

## FREQUENTLY ASKED QUESTIONS

# Performance™

Powered by Nature,  
Proven by Science



### ARE THE ORIGINAL SHAKLEE SPORTS NUTRITION PRODUCTS STILL AVAILABLE?

Yes, with updated packaging and names. Some products have also changed in terms of the number of servings per container or flavours. See the chart below.

Original		New	
#54495	<b>Shaklee Physique®</b>	#54495	<b>Physique® + Bio-Build® Recovery Shake</b>
#54497	<b>Shaklee Performance - Lemon-Lime</b> 19 servings	#54308	<b>Endurance Electrolyte Drink - Lemon-Lime</b> 30 servings
		#54309	<b>Endurance Electrolyte Drink - Orange</b> 30 servings
#54158	<b>Shaklee Energy™ Chews</b>	#54158	<b>Energy Chews</b>

### ARE SHAKLEE SPORTS NUTRITION PRODUCTS GLUTEN FREE? KOSHER? NON-GMO? SAFE FOR CHILDREN AND PREGNANT OR LACTATING WOMEN?

See the chart below.

Code	Product	Use by Children, Teens Under 18 Years	Use by Pregnant or Lactating Women	Gluten Free	Kosher	Non-GMO
#54158	<b>Energy Chews</b>	No	No	Yes	No	No
#54308 #54309	<b>Endurance Electrolyte Drink</b>	No	Yes	Yes	Star K	Yes
#54316 #54317	<b>Low-Calorie Electrolyte Drink</b>	No	Yes	Yes	Star K	Yes
#54313 #54314	<b>Advanced Physique® Whey Shake, Grass-Fed Source</b>	No	Yes	Yes	Star D	Yes
#54495	<b>Physique® + Bio-Build® Recovery Shake</b>	No	Yes	Yes	Star D	Yes
#54312	<b>P.M. Recovery Complex</b>	No	No	Yes	Star K	Yes

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### SHAKLEE PERFORMANCE SPORTS NUTRITION PRODUCTS: GENERAL USE

Shaklee Performance products are designed by Shaklee scientists and leading sports nutritionists to address the needs of every state of physical activity.

<b>Energize</b>	<b>Hydrate</b>	<b>Build</b>	<b>Recover</b>
Improve physical performance and stay alert	Replenish electrolytes and increase endurance and stamina	Build and repair muscles faster with protein with added leucine	Reduce exercise-induced muscle soreness and optimize recovery

### IS THERE A CHART THAT SHOWS HOW I SHOULD USE THE SPORTS NUTRITION PRODUCTS?

Shaklee sports nutrition products are designed to let you personalize your program. For a general idea of how to use these products, see the chart below.

	<b>Energize</b> (Before/During)	<b>Hydrate</b> (Before/During/After)	<b>Build</b> (20 Minutes After Workout)	<b>Recover</b> (Daily, at Night)
Regular exercise	<b>Energy Chews</b>	<b>Low-Calorie Electrolyte Drink</b>	<b>Advanced Physique® Whey Shake, Grass-Fed Source</b>	<b>P.M. Recovery Complex</b>
Higher-intensity exercise	<b>Energy Chews</b>	<b>Endurance Electrolyte Drink</b>	<b>Physique® + Bio-Build® Recovery Shake</b>	<b>P.M. Recovery Complex</b>

## HYDRATION AND ELECTROLYTES

### HOW DO I CHOOSE BETWEEN THE ENDURANCE ELECTROLYTE AND LOW-CALORIE ELECTROLYTE DRINKS?

The Endurance Electrolyte Drink formula contains carefully balanced fast- and slow-release carbohydrates designed for energy expenditure over a long period of time (e.g., when long-distance running or bicycling). The calories in Endurance Electrolyte Drink (100 per serving) are more than most people need for their typical fitness activities, especially if they're trying to lose weight. The Low-Calorie Electrolyte Drink provides great hydration for most people and contains only 10 calories per serving.

### THE LOW-CALORIE ELECTROLYTE DRINK HAS A SALTY FLAVOUR. WHY?

When you perspire, your body loses such salts as sodium and potassium along with water. This is part of what makes sweat taste salty. Any drink that replaces sodium and potassium will taste salty unless there are sweeteners added. Shaklee Low-Calorie Electrolyte Drink has around 1 gram of added sugar and is lightly sweetened with coconut water powder, monk fruit extract, and a touch of organic cane sugar. Feel free to add more water or some fruit juice, or mix 50/50 with Endurance Electrolyte Drink for a stronger flavour.

### CAN THE ENDURANCE ELECTROLYTE AND LOW-CALORIE ELECTROLYTE DRINKS BE USED BEFORE SPORTS ACTIVITIES?

Yes. Electrolyte drinks can be used before, during, and after sports activities. Proper hydration, including hydration before activities, is especially important for any exercise lasting 60 minutes or longer.

### WHY DOES THE LOW-CALORIE ELECTROLYTE DRINK SHOW 1 GRAM OF ADDED SUGAR FOR ONE STICK BUT 3 GRAMS OF ADDED SUGAR FOR TWO STICKS?

The value for added sugar in two sticks is higher than 2 grams and must be rounded up to 3 grams to comply with labelling regulations.

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### ENERGY PRODUCTS

#### CAN THE ENERGY CHEWS BE USED DURING SPORTS ACTIVITIES?

Yes. This product can be used during sports activities. **Because it contains caffeine, don't use this product if you're sensitive to caffeine.**

Energy Chews provide 120 mg of caffeine per two-chew serving from green tea extract, and can be used anytime you'd like an energy boost. Consume no more than two servings every three to four hours.

#### HOW DO ENERGY CHEWS HELP DURING SPORTS ACTIVITIES?

Caffeine ingestion has been shown to improve athletic performance. Some of the many well-documented benefits of consuming caffeine include increased mental clarity, focus, and endurance.

### PROTEIN PRODUCTS

#### HOW DO I CHOOSE BETWEEN ADVANCED PHYSIQUE® WHEY SHAKE, GRASS-FED SOURCE AND PHYSIQUE® + BIO-BUILD® RECOVERY SHAKE?

Physique + Bio-Build contains carefully balanced fast- and slow-release carbohydrates designed for recovery after endurance activities, such as long-distance running or bicycling. It's formulated to build muscle and for glycogen recovery to help endurance athletes recover faster. For fitness athletes, the calories in Physique + Bio-Build (210–300 per serving) are more than they need for their typical fitness activities, especially if they're trying to lose weight.

A serving of Advanced Physique Whey Shake, Grass-Fed Source is lower in calories (110) and has 6 more grams of protein and less than 10% of the carbohydrates in Physique + Bio-Build, making it more targeted to muscle repair, recovery, and building. Advanced Physique Whey Shake, Grass-Fed Source is the right protein supplement for most people.

#### WHAT IS BIO-BUILD®?

Bio-Build is the unique Shaklee ratio of protein and carbohydrate sources designed to optimize the body's ability to recover after exercise and to rebuild muscle.

#### IS THERE EXTRA LEUCINE IN ADVANCED PHYSIQUE WHEY SHAKE, GRASS-FED SOURCE? IF SO, HOW DOES THAT HELP MY SPORTS PERFORMANCE?

Yes. Advanced Physique Whey Shake, Grass-Fed Source has 50% more leucine than typical whey protein powders.\* Leucine is added to enhance the preservation and building of lean muscle.

#### HOW SHOULD I USE ADVANCED PHYSIQUE WHEY SHAKE, GRASS-FED SOURCE OR PHYSIQUE + BIO-BUILD RECOVERY SHAKE?

For best results, consume these products up to 20 minutes after working out to maximize the muscle-building response while your muscles are recovering from exercise.

\*Based on leucine-to-protein ratio.

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### P.M. RECOVERY COMPLEX

#### WHAT ARE THE BENEFITS OF P.M. RECOVERY COMPLEX?

P.M. Recovery Complex contains tart cherry extract, which is proven to reduce post-workout muscle soreness. It also contains Shaklee's pain relief blend, which comprises boswellia extract and safflower extract. Reducing soreness can make it easier for you to exercise every day, and promotes better sleep. Note: this product contains herbs not tested for safety with children, teens, or pregnant or lactating women. Pregnant or lactating women should consult a medical professional before use. See the chart below.

#### HOW DO I KNOW IF I SHOULD USE THE FITNESS OR ENDURANCE PRODUCT LINES?

The fitness line is designed for lifestyle athletes, including those in spinning, strength, and cross-training classes, or people looking to tone their bodies and live a more active lifestyle.

The endurance line is designed for marathon runners, long-distance cyclists, soccer players, or any athlete involved in extended, high-intensity aerobic activities.

	Fitness/Lifestyle Athletes	Endurance Athletes
<b>Before</b> Energy and hydration	<b>Energy Chews</b> <b>Low-Calorie Electrolyte Drink</b>	<b>Energy Chews</b> <b>Endurance Electrolyte Drink</b>
<b>During</b> Hydration	<b>Low-Calorie Electrolyte Drink</b>	<b>Endurance Electrolyte Drink</b>
<b>After</b> Muscle rebuild	<b>Advanced Physique Whey Shake,</b> <b>Grass-Fed Source</b>	<b>Advanced Physique Whey Shake,</b> <b>Grass-Fed Source</b> <b>or</b> <b>Physique + Bio-Build Recovery Shake</b>
<b>Evening</b> Recovery	<b>P.M. Recovery Complex</b>	<b>P.M. Recovery Complex</b>

## FREQUENTLY ASKED QUESTIONS

### SHAKLEE 180® PROGRAM

#### I'M ON THE SHAKLEE 180 PROGRAM. HOW DO THE PERFORMANCE SPORTS NUTRITION PRODUCTS FIT INTO MY WEIGHT-LOSS PROGRAM?

Congratulations on your commitment to achieving a healthy weight! Continue to focus on weight loss as your primary goal. Why? Because a healthy weight is fundamental to overall health. Stick with your Shaklee 180 Program until you're at the weight you want.

#### ARE THERE PERFORMANCE SPORTS NUTRITION PRODUCTS THAT CAN HELP ME WHILE I'M LOSING WEIGHT?

Yes. There are two Performance sports nutrition products that can help support your activity level without adding many calories. See the chart below.

Performance Product	Benefits	Calories per Serving
<b>Hydrate:</b> <b>Low-Calorie Electrolyte Drink</b> #54316 Lemon-Lime #54317 Orange	Provides the essential electrolytes your body needs without the extra sugar, calories, and artificial ingredients typically found in leading hydration beverages.	10
<b>Recovery:</b> <b>P.M. Recovery Complex</b> #54312	Powered by an ultra-pure, polyphenol-rich tart cherry extract proven to optimize recovery and reduce post-workout muscle soreness, which helps improve sleep quality, along with patented pain relief blend to relieve pain caused by overexertion.	0

#### HOW DOES THE PERFORMANCE LINE FIT INTO MY DAILY ROUTINE AFTER I'VE LOST WEIGHT?

If you've reached your weight-loss goal, you're ready to change your plan from two Life Shakes per day to one shake and two healthy meals per day, and turn your focus to an active lifestyle. Why? One of the keys to maintaining a healthy weight is to stay active. Physical activity burns calories and strengthens muscles, which can help keep your metabolism up. It can also help brighten your mood and relieve stress, helping keep you on track emotionally as well as physically. How can Performance sports nutrition products help? Try the alternative substitutions shown in the chart below to get the most out of your new active lifestyle.

Now Using...	Try...	How and Why
Two Life Shakes per day	<b>Advanced Physique Whey Shake, Grass-Fed Source</b> #54313 Chocolate #54314 Vanilla	Replace one Life Shake with Advanced Physique Whey Shake, Grass-Fed Source AFTER your workout.  <b>Why?</b> It's specifically designed to help build and repair muscle, containing more protein, less sugar, and fewer calories than Life Shake.  <b>Note:</b> your daily routine is now one Life Shake and two healthy meals. Advanced Physique Whey Shake, Grass-Fed Source isn't a meal replacement, but it does provide the protein of a meal. Please be sure to eat other healthy foods as well – such as fruit, nuts, and whole grains – if you want to build a mini-meal with Advanced Physique Whey Shake, Grass-Fed Source.
Other products to add	<b>Low-Calorie Electrolyte Drink</b> #54316 Lemon-Lime #54317 Orange	Use anytime to stay hydrated.
	<b>P.M. Recovery Complex</b> #54312	Take nightly to help prevent post-exercise muscle soreness.

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### LIFE PLAN/VITALIZING PLAN/ESSENTIALS PLAN

#### I'M USING THE LIFE PLAN/VITALIZING PLAN/ESSENTIALS PLAN. HOW DO THE NEW SHAKLEE PERFORMANCE SPORTS NUTRITION PRODUCTS FIT IN?

The nutrition regimens are the perfect foundation for your active lifestyle.

To optimize your results, add in products to meet your specific needs:

Product	Level of Exertion	Benefit
<b>Low-Calorie Electrolyte Drink</b>	Low to medium	Hydration with minimal calories
<b>Energy Chews</b>	Low to high	Energy boost
<b>P.M. Recovery Complex</b>	Low to high	Recovery supplement
<b>Advanced Physique Whey Shake, Grass-Fed Source</b>	Low to high	Builds and repairs lean muscle
<b>Endurance Electrolyte Drink</b>	Medium to high	Hydration plus endurance
<b>Physique + Bio-Build Recovery Shake</b>	Medium to high	Builds and repairs muscle

#### I'VE BEEN USING SHAKLEE PERFORMANCE® AND SHAKLEE PHYSIQUE®. WHICH NEW SPORTS NUTRITION PRODUCTS SHOULD I USE NOW?

The formulas of these clinically supported products haven't changed, and the products continue to be available for purchase. However, they've have received new names and packaging designs, and Shaklee Performance is now available in a new, larger size. Shaklee Physique – now Physique®+ Bio-Build® Recovery Shake – and Shaklee Performance – now Endurance Electrolyte Drink – provide the calories and specially formulated carbohydrate blends you need to power through a long workout. Please see the chart below for the new item codes.

Old Name	New Name
<b>Shaklee Physique</b> #54495	<b>Physique + Bio-Build Recovery Shake</b> #54495
<b>Shaklee Performance</b> <i>Discontinued:</i> #54497 Lemon-Lime	<b>Endurance Electrolyte Drink</b> #54308 Lemon-Lime (30 servings) #54309 Orange (30 servings)