

1 + 2 + 3 PERSONAL HEALTH PLAN TO BE YOUR HOLIDAY BEST

Managing stress and maintaining immune health and energy are year-round challenges for us all – but even more critical to focus on during the hectic holiday season.

The Shaklee 1 + 2 + 3 Personal Health Plan makes it simple to follow Shaklee Science's time-tested and proven "stay-healthy" tips during the busiest time of year:

1. Aim for a colourful array of veggies and plant-based protein options on your dinner plate for an inflammation-busting meal
2. Prioritize sleep; your immune system needs at least seven hours' worth each night
3. Since no one has a perfect diet, we strongly advocate you take a high-potency multivitamin; we also recommend additional vitamin D supplementation during the fall and winter months, as the "sunshine vitamin" not only helps in the development and maintenance of bones and teeth but also helps maintain immune function
4. And remember to laugh – try to find some relaxation time every day; if you feel like you need additional help, look for a product with ashwagandha: an ancient Ayurvedic herb that helps the body adapt to stress



1 Choose your Multi and Protein: the foundation for a healthier life.

CORE NUTRITION

LIFE SHAKE™

This delicious shake contains nutrients clinically proven to help provide the foundation for a healthier life, including 20 grams of ultra-pure, non-GMO protein per serving to build strong muscles and protective antibodies.

VITALIZER™

Based on 12 clinical studies, Vitalizer is advanced nutrition with a full spectrum of clinically supported vitamins, minerals, antioxidants, phytonutrients, omega-3 fatty acids, probiotics, and more – all in one convenient Vita-Strip®.

VITA-LEA®

Based on seven clinical studies and backed by more than 100 years of innovation, Vita-Lea is packed with essential vitamins and minerals.



+2 Choose your Targeted Solutions: ultra-pure, clinically proven products and ingredients designed to address your unique health concerns.

IMMUNE HEALTH

NUTRIFERON®

NutriFeron is a patented, clinically tested blend of zinc plus four powerful plant extracts that helps balance your immune system naturally.

VITALIZED IMMUNITY®

This delicious, effervescent drink provides broad-spectrum immune support via a blast of vitamin C – as much as 16 oranges. Natural citrus flavour.

DEFEND AND RESIST COMPLEX

When you feel that first tickle, this is just what you need. It's a clinically proven, immune-supporting formula that combines extracts of echinacea, black elderberry, and larch tree with zinc to help your body respond to seasonal challenges.

STRESS RELIEF

STRESS RELIEF COMPLEX

Our unique blend of clinically tested, traditionally used ingredients – including ashwagandha, L-theanine, beta-sitosterol, and L-tyrosine – enhances the body's ability to adapt to stress while promoting relaxation.

ENERGY

COREENERGY®

Free of caffeine and chemical stimulants, CorEnergy uses an Asian ginseng root, green tea, and cordyceps-derived extracts to help enhance physical capacity and provide antioxidant benefits.



+3 Choose your Vitamin and Mineral "Boosts": powerful boosts of key vitamins and minerals when you need them most.

IMMUNITY BOOSTERS FOR SHORTER DAYS WITH DIMINISHED SUNLIGHT

VITAMIN D

VITA-D₃®

Vitamin D helps maintain immune function and helps in the development and maintenance of bones and teeth. Furthermore, it may reduce the risk of developing osteoporosis when combined with calcium intake, a healthy diet, and regular exercise. Each Vita-D₃ tablet contains 1000 IU of vitamin D₃, which is the most potent form of vitamin D.

VITAMIN C

VITA-C 500 SUSTAINED RELEASE

Vitamin C is a powerful antioxidant that helps maintain immune function. Two tablets of Vita-C 500 Sustained Release contain as much vitamin C as found in more than seven oranges.