

Shaklee
180

Take your shape in
a whole new direction*

Quite possibly the last weight-loss program you'll ever need

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



Are you ready for your Turnaround™?

"Two months after my son was born, I was back in my pre-pregnancy jeans; 90 days in, I had lost 46 pounds!†"



Becky
LOST
46 lbs†

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

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

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



Typical diets
Lose fat
and muscle



Shaklee 180 with leucine
Designed to help you lose fat

Burn fat, not muscle

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



Support

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



Tools

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

*Based on a preliminary 12-week clinical study and skin fold caliper measurements to estimate lean body mass and fat mass.

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

From Before to After to happily ever After-After®



Shaklee 180® Turnaround™ Kit

This customizable two-meal-a-day Kit will help you lose the weight and learn how to keep it off—with leucine-powered Energizing Smoothies and bars.



Shaklee 180® Lean & Healthy Kit

Get leaner, be healthier, and feel better with leucine-powered Energizing Smoothies and the most advanced multinutrient supplement pack on the market.



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

Jerry

**LOST
12 lbs†**

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

Your day at a glance

Breakfast



Add a serving of fruits or vegetables to your morning Energizing Smoothie and start the day on a healthy foot.

Lunch



At lunch, enjoy a healthy meal or choose a Energizing Smoothie or Meal-in-a-Bar to keep healthy eating on track.

Snacks



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

Dinner



Stick to the guidelines and have an Energizing Smoothie or eat a healthy meal at dinner. The choice is yours.



What are guilt-free foods?

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

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

What's in your breakfast?

To get all the healthy nutrients in **one** single serving of Shaklee 180 Energizing Smoothie, you could spend **over \$21** at the store.*

Packed with protein.

Protein curbs hunger and helps maintain energy. Our Smoothies contain **24 grams of protein***—as much as four eggs. Enough to keep you satisfied and feeling great.

Burn fat, not muscle.

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

Fiber-rich.

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

Calcium

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

Protein	 4 Eggs
Fiber	 1 Cup Broccoli
	 1 Cup Pineapples
	 1 Cup Cauliflower
Calcium	 2 Cups Milk
Vitamin D	 10 OZ. Tuna
Leucine	 5 OZ. Chicken



And,

NO GMO soy protein

NO cholesterol

NO gluten

NO artificial flavors

NO artificial sweeteners

NO artificial preservatives

	Starbucks® Grande 2% Caffè Latte and Carrot Cake Muffin ¹ 	Shaklee 180® Vanilla Energizing Smoothie made with 1 cup nonfat milk 
Price**	\$5.90	\$2.93
Calories	560	260
Fat	8.5g	3g
Fiber	2g	6g
Protein	17g	24g

*The Shaklee 180 Energizing Smoothie and every food listed in this chart provides nutrients beyond those listed. Detailed nutritional values for the Shaklee 180 Energizing Smoothies can be found on the label. The nutrition information for every other food listed above was obtained from the official website of each store or restaurant. Variation in serving sizes and preparation techniques as well as regional and seasonal differences may affect the nutrition values for each product. In addition, product formulations change periodically. You should expect some variation in the nutrient content of the products purchased in stores and restaurants. The products listed above were purchased from San Francisco Bay Area locations in January 2013. The cost of a Shaklee 180 Smoothie is based on Member Price plus estimated cost of milk.

**Prices from store receipts. Milk price from National Dairy Retail Report, September 4, 2014.

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

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Shaklee 180®

Free Membership with any Shaklee 180 Kit

Get a free Shaklee membership (a \$19.95 value) and save 15%–24% on future purchases when you buy any Shaklee 180 Kit.



"I needed to do something about my weight before I wasn't around anymore to spend time with my kids. Now I have more energy. I can go out and play. It's a complete 180."

"I was the guy that couldn't get on the elliptical for 10 minutes. On our first run after losing weight, we ran four miles, and I was amazed by what my body could do in a healthier state."

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HOW WILL YOU JOIN SHAKLEE?

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

USE



Experience the way Shaklee products can help transform your health.

SHARE



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

BUILD



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

Talk to your Shaklee Independent Distributor about how to SAVE 10%.

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