladys Block of the University's School of Public Health and Shaklee scientists. This first-of-its-kind study is proof of the Shaklee Difference, validating the health benefits of consistent long-term use of Shaklee dietary supplements. It also identifies and quantifies the benefits of Shaklee supplementation as compared to the use of other supplements, as well as no supplements. Long-term Shaklee supplement users were shown to be a healthier population, and no negative consequences or safety issues related to the long-term use of multiple dietary supplements were found during the study.

With what we learned from the Landmark Study we decided to create a comprehensive product that would provide all the micronutrients every person needs to stay healthy long term. Shaklee Vitalizer™ is a universal foundation that is compatible with all the Shaklee targeted health products; it acts as a nutrition starter pack. It's enhanced with revolutionary technology, the S.M.A.R.T.™ (Shaklee Multinutrient Advanced Release Technology™) delivery system—protected by 12 patents and 2 patents pending—establishing profound and proprietary competitive advantages. This revolutionary delivery system is proven to get the right nutrients to the right places at the right time.

And remember you only need to take Shaklee Vitalizer™ once a day. And make sure to take it with a glass half full, as opposed to one that's half empty! Always take it with a meal, however. Breakfast is best, since this will keep you vitalized all day.

STRESS RELIEF COMPLEX CAPLETS

A Statistics Canada study shows that about 25% of Canadians between the ages of 25 and 44 describe themselves as “severely time-stressed,” 30% view themselves as workaholics, and more than 50% believe they’re not spending enough time with family and friends. The health impact of prolonged stress can be huge. In the United States, the American Psychological Association estimates that more than 75% of all visits to doctors’ offices are for stress-related complaints. In Canada, the picture is very similar.

Some people try to relieve tension with behaviours – such as drinking, smoking, or overeating – that actually increase stress and present their own health risks. Stress-driven eating can lead to unhealthy weight gain. Many Canadians have tried to alleviate stress with supplements, especially the herbal supplement kava. But kava can produce unwanted drowsiness and potential health problems. In fact, on August 21, 2002, Health Canada issued a stop-sale and recall notice for all kava-containing products. Canadians were advised that kava-containing products posed an unacceptable potential risk to health because of numerous reports in Canada and abroad connecting the use of kava with serious liver dysfunction.

Shaklee’s **Stress Relief Complex** offers safe nutritional support to help you quickly relax and stay calm without drowsiness. It contains a unique blend of natural ingredients that provide quick relief from tension while promoting alertness:

- **L-theanine (100 mg)**, a naturally occurring amino acid found in green tea, helps produce a relaxed yet alert mental state. In one study with young women, L-theanine appeared to produce a relaxed and alert state by having the greatest impact on the intensity of alpha waves among the women categorized as high-anxiety responders.
- **Ashwagandha (*Withania somnifera*) (100 mg)**, an Ayurvedic herb, has traditionally been used to enhance the body’s ability to adapt to continuing stress. Laboratory studies and centuries of safe use have demonstrated ashwagandha’s adaptogenic properties, including its ability to enhance performance during stress.
- **Beta-sitosterol (60 mg)**, a natural plant sterol, helps blunt the response of cortisol, which is a hormone produced during physical stress. Chronically high cortisol levels have a negative association with good long-term health. One study suggested that beta-sitosterol had a positive effect on immune function in marathon runners, in addition to blunting the subjects’ cortisol levels.

STRESS RELIEF COMPLEX CAPLETS (continued)

- **L-tyrosine (100 mg)** is another amino acid used by the body to make the neurotransmitter known as norepinephrine. Studies suggest that norepinephrine levels may decline with stress. In a number of human studies, fairly high intakes of L-tyrosine were found to lessen the impact of such environmental stressors as extreme cold, loud noises, or sleep deprivation on the performance of subjects. Environmental conditions often lead to stress or anxiety.

Adult usage instructions: take one caplet daily during periods of stress. Some individuals may wish to take two caplets on occasion. Use this product as part of a stress-management programme that includes a healthy diet, regular exercise, and good social support. If pregnant or nursing, consult a health professional.

Adding Up the Benefits

Stress Relief Complex was designed for people seeking a natural approach to help cope with the everyday stresses of modern life. It's ideal for working women with children; those whose jobs involve pressures such as public speaking or demanding deadlines; athletes, entertainers, or others in the public eye; and people experiencing increased stress due to recent economic or security concerns.

References:

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VITA BAR[®] (COCOA-FLAVOURED)

Shaklee Canada's cocoa-flavoured **Vita Bar[®]** is manufactured to comply with the Canadian regulations for *meal replacement products*. Meal replacements are nutritionally balanced to provide sufficient amounts of the **macro-nutrients** (i.e., protein, carbohydrates and fats - including guaranteed levels of the essential fatty acids, linoleic and linolenic acids) as well as the **micro-nutrients** (vitamins and minerals) to persons who wish to go on a weight-loss or weight-maintenance program.

To use the **Vita Bar[®]** as part of a weight-loss program, you simply replace 1 or 2 meals a day with a bar and then follow the suggested menu plan (printed inside the decorator box) to control the total calories eaten to about 1200 per day. This, coupled with some regular exercise, can help people to reduce weight safely at a rate of 2-3 pounds per week. The **Vita Bar[®]** can also be used as a delicious snack bar for growing children, teenagers or adults.

Neither the coating nor the core of the cocoa-flavoured **Vita Bar[®]** contains any hydrogenated or partially hydrogenated vegetable oil. Instead we have used fractionated palm oil to harden the coating and non-hydrogenated, pure soybean oil to supply the required fatty acids in the core. (The original dahlia-flavoured **Vita Bar[®]**, which is now discontinued, used partially hydrogenated soybean oil for both purposes. This was acceptable in its day but is no longer desirable because of today's awareness of the health dangers of too much saturated or trans fatty acids in one's diet.) The cocoa-flavoured **Vita Bar[®]** meal replacement and snack bar is therefore free of trans fatty acids.

The **Vita Bar[®]** is a solid food that does not require any liquids to prepare it for eating. It's easy to toss into a purse, briefcase, backpack or lunchbox as a convenient snack or meal replacement.



VITA-C 100 CHEWABLES

Believe it or not, various kinds of citrus fruit – which we all know contain relatively high vitamin C contents – actually supply only a small amount of vitamin C in a typical serving. A medium orange, for instance, contains 66 mg of vitamin C; half a grapefruit contains about 37 mg. That's why it would be extremely difficult to manufacture a conveniently sized tablet consisting only of 100 per cent natural materials containing the entire amount of vitamin C needed to be effective as a daily therapeutic dosage.

Instead, Shaklee uses vitamin C derived from corn starch ("natural-source vitamin C") to provide the bulk of the label claim of vitamin C. The vitamin C produced in this way is exactly the same molecule that occurs in citrus fruit, but lacks the other related factors normally found in natural vitamin C sources. To compensate, Shaklee mimics Mother Nature by adding other natural-source ingredients that contain vitamin C and closely related compounds. For example, in addition to natural-source vitamin C, our Vita-C 100 chewable tablets contain grapefruit oil and rose hips powder.

Why is it so important for us to include adequate amounts of vitamin C in our daily diets?

Vitamin C helps maintain the body's natural antioxidant defence against damage to water-soluble segments of cells caused by exposure to smog, smoke and poor eating habits. By helping to maintain cell integrity, vitamin C also helps support immune function. It blocks the conversion of nitrates – which are found in many foods, including processed meat – into harmful forms called nitrosamines. In addition to being such a powerful antioxidant, vitamin C helps maintain the health of eyes, teeth and gums, as well as the structure of bones, muscles and blood vessels. It's also critical to the development of collagen, and necessary for strong teeth and healthy gums.

Our bodies cannot make or store vitamin C, and, since it's lost during everyday activity, it needs to be replenished daily. Vita-C 100 tablets are convenient way for persons who do not like to swallow tablets to take their vitamin C. Each chewable tablet delivers 100 mg of protective vitamin C in an appetizing form that even children will love.



VITA-C 500 SUSTAINED RELEASE TABLETS

Where does one go when a higher potency vitamin C supplement is wanted? The fact is that various kinds of citrus fruit – which we all know contain relatively high vitamin C contents – actually supply only a small amount of vitamin C in a typical serving. A medium orange, for instance, contains 66 mg of vitamin C; half a grapefruit contains about 37 mg. That's why it would be extremely difficult to manufacture a conveniently sized tablet consisting only of 100 per cent natural materials containing the entire amount of vitamin C needed to be effective as a daily therapeutic dosage.

Instead, Shaklee uses vitamin C derived from corn starch ("natural-source vitamin C") to provide the bulk of the label claim of vitamin C. The vitamin C produced in this way is exactly the same molecule that occurs in citrus fruit, but lacks the other related factors normally found in natural vitamin C sources. To compensate, Shaklee mimics Mother Nature by adding other natural-source ingredients that contain vitamin C and closely related compounds. For example, in addition to natural-source vitamin C, our Vita-C 500 Sustained Release tablets contain bioflavonoids, hesperidin and rose hips powder.

Why is it so important for us to include adequate amounts of vitamin C in our daily diets?

Vitamin C helps maintain the body's natural antioxidant defence against damage to water-soluble segments of cells caused by exposure to smog, smoke and poor eating habits. By helping to maintain cell integrity, vitamin C also helps support immune function. It blocks the conversion of nitrates – which are found in many foods, including processed meat – into harmful forms called nitrosamines. In addition to being such a powerful antioxidant, vitamin C helps maintain the health of eyes, teeth and gums, as well as the structure of bones, muscles and blood vessels. It's also critical to the development of collagen, and necessary for strong teeth and healthy gums.

Our bodies cannot make or store vitamin C, and, since it's lost during everyday activity, it needs to be replenished daily. Vita-C 500 taken twice at a 5-hour interval has been shown in clinical tests to maintain vitamin C levels over 24 hours – equivalent to taking 100 mg of vitamin C every hour for 10 straight hours. And these levels were significantly greater over a 24-hour period than levels resulting from 1000 mg of vitamin C taken at once.

The best way to ensure a steady supply of vitamin C to your cells is by taking Shaklee Vita-C 500 Sustained Release tablets – the first sustained-release vitamin C supplement to use all-natural gums and waxes to release pure, protective vitamin C gently and continuously.

VITA-D₃TM TABLETS

Vitamin D – when combined with calcium intake, a healthy diet, and regular exercise – may reduce the risk of developing osteoporosis because it helps in the development and maintenance of strong, healthy bones. It also helps in the development and maintenance of teeth and is involved in so many other bodily processes that it's considered “a factor in the maintenance of good health.”

Vitamin D has long been known as the “sunshine vitamin” because the action of the sun's ultraviolet B (UV_B) rays produces 7-dehydrocholesterol, a precursor of vitamin D, in the epidermis, which is the outer layer of the skin. It was traditionally felt that some daily exposure to the sun gave us all the vitamin D we needed to prevent diseases such as rickets and osteomalacia (adult vitamin D deficiency).

Researchers have found that vitamin D absorption can be affected by the following factors:

- **Inadequate sun exposure:** Working or staying mostly indoors, or wearing sunscreen and protective hats and clothing when outdoors, limits the amount of vitamin D produced in sun-exposed skin.
- **Living farther from the equator:** The farther north or south of the equator you live, the less effective the UV_B rays of the sun will be in producing vitamin D in the skin. Persons living above 35° latitude, which includes all of Canada, don't receive sufficient sunlight during the winter months to produce adequate levels of vitamin D.
- **Being overweight, obese, or inactive:** Vitamin D is stored in the body's fat cells and is less available for circulation in persons who are overweight or don't exercise regularly.
- **Degree of skin pigmentation:** People of colour, especially those of African and east Asian background, absorb less UV_B radiation from the sun's rays and make less vitamin D than persons of lighter skin colour. Darker skin contains a natural sunblock that makes it harder for the skin to make vitamin D.
- **Age:** The older you are, the more vitamin D you need because your body becomes less efficient in converting vitamin D to a form it can use as you age.
- **Malabsorption syndromes, genetic disorders, surgery:** Certain conditions or diseases (including celiac disease, cystic fibrosis, chronic liver disease, or inflammatory bowel diseases such as Crohn's disease or ulcerative colitis) cause poor absorption of vitamins and minerals. Persons who've had gastric bypass surgery are also less able to absorb vitamin D from their diets.

Foods naturally rich in vitamin D include eggs, chicken livers, salmon, sardines, herring, mackerel, swordfish, and fish liver oils. But most of these aren't eaten regularly enough to supply an adequate daily dosage of vitamin D to consumers.

VITA-D₃[™] TABLETS (continued)

While milk, margarine, and some cereals and juices are fortified with vitamin D, diet alone isn't able to bring most Canadians to acceptable levels.

For many years Health Canada's recommendations have been: 200 IU of vitamin D per day for children, adolescents, and adults 19 to 50 years of age, including pregnant and lactating women; 400 IU for adults 51 to 70 years of age; and 600 IU for adults 70 years of age or older. Many researchers now feel that these recommendations may **not** produce adequate levels of serum 25-hydroxyvitamin D, also known as 25(OH)D, a key biomarker in the blood. The 25(OH)D is converted to 1,25-dihydroxyvitamin D, the active form of vitamin D that's now known to target more than 200 genes! It's clear that vitamin D is critical in many cellular processes that contribute to good health.

Most experts believe that blood levels below 50 nmol/L of 25(OH)D are deficient and that 75 nmol/L is probably a minimal level. That's because studies have shown that absorption of calcium from dietary sources is increased by 45% to 65% when vitamin D levels are increased from 50 nmol/L to 80 nmol/L of 25(OH)D. When the blood levels of 25(OH)D reach optimal levels, your body doesn't take calcium from your bones to maintain required blood calcium levels. This in turn reduces the occurrence of osteoporosis and, indirectly, the incidence of hip fractures in the elderly that lead to falls.

To achieve the desired blood levels of vitamin D, the Scientific Advisory Committee for Osteoporosis Canada now recommends daily supplements of 400 to 1,000 IU for adults under age 50 without osteoporosis or conditions affecting vitamin D absorption. For adults over 50, supplements of between 800 and 2,000 IU are recommended. A daily supplement of 800 IU should be regarded as a minimum dose for all adults with osteoporosis.

While Shaklee multivitamins and calcium supplements have always contained vitamin D to assist with calcium absorption, the research in the last decade has convinced us that a separate supplement will make it more convenient to boost your level of vitamin D. Shaklee **Vita-D₃** tablets each contain 1,000 IU (25 mcg) of high potency vitamin D₃ (twice as effective as vitamin D₂ in raising blood 25(OH)D levels), so they can easily be taken in addition to your other daily supplements to ensure an optimal total daily intake. Supplemental vitamin D is clinically supported and proven to significantly raise blood levels of vitamin D.

Shaklee **Vita-D₃** is the culmination of recent scientific research, including two Shaklee industry-leading vitamin D studies. The tablets don't contain any artificial flavours, sweeteners, colours, or preservatives and are gluten free and Star-K kosher certified. Last, but not least, they're 100% guaranteed by Shaklee.



VITA-E® 400 PLUS SOFTGELS

Shaklee's premium **Vita-E® 400 Plus** capsules contain a mixture of three powerful antioxidants.

First, they contain 400 IU of **vitamin E** activity from a combination of natural vitamin E alcohol (d-alpha-tocopherol) and mixed tocopherols.

Secondly, they contain 65 mcg of **selenium** (in the form of a hydrolyzed vegetable protein), which is well known as a synergistic agent that helps increase vitamin E's antioxidant activity. (Health Canada has recommended that Canadians not exceed an intake of 200 mcg of selenium per day.)

Finally, they contain 38 mg of **grape seed extract**, one of the more newly discovered antioxidant compounds, said to be 20 times stronger than vitamin E and 50 times stronger than vitamin C. Grape seeds are naturally rich in phytochemicals called proanthocyanidins, powerfully protective compounds that rival traditional antioxidants and have a measurable impact on promoting and maintaining good health.

For years it has been believed that vitamin E will help keep the heart and circulatory system healthy. A few large-scale epidemiological studies seem to support this but there has been no convincing study to show a direct cause and effect. Some researchers now feel that vitamin E may only function protectively in the presence of other compounds that act as co-antioxidants. It is known that vitamin E in cell membranes protects them from toxic compounds, heavy metals, drugs, radiation and free radicals. Vitamin E may also prevent cholesterol from oxidative damage.

Vita-E® 400 Plus has an edge over competitive products that don't contain complementary ingredients, so they're an excellent choice for anyone who wants to defend his or her cells against the ravages of oxidation.



VITA-LEA® OCEAN WONDERS CHEWABLES

It's widely known in Canada that some of our children's diets lack the nutrients they need. The **Children's Health & Nutrition Initiative** reported that "many children's diets are poor, and diet-related outcomes such as obesity, type 2 diabetes, hypertension, and high cholesterol are rising among Canada's children. Poor nutrition has been linked to low academic performance, classroom behaviour problems, and low self-esteem, as well as long-term health risks. More than seven out of 10 children don't eat the recommended daily minimum of five servings of vegetables and fruit, as recommended by Canada's Food Guide."¹

By skipping meals and consuming lots of fast food, soft drinks, and sweet snacks, many Canadian children have developed diets that fall short in important nutrients. Since inadequate nutrition during childhood and adolescence can have immediate and long-term health consequences, supplementation with a balanced multivitamin-multimineral formula is essential to making sure your children receive the vitamins and minerals they need.

Shaklee's new-and-improved **Vita-Lea® Ocean Wonders™** is excellent for ensuring your children's proper nutrition. This supplement – suitable for sale in Canada and the United States – is the replacement for Vita-Lea® Chewables and has increased levels of 13 of the 19 nutrients. **Vita-Lea Ocean Wonders** provides 19 essential vitamins and minerals, including calcium, magnesium, and vitamin D, to provide the nutritional foundation growing children need:

New-and-Improved Vita-Lea® Ocean Wonders™ vs. Vita-Lea® Chewables

Vita-Lea Ocean Wonders			Vita-Lea Chewables		
For children 4–12: 2 per day (and 2–4 who can safely chew tablets: 1 per day)			For children under 6 years of age: 2 per day; over 6 years of age: 4 per day		
Nutrient	Supplied as:	Daily Dose		Supplied as:	Daily Dose
Vitamin A	50% beta carotene/ 50% vitamin A acetate	2500 IU	1	Vitamin A palmitate	2500 IU
Vitamin D	Cholecalciferol	600 IU*	2	Cholecalciferol	200 IU
Vitamin E	d-alpha tocopheryl acetate	30 IU*	3	d-alpha tocopheryl acetate	12 IU
Vitamin K	Phytonadione	20 mcg*	4	Not added	–
Vitamin C	Ascorbic acid	60 mg*	5	Ascorbic acid	60 mg
Thiamine	Thiamine mononitrate	1.5 mg*	6	Thiamine mononitrate	1.1 mg
Riboflavin	Riboflavin	1.7 mg*	7	Riboflavin	1.2 mg
Niacinamide	Niacinamide	15 mg*	8	Niacinamide	14 mg



VITA-LEA® OCEAN WONDERS CHEWABLES (continued)

Vita-Lea Ocean Wonders			Vita-Lea Chewables		
For children 4–12: 2 per day (and 2–4 who can safely chew tablets: 1 per day)			For children under 6 years of age: 2 per day; over 6 years of age: 4 per day		
Nutrient	Supplied as:	Daily Dose		Supplied as:	Daily Dose
Vitamin B ₆	Pyridoxine hydrochloride	2 mg*	9	Pyridoxine hydrochloride	1.5 mg
Folate	Folic acid	400 mcg*	10	Folic acid	300 mcg
Vitamin B ₁₂	Cyanocobalamin	6 mcg*	11	Cyanocobalamin	3 mcg
Biotin	d-biotin	300 mcg*	12	d-biotin	100 mcg
Pantothenic acid	d-calcium pantothenate	10 mg*	13	d-calcium pantothenate	4 mg
Calcium	Calcium carbonate	200 mg*	14	Dibasic calcium phosphate	167 mg
Phosphorus	Not added	–		Dibasic calcium phosphate	125 mg
Magnesium	Magnesium oxide	40 mg	15	Magnesium carbonate	60 mg
Iron	Ferrous fumarate	6 mg	16	Ferrous fumarate	10 mg
Copper	Copper oxide	0.5 mg	17	Copper carbonate	1 mg
Zinc	Zinc oxide	5 mg	18	Zinc oxide	5 mg
Iodine	Potassium iodide	75 mcg*	19	Potassium iodide	50 mcg

*This nutrient level has been increased over the original level in Vita-Lea Chewables.

Vita-Lea Ocean Wonders tablets are also sweetened with tooth-friendly ingredients. While frequent between-meal consumption of foods high in sugars and starches promotes dental cavities, the sweeteners in **Vita-Lea Ocean Wonders** (sorbitol, xylitol, and stevia) may help reduce the risk of tooth decay.² These chewable tablets come in three yummy flavours – tropical punch, grape, and berry – and the tablets are embossed with fun ocean animal shapes – fish, dolphin, and sea horse – that your children will love.

The recommended daily dosage of **Vita-Lea Ocean Wonders** for children four to 12 years of age is two tablets per day, preferably taken with food. (For children aged two to four who can safely chew tablets, the daily dosage is one tablet per day.) Please note that **Vita-Lea Ocean Wonders** tablets are kosher certified and gluten free.

1. The Children's Health & Nutrition Initiative [http://www.childrensfood.ca/chni_summary_eng.pdf].

2. Xylitol is a sugar alcohol whose sweet taste is similar to that of sucrose, or white table sugar, the most commonly used form of sugar. Studies show that xylitol contains anticariogenic properties, which means that, unlike sucrose, it does not promote tooth decay because it cannot be metabolized by the bacteria that produce acid and dental plaque. Xylitol also inhibits the growth of certain bacteria, especially *Streptococcus mutans*, significantly reducing plaque volume in teeth. Sorbitol is also a sugar alcohol that is non-cariogenic. Stevia, an herbal extract that is 300 times sweeter than sucrose, is not known to encourage cavity formation in the teeth.



VITA-LEA® TABLETS, ADVANCED FORMULA

A LONG HISTORY

Shaklee Canada's **Advanced Formula Vita-Lea®** is our flagship multivitamin/multimineral product. Based on Dr. Forrest C. Shaklee's original "Vitalized Minerals" product, which he first developed in 1915 to be given to patients recovering from surgeries, it was formulated by Dr. Shaklee to be a daily-use product containing a wide spectrum of vitamins and minerals – from as many natural-source ingredients as possible – that would provide a solid foundation for anyone's personal supplementation program.

Over the years, the formulation has been enhanced by Shaklee scientists to keep pace with updates in the human requirements for vitamins and minerals, and to provide better absorption of its ingredients.

ANTIOXIDANTS

Advanced Formula Vita-Lea® is a good source of antioxidant nutrients such as vitamin E, vitamin C, and selenium. In addition, it contains much more biotin and folic acid than our competition.

Folic acid depletion is the most common vitamin deficiency during pregnancy. And biotin is an enzyme cofactor essential to the metabolism of carbohydrate, protein, and fat; it's also very expensive, so many companies skimp on it when designing their formulas.

TRACE MINERALS

Following the lead of Dr. Shaklee in searching for "unknown nutritional factors," scientists have discovered the increased importance of trace minerals. These nutrients act as "enzyme activators" by combining with enzymes to enable them to function properly.

Selenium is best known as a cofactor for the enzyme glutathione peroxidase that protects cell membranes from free radical oxidation. It also forms complexes with heavy metals such as cadmium and mercury to protect against toxicity.

Chromium is a component of the glucose tolerance factor and is required for normal carbohydrate metabolism through the enhancement of the action of insulin.

Molybdenum and iodine are vital to the functional processes of growth and metabolism.



VITA-LEA® TABLETS, ADVANCED FORMULA (continued)

AVAILABLE WITH OR WITHOUT IRON

Iron deficiency anemia is the number one nutrient deficiency disease among children, teens, and women of childbearing age in North America. Iron supplementation is recommended for these groups. However, healthy men and post-menopausal women have a lower requirement for iron, as they usually ingest enough of this nutrient from their diets. That's why **Advanced Formula Vita-Lea®** is available in two forms – with or without iron – so that all consumers can have appropriate choices.

EASY TO DIGEST

One of the best features of **Advanced Formula Vita-Lea®** is its easy-to-digest formula. Certain forms of minerals such as zinc, iron, molybdenum, and chromium may cause a temporary feeling of queasiness and nausea after ingestion, particularly for a segment of sensitive consumers. As a result, our scientists selected organic acid and protein-bound sources of these minerals to help minimize any stomach discomfort.

The disintegration time has also been controlled so that the minerals are released gradually into the stomach, making it gentle on the stomach and easy to tolerate.

COATED FOR ADDITIONAL BENEFITS

As a final gesture of the care we take with all the nutrients packed into this comprehensive product, we've coated each tablet with an aqueous film coating based on nutrient-rich spirulina and other natural fibre materials. This coating protects the nutrients in the core of the tablet from damaging light rays and also contains protective ShakleeGuard®, a unique blend of three natural antioxidants (ascorbyl palmitate – a form of vitamin C; mixed tocopherols – a form of vitamin E; and rosemary extract – an excellent herbal antioxidant) to prevent damage from oxidation. In addition, when the coating gets wet in your mouth, it becomes slippery and makes the tablets very easy to swallow.

SUMMARY

Advanced Formula Vita-Lea® multivitamin/multimineral supplement provides a smorgasbord of essential nutrients in balanced amounts to promote overall health and wellness and support long-term health. It should be considered as a good starting point for anyone's nutritional supplementation program.

VIVIX CELLULAR ANTI-AGING TONIC

Shaklee's scientists set out to create a formula to address the mechanisms of biological aging. They looked at thousands of scientific papers that have been published on the subject of aging, most of them published in the last 10 years, so it's very cutting edge research.

First of all, they looked at the research done on resveratrol – a component of red wine – and they discovered that people living in France who are known to drink a lot of red wine had a lower incidence of cardiovascular disease even though they ate a high-fat diet – this is the so-called “French Paradox.”

Other research, including studies done at Harvard University, the National Cancer Institute and the Institute on Aging, indicates that we can control **biological** aging. By addressing some of the major causes of aging – like smoking, pollution, poor diet, obesity and our genes – we can actually slow down the aging process. However, there is nothing we can do to slow down **chronological** aging: we'll all just keep getting a year older every year.

Scientists have found there are four key mechanisms of cellular or biological aging:

1. Every day our cells are bombarded with a million hits by free radicals. These free radicals damage our DNA which can eventually lead to cell death.
2. Genetic regulators control the balance between DNA damage and repair, **[Click again]** and impact cell lifespan.
3. Mitochondria in our cells create energy that we cannot live without. Over time, mitochondrial efficiency decreases as we age as the mitochondria decrease in size and numbers.
4. Finally, the accumulation of advanced glycation end-product (AGE) proteins is like a plaque that can hamper normal cell function by damaging the structure and function of vital cellular components. Sometimes, these proteins get mucked up and, when combined with excess sugar, the result can be diabetes. Eventually the cells will die.

But we don't want that to happen, do we? So Shaklee scientists developed Vivix – a revolutionary breakthrough in cellular anti-aging. The key ingredients in Vivix have been shown to:

- Effectively help protect and repair DNA
- Positively impact genetic regulators
- Promote mitochondrial health and growth to maintain energy production up as we age, and
- Reduce the formation of those AGE proteins that can gradually clog up cells.

The Vivix ingredients also support heart health, brain health and cardiovascular function. Plus they enhance immunity and support joint function.

VIVIX™ CELLULAR ANTI-AGING TONIC (continued)

Active Ingredients

Resveratrol strongly addresses three of the four key aging mechanisms and, in addition, research has shown it also supports heart and joint health and brain health and cognitive function. You will now find over 2400 references if you do a search for “resveratrol” on PubMed, the search engine for scientific literature maintained by the US Library of Medicine and the National Institutes of Health.

Resveratrol is typically found in red wine but not all red wines contain the same percentage of resveratrol. To avoid that issue, Shaklee identified a unique, natural resveratrol source that is at least 98% pure. It's from a plant called Japanese knotweed, which has the Latin name *Polygonum cuspidatum*. It's extremely well tolerated, and its potency is unsurpassed. The daily dose of one teaspoon, or 5 mL, of Vivix delivers the same amount of resveratrol found in 100 glasses of red wine. So that means a 30-day supply of Vivix delivers the same amount of resveratrol found in 3,000 glasses of wine.

A second powerful ingredient in Vivix comes from a remarkable “super” grape, known as Muscadine or *Vitis rotundifolia*. Muscadine grapes are much larger than regular grapes and they are the only grapes in nature with an extra chromosome – which scientists believe gives them grape the ability to produce more beneficial antioxidants called polyphenols than other grape varieties. These polyphenols protect the grape as it grows in hot, humid environments so you'll only find it commercially grown in the sultry American southeast, in states like Georgia, Florida, and the Carolinas.

Muscadine grapes contain many special compounds known to provide health benefits. They are concentrated in the skin and seed of the grape. Our extract deals with the whole grape, not like other extracts that use only the pulp or pomace of the grapes and then have added sugar and water.

Our extract from muscadine grapes is particularly rich in ellagic acid, a phytonutrient not found in ordinary grapes. Ellagic acid is responsible for many of the unique cellular anti-aging actions of the super grape in the Vivix formulation. In addition, the extract supplies many other potent polyphenols, as you can see listed in the slide, which positively affect cellular longevity.

Our scientists were interested in this super grape because of its many longevity-related health benefits. Most importantly, it was found to address the fourth mechanism of cellular aging, which resveratrol did not do very well.



VIVIX™ CELLULAR ANTI-AGING TONIC (continued)

Developing the super grape extract was quite an adventure for the Shaklee scientists! They needed a way to maximize the potency of the polyphenol compounds found in these super grapes, so they worked with scientists from the University of Georgia to create a gentle extraction process that would guarantee the highest possible biological activity. The process entailed combining two different varieties of muscadine grapes, the bronze and the purple, and concentrating them down – but not to dryness – as they did not want to destroy the potency of any of the polyphenols.

The result is a fresh, full-spectrum liquid extract. Shaklee has applied for a patent on this process so it can't be duplicated by any another company. We also made a sizeable investment in the equipment used for the extraction process, which guarantees us exclusivity for years to come.

One unexpected result is that laboratory studies show that the unique Vivix combination of resveratrol plus super grape extract reduced the formation of those AGE proteins **10 times more** than resveratrol alone.

The other active ingredients in Vivix are extracts of European elderberry (*Sambucus nigra*) fruit and purple carrot (*Daucus carota sativa*) root, which both supply potent polyphenols that exert similar anti-aging effects to resveratrol in the cell.

We're proud to introduce this exclusive product to you. It's taken years of research and ingenuity to develop and has been an extremely complex project. It contains a blend of active ingredients that provide a full-spectrum of polyphenols and we've applied for patents to protect our intellectual property so no one can duplicate it.

ZINC TABLETS

Zinc has many functions in the body. It's essential for the manufacture of proteins and nucleic acids (the genetic material of cells), and is involved in the function of the hormone insulin in the utilization of carbohydrates. It's necessary for a normal rate of growth, development of the reproductive organs, normal function of the prostate gland, and healing of wounds and burns. It is a component of insulin, one of the hormones that controls carbohydrate metabolism.

Metabolic studies indicate that a dietary intake of 8 to 10 milligrams per day suffices to produce zinc equilibrium in adults. Allowing a substantial margin, and correcting for absorption, the Recommended Daily Allowance (RDA) in the United States has been set at 15 milligrams. The Canadian Recommended Nutrient Intake has been set at 8 to 9 milligrams. Long-term effects of prolonged high consumption are not known so it is recommended that persons not exceed the labelled dosage for long periods of time without the advice of a physician. Each Shaklee Canada **Zinc** tablet supplies 15 mg of zinc from a special yeast source.

Shaklee Canada's use of non-medicinal spirulina (a freshwater blue-green algae) in our **Zinc** tablets was intended to be a novel use of a plant material to give our zinc product distinctive physical properties. While some companies, particularly those offering complete product lines based on spirulina, promote spirulina as a "wonder product" which will solve the world's hunger problems, we think our approach to use of this ingredient has been more conservative and realistic.

Dried spirulina powder does contain 65% protein, but it is an incomplete protein, so it should not be relied on to promote growth and maintenance of tissue. The high chlorophyll content of spirulina gives the **Zinc** tablets a characteristic colour but spirulina also contributes small amounts of natural calcium, iron, phosphorus and niacin to the product. The key to remember is that, while spirulina may be a good natural-source product offering essential nutrients, it is not a wonder product. We believe Shaklee Canada's moderate use of this ingredient (35 mg per tablet) respects both these facts.

Persons wishing to supplement their diets with additional amounts of zinc will be able to do it with ease with Shaklee's **Zinc** tablets.