

Prove It Challenge

7-Day Healthy Cleanse

Feel better in one week. Guaranteed.*

Are you looking for a clean start? Some digestive support? A way to jump-start your weight loss? Or do you simply want to feel more energetic? Try the Prove It Challenge 7-Day Healthy Cleanse.† Our new program combines carefully selected Shaklee supplements with a supporting diet plan to help you feel healthier in one week. We guarantee it.*

The 7-Day 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‡

WHAT'S IN THE HEALTHY CLEANSE KIT?

DAYS 1-7

- **DTX® Complex** to help increase your liver's ability to clean and detoxify your blood; key ingredients include milk thistle; take one in the morning and two at night
- **Herb-Lax®** to help provide gentle relief for occasional periods of irregularity; take two tablets with a glass of water at bedtime
- **Vitalizer™** to provide you with a full spectrum of clinically supported vitamins, minerals, probiotics, and more in one convenient Vita-Strip®; take in the morning with food

DAYS 8-30

- **Vitalizer™** to provide you with a full spectrum of clinically supported vitamins, minerals, probiotics, and more in one convenient Vita-Strip®; take in the morning with food
- **Life Shake™** to replace one meal daily and provide you with clinically backed vitamins, minerals, and ultra-pure, non-GMO protein

*Or your money back.

†Shaklee Canada's complete Healthy Cleanse Program also includes Alfalfa Complex.

‡Based on a 7-day 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. This study also included Alfalfa Complex.



YOU MAY ALSO CONSIDER

- **Alfalfa Complex (#57110)** – Alfalfa is traditionally used in herbal medicine as a nutritive tonic. The plant's roots are a storehouse of nutrients. Shaklee uses ultra-pure, premium alfalfa grown to maintain vitamins, minerals, and chlorophyll-rich leaves. Take five, morning and night.
- **Shaklee 180® Turnaround Kit (#79280)** – Designed to help you achieve a healthy weight the right way, with the nutrition you need to burn fat and not muscle. The Shaklee 180 Turnaround Kit is Powered by Leucine® to help your body retain lean muscle while you slim down.
- For optimal, ongoing nutritional support, try safe, proven, guaranteed Shaklee vitamins and supplements. Creating your **Personal Health Plan** is as simple as 1+2+3:

1



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

+2



Choose your Targeted Solutions: ultra-pure supplements with clinically proven ingredients, designed to address your unique health concerns.

+3



Choose your Key Nutrients: powerful boosts of the key vitamins and minerals when you need them most.

Prove It Challenge – 7-Day Healthy Cleanse

Feel better in one week. Guaranteed.*

IS HEALTHY CLEANSE RIGHT FOR YOU?

- ✓ If you're looking for digestive support or looking to kick-start your weight loss
- ✓ If you're looking for hunger management support
- ✓ If you're looking for improvement in focus, mood, sleep, or energy

ORDER NOW

#79526

Prove It Challenge 7-Day Healthy Cleanse (includes DTX[®] Complex, Herb-Lax[®], Vitalizer[™], and Life Shake[™])

First-time Purchase Price: \$189.00 | Point Value: 100.00

Member Price: \$250.00 | Point Value: 129.00



No artificial flavours, sweeteners, colours, or preservatives added.

THE SHAKLEE DIFFERENCE[™]



The power of nature, unleashed by science. Safe. Proven. Guaranteed.

At Shaklee, we're committed to innovating through science and looking to nature for the answers that can provide healthier lives. We ensure the highest quality and safety standards, conducting more than 100,000 quality tests per year to ensure our products are safe for you and your family.

Results of a 7-day pilot study¹:

- 80% of participants experienced **improved energy levels** and **decreased cravings**
- 72% of participants felt improvements in **hunger management**
- 60% of participants felt improvements in **mood**
- 74% of participants felt improvement in **quality of sleep** and **clarity of thinking**

DTX[®] Complex



Daily dosage: 1 caplet 3 times daily

MEDICINAL INGREDIENTS:	Per caplet	Per day
Milk thistle (<i>Silybum marianum</i>) (seed) extract standardized to 80% silymarin	100 mg	300 mg
Schizandra (<i>Schizandra chinensis</i>) (fruit) extract (4:1 extract) [provides 500 mg dried fruit equivalent]	125 mg	375 mg
Dandelion (<i>Taraxacum officinale</i>) (root and leaf) powder	91.7 mg	275 mg
Reishi mushroom (<i>Ganoderma lucidum</i>) (cap and stalk) powder	33.3 mg	100 mg
Artichoke (<i>Cynara scolymus</i>) (leaf) powder	25 mg	75 mg
Turmeric (<i>Curcuma longa</i>) (rhizome) powder	25 mg	75 mg

NON-MEDICINAL INGREDIENTS: ACACIA GUM, CROSCARMELLOSE SODIUM, MAGNESIUM STEARATE, MALTODEXTRIN, MICROCRYSTALLINE CELLULOSE, SILICON DIOXIDE.

Herb-Lax[®]



Daily dosage: 4–7 tablets

MEDICINAL INGREDIENTS:	Amount per tablet
Sennosides from senna (175 mg) (<i>Cassia angustifolia</i>) (leaf)	4 mg
Licorice (<i>Glycyrrhiza glabra</i>) (root) powder	43 mg
Anise (<i>Pimpinella anisum</i>) (seed) powder	17 mg
Sweet fennel (<i>Foeniculum vulgare</i>) (seed) powder	17 mg
Ornamental rhubarb (<i>Rheum palmatum</i>) (root) powder	13.5 mg
Alder buckthorn (<i>Frangula alnus</i>) (bark) powder	9.3 mg
Blue mallow (<i>Malva sylvestris</i>) (flower) powder	8 mg
Culver's root (<i>Veronicastrum virginicum</i>) (root) powder	0.2 mg

NON-MEDICINAL INGREDIENTS: ALFALFA LEAF POWDER, CORN SYRUP SOLIDS, CROSCARMELLOSE SODIUM, KARAYA GUM, MICROCRYSTALLINE CELLULOSE, SILICON DIOXIDE.

*Or your money back.

¹Lau FC, Sahr N, Carrillo-Massa M, Fyrberg C, Daggy BP, McManus JF. Safety, tolerability and efficacy of a 7-day cleanse program: a pilot study. *Advances & Controversies in Clinical Nutrition*, 2015.

Prove It Challenge – 7-Day Healthy Cleanse

Feel better in one week. Guaranteed.*

Life Shake Soy Protein

French Vanilla

Nutrition Facts		Amount per serving	% DV*	Amount per serving	% DV*		
14 servings per container		Vitamin D	3.5 mcg (140 IU)	20%	Vitamin B12	0.83 mcg	35%
Serving size 2 scoops (42 g)		Calcium	120 mg	10%	Biotin	10.5 mcg	35%
Amount per serving (mix alone)		Iron	2.7 mg	15%	Pantothenic Acid	1.8 mg	35%
Calories	150	Potassium	150 mg	4%	Phosphorus	230 mg	20%
	% Daily Value*	Vitamin A	90 mcg	10%	Magnesium	90 mg	20%
Total Fat 3 g	4%	Vitamin C	21 mg	25%	Zinc	4 mg	35%
Saturated Fat 0.5 g	3%	Vitamin E	5.2 mg	35%	Selenium	13 mcg	25%
Trans Fat 0 g		Thiamin	0.42 mg	35%	Copper	0.3 mg	35%
Polyunsaturated Fat 0.5 g		Riboflavin	0.45 mg	35%	Manganese	0.3 mg	15%
Monounsaturated Fat 1.5 g		Niacin	5.6 mg	35%	Chromium	8 mcg	25%
Cholesterol 0 mg	0%	Vitamin B6	0.6 mg	35%	Molybdenum	25 mcg	60%
Sodium 420 mg	18%	Folate	138 mcg DFE	35%	Chloride	270 mg	10%
Total Carbohydrate 14 g	5%	(83 mcg folic acid)					
Dietary Fibre 6 g	21%	*The current U.S. % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.					
Total Sugars 5 g							
Includes 5 g Added Sugars	10%						
Protein 20 g	40%						

INGREDIENTS: SHAKLEE PROPRIETARY PROTEIN BLEND (SOY PROTEIN CONCENTRATE, SOY PROTEIN ISOLATE, L-LEUCINE, ORGANIC PUMPKIN SEED PROTEIN, ORGANIC CHIA SEED PROTEIN), NATURAL CANE SUGAR, SUNFLOWER OIL POWDER, PROPRIETARY FIBER BLEND (SOLUBLE CORN FIBRE, ORGANIC ANCIENT GRAINS BLEND (ORGANIC AMARANTH, ORGANIC BUCKWHEAT, ORGANIC MILLET, ORGANIC QUINOA, ORGANIC CHIA)), NATURAL FLAVOURS, PROPRIETARY VITAMIN AND MINERAL BLEND (DICALCIUM PHOSPHATE, POTASSIUM CHLORIDE, MAGNESIUM OXIDE, ASCORBIC ACID, D-ALPHA-TOCOPHERYL ACETATE, NIACINAMIDE, ZINC OXIDE, CALCIUM PANTOTHENATE, VITAMIN A PALMITATE, VITAMIN D3, VITAMIN B12, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMINE MONONITRATE, FOLIC ACID, BIOTIN), SODIUM CHLORIDE, MILLED GOLDEN FLAXSEED, REBAUDIOSIDE M, GUAR GUM, DIGESTIVE ENZYME BLEND (PAPAIN, BROMELAIN).



Life Shake Plant Protein

Rich Chocolate

Nutrition Facts		Amount per serving	% DV*	Amount per serving	% DV*		
14 servings per container		Vitamin D	3.5 mcg (140 IU)	20%	Vitamin B12	0.83 mcg	35%
Serving size 2 scoops (47 g)		Calcium	120 mg	10%	Biotin	10.5 mcg	35%
Amount per serving (mix alone)		Iron	6 mg	35%	Pantothenic Acid	1.8 mg	35%
Calories	170	Potassium	180 mg	4%	Phosphorus	240 mg	20%
	% Daily Value*	Vitamin A	90 mcg	10%	Magnesium	100 mg	25%
Total Fat 4 g	5%	Vitamin C	21 mg	25%	Zinc	4 mg	35%
Saturated Fat 1 g	5%	Vitamin E	5.2 mg	35%	Selenium	28 mcg	50%
Trans Fat 0 g		Thiamin	0.42 mg	35%	Copper	0.3 mg	35%
Polyunsaturated Fat 1 g		Riboflavin	0.45 mg	35%	Manganese	0.4 mg	15%
Monounsaturated Fat 1.5 g		Niacin	5.6 mg	35%	Chromium	30 mcg	90%
Cholesterol 0 mg	0%	Vitamin B6	0.6 mg	35%	Molybdenum	25 mcg	60%
Sodium 400 mg	17%	Folate	138 mcg DFE	35%	Chloride	165 mg	8%
Total Carbohydrate 17 g	6%	(83 mcg folic acid)					
Dietary Fibre 6 g	21%	*The current U.S. % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.					
Total Sugars 5 g							
Includes 5 g Added Sugars	10%						
Protein 20 g	40%						

INGREDIENTS: SHAKLEE PROPRIETARY PROTEIN BLEND (PEA PROTEIN, L-LEUCINE, ORGANIC CHIA SEED PROTEIN, ORGANIC PUMPKIN SEED PROTEIN), PROPRIETARY FIBRE BLEND (SOLUBLE CORN FIBRE, ORGANIC ANCIENT GRAINS BLEND (ORGANIC AMARANTH, ORGANIC BUCKWHEAT, ORGANIC MILLET, ORGANIC QUINOA, ORGANIC CHIA)), CANE SUGAR, NATURAL FLAVOURS, SUNFLOWER OIL POWDER, COCOA PROCESSED WITH ALKALI, PROPRIETARY VITAMIN AND MINERAL BLEND (DICALCIUM PHOSPHATE, MAGNESIUM OXIDE, ASCORBIC ACID, D-ALPHA-TOCOPHERYL ACETATE, NIACINAMIDE, ZINC OXIDE, CALCIUM PANTOTHENATE, VITAMIN A PALMITATE, VITAMIN D3, VITAMIN B12, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMINE MONONITRATE, FOLIC ACID, BIOTIN), SODIUM CHLORIDE, GUAR GUM, REBAUDIOSIDE M, MILLED GOLDEN FLAXSEED, DIGESTIVE ENZYME BLEND (PAPAIN, BROMELAIN).



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Prove It Challenge – 7-Day Healthy Cleanse

Vitalizer™



Dosage: Adults: 1 Vita-Strip® daily

	Amount per day		
	Without Iron	With Iron	Gold*
Beta-carotene (<i>Blakeslea trispora</i> , <i>Elaeis guineensis</i> fruit)	5700 mcg (9500 IU)	5700 mcg (9500 IU)	5700 mcg (9500 IU)
Biotin	300 mcg	300 mcg	300 mcg
Boron (sodium tetraborate)	1000 mcg	0 mcg	1000 mcg
Calcium (dicalcium phosphate, calcium ascorbate)	500 mg	500 mg	500 mg
Chromium (chromium chloride)	120 mcg	120 mcg	120 mcg
Copper (cupric gluconate)	1 mg	1 mg	1 mg
Folate (folic acid)	400 mcg	800 mcg	400 mcg
Iodine (potassium iodide, sea kelp)	150 mcg	200 mcg	150 mcg
Iron (ferrous fumarate)	0 mg	18 mg	0 mg
Magnesium (magnesium oxide)	225 mg	200 mg	225 mg
Manganese (manganese gluconate)	2 mg	2 mg	2 mg
Molybdenum (sodium molybdate)	75 mcg	75 mcg	75 mcg
Niacinamide	120 mg	120 mg	130 mg
Nickel (nickel sulphate)	15 mcg	15 mcg	5 mcg
Pantothenic acid (calcium d-pantothenate)	60 mg	60 mg	65 mg
Phosphorus (dicalcium phosphate)	350 mg	350 mg	350 mg
Riboflavin	10.2 mg	10.2 mg	11 mg
Selenium (sodium selenate)	70 mcg	70 mcg	70 mcg
Silicon (silicon dioxide)	2 mg	2 mg	2 mg
Thiamine (thiamine mononitrate)	9 mg	9 mg	9.75 mg
Tin (stannous chloride)	10 mcg	10 mcg	10 mcg
Vanadium (sodium metavanadate)	20 mcg	0 mcg	20 mcg
Vitamin A (vitamin A acetate)	444 mcg RAE (1500 IU)	444 mcg RAE (1500 IU)	444 mcg RAE (1500 IU)
Vitamin B ₁ (pyridoxine hydrochloride)	12 mg	12 mg	14 mg
Vitamin B ₁₂ (cyanocobalamin)	36 mcg	36 mcg	54 mcg
Vitamin C (calcium ascorbate and ascorbic acid)	500 mg	500 mg	500 mg
Vitamin D ₃ (cholecalciferol)	25 mcg (1000 IU)	25 mcg (1000 IU)	25 mcg (1000 IU)
Vitamin E (d-alpha tocopherol, d-alpha tocopheryl acid succinate)	134 mg AT (200 IU)	134 mg AT (200 IU)	134 mg AT (200 IU)
Vitamin K ₁ (phytonadione)	100 mcg	80 mcg	100 mcg
Zinc (zinc gluconate)	15 mg	15 mg	23 mg
Total omega-3 fatty acids (as ethyl esters from ultra-pure marine lipid concentrate)	500 mg	500 mg	500 mg
Our full spectrum includes:			
EPA (eicosapentaenoic acid)	280 mg	280 mg	280 mg
DHA (docosahexaenoic acid)	180 mg	180 mg	180 mg
And 5 other naturally found fatty acids, including docosapentaenoic, stearidonic, eicosatetraenoic, heneicosapentaenoic and alpha-linolenic acids			
	40 mg	40 mg	40 mg
<i>Bifidobacterium longum</i> , strain BB536 (probiotic)	250 million CFU	250 million CFU	250 million CFU
<i>Lactobacillus acidophilus</i> , strain NCFM (probiotic)	250 million CFU	250 million CFU	250 million CFU
Lycopene (<i>Solanum lycopersicum</i>) (fruit)	5 mg	2.5 mg	5 mg
Lutein (as lutein ester from marigold [<i>Tagetes erecta</i>] flower extract)	5 mg	5 mg	5 mg
Zeaxanthin (as zeaxanthin ester from marigold [<i>Tagetes erecta</i>] flower extract)	200 mcg	200 mcg	200 mcg
Mixed tocopherols (gamma-, beta-, and delta-tocopherols)	35 mg	35 mg	35 mg
Coenzyme Q ₁₀ (ubiquinone)	0 mg	0 mg	30 mg
N-acetyl-L-cysteine	0 mg	0 mg	50 mg
Cranberry (<i>Vaccinium macrocarpon</i> , fruit) powder	0 mg	50 mg	0 mg

WITHOUT IRON NON-MEDICINAL INGREDIENTS: acerola (*Malpighia glabra*) fruit extract, alfalfa powder, annatto extract, beeswax, choline bitartrate, citrus bioflavonoids (grapefruit, lemon, orange), corn oil, croscarmellose sodium, gelatin, glycerin, hesperidin complex, hydroxylated soy lecithin, hypromellose, inositol, magnesium stearate, mannitol, medium chain triglycerides, microcrystalline cellulose, orange oil, palm oil, pea protein, pectin, rice bran powder, rose hips powder, soy lecithin, soybean oil, spirulina.

WITH IRON NON-MEDICINAL INGREDIENTS: acerola (*Malpighia glabra*) fruit extract, alfalfa powder, annatto extract, beeswax, choline bitartrate, citrus bioflavonoids (grapefruit, lemon, orange), corn oil, croscarmellose sodium, gelatin, glycerin, hesperidin complex, hydroxylated soy lecithin, hypromellose, inositol, magnesium stearate, mannitol, medium chain triglycerides, microcrystalline cellulose, orange oil, palm oil, pea protein, pectin, rice bran powder, rose hips powder, soy lecithin, soybean oil, spirulina.

GOLD WITH VITAMIN K NON-MEDICINAL INGREDIENTS: acerola (*Malpighia glabra*) fruit extract, alfalfa powder, annatto extract, beeswax, choline bitartrate, citrus bioflavonoids (grapefruit, lemon, orange), corn oil, croscarmellose sodium, gelatin, glycerin, hesperidin complex, hydroxylated soy lecithin, hypromellose, inositol, magnesium stearate, mannitol, medium chain triglycerides, microcrystalline cellulose, orange oil, palm oil, pea protein, pectin, rice bran powder, rose hips powder, soy lecithin, soybean oil, spirulina.

GOLD WITHOUT VITAMIN K NON-MEDICINAL INGREDIENTS: acerola (*Malpighia glabra*) fruit extract, alfalfa powder, annatto extract, beeswax, choline bitartrate, citrus bioflavonoids (grapefruit, lemon, orange), corn oil, croscarmellose sodium, gelatin, glycerin, hesperidin complex, hydroxylated soy lecithin, hypromellose, inositol, magnesium stearate, medium chain triglycerides, microcrystalline cellulose, orange oil, palm oil, pea protein, pectin, rice bran powder, rose hips powder, soy lecithin, soybean oil, spirulina.

*Medicinal Ingredients for Vitalizer Gold With Vitamin K. Those for Vitalizer Gold Without Vitamin K are identical with one exception (i.e., there is no vitamin K).