

# The Landmark Health Study

The Landmark Health Study is one of the most extraordinary studies of long-term supplement usage. Over a 10-year period, we tracked people who'd taken multiple Shaklee supplements for up to 50 years, and they showed significantly healthier biomarkers than people who took a single, non-Shaklee supplement or no supplements at all. The results were truly remarkable.

## SHAKLEE USERS HAD\*:



### NUTRIENTS

#### Higher Levels of Key Nutrients

Our users had higher levels of key nutrients like vitamin D, folate, and vitamin B<sub>12</sub>.<sup>1,2</sup>



### BIOMARKERS

#### Healthier Key Biomarkers

Our users had significantly healthier biomarkers related to cardiovascular, heart, and cognitive health.<sup>1,2</sup>



### BIOLOGICAL STRESS

#### Healthier Levels of C-Reactive Protein

Our users had 59% lower levels of C-reactive protein<sup>1</sup>



### HEART HEALTH

#### Better Cardiovascular Health

- 33% lower levels of triglycerides<sup>1</sup>
- 11% lower ratio of total cholesterol/HDL cholesterol<sup>1</sup>



### METABOLIC HEALTH

#### Lower Blood Sugar Levels

Lower levels of hemoglobin A-1c across the age spectrum<sup>2</sup>



### OVERALL HEALTH

#### Very Good to Excellent Health

84% of Shaklee supplement users rated their health as very good to excellent – 50% more than those using other supplements<sup>1</sup>

<sup>1</sup>Block G, Jensen CD, Norkus EP, Dalvi TB, Wong LG, McManus JF, Hudes ML. Usage patterns, health, and nutritional status of long-term multiple dietary supplement users: a cross-sectional study. *Nutrition Journal*. 6:30doi:10.1186/1475-2891-6-30. Published 24 October 2007.

<sup>2</sup>Jacques et al. *J. American College of Nutrition*. 2019, in press.

\*Percentages reflect Shaklee supplement users compared with non-supplement users. Data for non-users were obtained from NHANES 2001–2002 and NHANES III 1988–1994. Long-term Shaklee users clearly demonstrated lower levels of the most important heart health biomarkers recognized by the American Heart Association.