

Shaklee Vitalizer™

Everyday nutrition for life™



WHAT IS VITALIZER?

Vitalizer provides a comprehensive spectrum of clinically supported vitamins, minerals, antioxidants, phytonutrients, omega-3 fatty acids, probiotics, and more in one convenient daily serving. There are three custom formulations created specifically for today's active women, men, and adults over 50.

WHY DO I NEED VITALIZER?

Vitamins are essential to life—but most are not produced naturally in the body. A recent study showed that 90% of Americans are lacking key nutrients in their bodies. Even if you're conscientious about your diet, with hectic work and family schedules it's almost impossible to ensure that you're getting all the nutrients your body needs every day. Many common factors, such as stress and aging, can also increase your body's need for essential vitamins and minerals.

That's why supplementing with a broad spectrum of quality vitamins, minerals, and other nutrients is so important for every member of the family.

WHAT'S IN VITALIZER?

Vita-Lea® Advanced Multivitamin

- High-potency formulation providing up to 23 essential vitamins and minerals, and 100% or more of the Daily Value of all vitamins.
- Dissolves in the stomach in less than 30 minutes and is designed to enhance absorption of folic acid from the patented microcoating.

Vitamin B+C Complex

- Optimal levels of vitamin C, as well as essential B vitamins: thiamin, riboflavin, niacin, pantothenic acid, and biotin.
- Sustained-release delivery to the small intestine; clinically shown to provide up to 198% greater absorption of B vitamins over 12 hours.

Caroto-E-Omega

- Ultra-pure, pharmaceutical-grade fish oil that contains seven omega-3 fatty acids.
- Full spectrum of naturally sourced vitamin E, the most effective form.
- Robust blend of antioxidants, including lutein, lycopene, beta carotene, and alpha carotene.
- Carotenoids, vitamin E, and omega-3 fatty acids are enteric coated for release in the upper intestine to reduce fishy aftertaste.

OptiFlora® Probiotic

- Extensively studied active cultures of *Lactobacillus acidophilus* and *Bifidobacterium longum*.
- Triple-layer encapsulation protects the live cultures against harmful stomach acid for release in the lower intestine.

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WHICH VITALIZER IS DESIGNED FOR YOU?

Depending on your gender and age, you have different nutritional needs at different times in your life. It's not a one-size-fits-all solution when it comes to key nutrients. That's why it's so important to find the right supplementation formulation for your specific needs.

Vitalizer Men is formulated with key nutrients to help meet the specific health needs of today's healthy, active man, including benefits for*:

- Heart health—with omega-3 fatty acids and vitamin E
- Prostate health—with lycopene, plus zinc
- Immune health—high in vitamins C and D, plus zinc
- Physical energy—high in all eight essential B vitamins
- Joint health—high in vitamin C, plus manganese
- Muscle function—high in magnesium, plus calcium
- Digestive health—with probiotics
- Healthy blood pressure—with omega-3 fatty acids and magnesium
- Healthy vision—with lutein and zeaxanthin

Vitalizer Women is formulated with key nutrients to help meet the specific health needs of today's healthy, active woman. In addition, Vitalizer Women is excellent for use as a prenatal and postnatal multivitamin, with optimized micronutrient levels designed especially for women before, during, and after pregnancy, and while breastfeeding. Other key benefits include*:

- Bone health—high in calcium and vitamins D and K
- Breast health—with vitamin D
- Heart health—with omega-3 fatty acids and vitamin E
- Immune health—high in vitamins C and D, plus zinc
- Physical energy—high in all eight essential B vitamins
- Reproductive health—Contains 800 IU folic acid, 150 mcg iodine, and 18 mg iron**
- Digestive health—with probiotics
- Healthy hair, skin, and nails—with vitamins A and C, plus biotin and omega-3 fatty acids
- Healthy vision—with lutein and zeaxanthin

Vitalizer Gold (available with or without vitamin K) is formulated with key nutrients to help meet the specific health needs of today's healthy, active adults over 50, including benefits for*:

- Healthy aging—with N-acetylcysteine, vitamin B₁₂, and vitamins C and D
- Heart health—with CoQ₁₀, omega-3 fatty acids, and vitamin E
- Bone and joint health—high in calcium and vitamins D, C, and K
- Immune health—high in vitamins C, D, and A, plus zinc
- Brain health and cognition—with omega-3 fatty acids, plus vitamins B₆ and B₁₂
- Healthy vision—with lutein and zeaxanthin
- Digestive health—with probiotics
- Physical energy—with all eight essential B vitamins

**Iron deficient women should consider taking Shaklee Iron + C supplement for additional, enhanced absorption iron.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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CAN I TAKE VITALIZER WOMEN IF I AM PREGNANT OR NURSING?

Vitalizer Women is excellent for use as a prenatal and postnatal multivitamin, with optimized micronutrient levels designed especially for women before, during, and after pregnancy, and while breastfeeding. Vitalizer Women provides a full spectrum of nutritional support, including 800 IU folic acid, 150 mcg iodine, and 18 mg iron***.

WHAT IS THE SHAKLEE LANDMARK STUDY?

Shaklee scientists based the formulation of Vitalizer™ on 12 published Shaklee clinical studies, including a first-of-its-kind Landmark Study.[†] In this groundbreaking study, Shaklee collaborated with researchers from the UC Berkeley School of Public Health to evaluate long-term Shaklee supplement users. Results of that study were published in *Nutrition Journal* and showed that the people who took Shaklee supplements had markedly better health than nonsupplement users.

Specifically, the study showed that Shaklee users had 33% lower triglyceride levels, an 11% lower ratio of total cholesterol to HDL cholesterol, nearly 59% lower levels of C-reactive protein, and 36% lower levels of homocysteine—all of which are key biomarkers of current and future health.

WHAT IS THE SHAKLEE MICRONUTRIENT ADVANCED RELEASE TECHNOLOGY™ (S.M.A.R.T.™) SYSTEM?

To help ensure enhanced absorption, vitamins; minerals; and other nutrients should be delivered to specific regions of your digestive system where they'll have the most impact. The Shaklee science team didn't just research what should go into Vitalizer, they also researched how and where those nutrients would be best absorbed by the body.

Shaklee Vitalizer uses S.M.A.R.T., a patented, cutting-edge delivery system designed to improve absorption of key nutrients, ensuring the right nutrients get to the right place in the gastrointestinal tract at the right time.

***Iron deficient women should consider taking Shaklee Iron + C supplement for additional, enhanced absorption iron.

[†]Gladys Block, Christopher D Jensen, Edward P Norkus, Tapashi B Dalvi, Les G Wong, Jamie F McManus and Mark L Hudes. *Nutrition Journal* 2007, 6:30doi:10.1186/1475-2891-6-30. Published 24 October 2007

WHAT IS THE BENEFIT OF THE EASY-OPEN BLISTER PACKAGE?

The Vitalizer blister pack ensures product freshness and potency, offers extra protection against moisture, and prevents interaction between tablets, which can cause product quality to decline over time.

WHAT IS THE VITALIZER GUARANTEE?

Feel better in 30 days or your money back. We've brought together the very best of science and nature to help you achieve your goals of better vitality today and optimal health in the future. In fact, we are confident that you will feel better, or we'll give you your money back.

WHEN SHOULD I TAKE VITALIZER?

Take Vitalizer as directed on product labeling, once a day every day. However, if you are accustomed to splitting your dietary supplement intake throughout the day, you may also take this approach with Vitalizer.

WHY IS THERE A VITALIZER GOLD WITHOUT VITAMIN K?

Because vitamin K plays a role in the blood-clotting process, vitamin K intake may be a concern for people who take prescription blood-thinning medications. Vitalizer Gold provides 100 mcg of vitamin K, therefore we also offer Vitalizer Gold without vitamin K as an alternative for people who take prescription blood-thinning medications and have been advised by their doctor to avoid supplements with added vitamin K.

IS VITALIZER GLUTEN FREE?

Yes.

IS VITALIZER KOSHER?

No. The softgel and probiotic capsules contain gelatin, a non-kosher ingredient.

CAN I RECYCLE THE PACKAGING?

Yes, the Vitalizer package is recyclable.