

FREQUENTLY ASKED QUESTIONS

Healthy Cleanse



WHY SHOULD I DO A CLEANSE?

The Healthy Cleanse is designed to:

- Support healthy digestion*
- Help jump-start weight loss*
- Help increase focus and energy*
- Help with hunger management*
- Help improve sleep quality*

HOW OFTEN SHOULD I DO A CLEANSE?

The recommended use of Healthy Cleanse is once or twice a year.

WILL I BE HUNGRY? AND WHAT IF I'M FEELING LOW IN ENERGY?

You may need to increase your water intake, and be sure you're eating at least every two hours. You may also need a higher volume of vegetables and fruit. Protein options are suggested for those with tendencies to hypoglycemia or who can't manage hunger.

WILL I LOSE WEIGHT AND/OR INCHES ON THE CLEANSE?

The average weight loss in a preliminary study was over 6 pounds and more than an inch around the waist.†

CAN I CONTINUE WITH MY CURRENT SHAKLEE SUPPLEMENTS?

Yes, you may continue with your daily Shaklee supplements throughout the cleanse.

SHOULD I CONTINUE WITH MY CURRENT WORKOUT DURING THE CLEANSE?

We suggest light exercise only during the seven-day cleanse period.

I'M ON PRESCRIPTION MEDICATIONS. CAN I DO THIS CLEANSE?

If you're under the care of a physician and/or taking prescription meds, consult your physician before beginning the Healthy Cleanse.

CAN I DO THIS CLEANSE WHILE PREGNANT OR BREASTFEEDING?

No.

I HAVE A LOT OF DIGESTIVE ISSUES. SHOULD I CONSIDER THIS CLEANSE?

If you've been diagnosed with a serious digestive system disorder, such as Crohn's Disease, ulcerative colitis, peptic ulcer disease, etc., discuss the Healthy Cleanse with your physician.

I'M EXPERIENCING CAFFEINE WITHDRAWAL/HEADACHE. WHAT SHOULD I DO?

Add some caffeine back into your regimen. Try a cup of Energizing Tea.

WHAT IF I SKIP A SERVING?

Resume as soon as possible.

WHAT IF I EXPERIENCE DIARRHEA?

That's not likely, but if you experience severe or persistent diarrhea, you may need to stop the program.

WHAT IF I EXPERIENCE CONSTIPATION?

You shouldn't, but if you do, increase your water intake. If the condition persists when taking two Herb-Lax® tablets, increase to three a day.

*Based on a pilot study conducted by three Shaklee Distributors – a medical doctor and two nutritionists – under the supervision of Shaklee Medical Affairs. Preliminary study results showed an average loss of 6.8 pounds and 1.62 inches, plus increased focus and energy and improved sleep quality.

†When plan followed as directed over a seven-day period.