

FREQUENTLY ASKED QUESTIONS

Shaklee 180[®]



WHAT IS THE SHAKLEE 180 WEIGHT-LOSS PROGRAM?

For weight loss that lasts, it isn't just about food and exercise alone; you need the right nutrition and the right support tools. Powered by Leucine[®], our clinically tested products help you keep muscle you have, burn fat you don't need, and lose inches you don't want.* It's real science with real results.

We give you a simple, step-by-step program guide along with healthy meal and shake recipes, exercise programs, meal plans, shopping lists, lifestyle tips, and more.

People who've used Shaklee 180 have not only lost weight but learned how to keep it off because this plan is designed to work in real life. Perfection isn't necessary. Just desire and perseverance.

You'll see and feel the difference. This is the beginning of a new you – fit for life. Together with us, you *will* succeed.

HOW IS THE SHAKLEE 180 PROGRAM DIFFERENT FROM OTHER WEIGHT-MANAGEMENT PROGRAMS?

Shaklee 180 is a clinically proven program designed to help you lose the weight and keep it off. It's helped people lose more than 2 million pounds and 1 million inches – and counting!†

It's not a diet that restricts you to certain foods for quick, short-term improvements that are often difficult to maintain. Instead, it's a safe, holistic program offering the right nutrition and support tools combined with healthy cooking and regular exercise for weight loss that lasts. Powered by Leucine[®], our clinically tested products help you keep lean muscle you have, burn fat you don't need, and lose inches you don't want.

The Shaklee 180 Program has been clinically proven in recent studies conducted by Dr. Wayne Westcott, a leading nutrition researcher from Quincy College (Massachusetts). Dr. Westcott's six-month study, published in the peer-reviewed *Journal of Exercise Physiology*, February 2017, showed significant results: participants lost an average of 14 pounds of body fat, gained on average 4 pounds of lean muscle, and dropped their body fat from 29.5% to 23.75%. In a six-month follow-up study, published in the *Journal of Clinical Exercise Physiology*, June 2018, participants showed improvements in percentage body fat, lean muscle mass, and waist and hip circumference while maintaining their weight.

WHY IS LIFE SHAKE™ PART OF SHAKLEE 180?

Life Shake is a delicious, clinically proven meal replacement and the foundation of the clinically proven Shaklee 180 Program. It's packed with protein to build strong muscles and protective antibodies and contains healthy fats and carbohydrates to energize your body.

- Contains 20 grams of ultra-pure, non-GMO protein per serving, with precise ratios of all nine essential amino acids
- Easy to digest and supports healthy digestion, with added digestive enzymes to provide comfort
- Includes 200 mg of calcium plus ALA (alpha-linolenic acid), an essential omega-3 fatty acid, and 23 essential vitamins and minerals clinically proven to support cardiovascular, brain, bone, immune, and overall health
- Low glycemic; supports healthy blood sugar levels
- Available in Plant Protein and Soy Protein formulas; also available in a Stevia-Free Soy Protein formula
- Life Shake is suitable for all adults

THE SHAKLEE 180 PROGRAM AND SPECIAL DIET NEEDS

WHICH SHAKLEE 180 PRODUCTS ARE KOSHER CERTIFIED?

The following Shaklee 180 products are certified as Star K kosher: Life Shake, Blueberry & Almond Crisp Meal-in-a-Bar, Crunchy Peanut Butter and Cherry & Almond Snack Bar flavours. Metabolic Boost is also Star K.

Shaklee 180 Whey Protein Smoothee Mix, Peanut Butter & Chocolate Chip and White Chocolate Cinnamon Meal-in-a-Bar flavours, Snack Crisps, and Toffee & Chocolate Crunch and Chocolate & Coconut Snack Bar flavours are certified as kosher dairy.

ARE THE SHAKLEE 180 PRODUCTS GLUTEN FREE?

Yes. All Shaklee 180 products are gluten free.

CAN I BE ON THE SHAKLEE 180 PROGRAM IF I'M PREGNANT?

Pregnant women can use the shakes, bars, and snacks as part of a healthy diet. Additional calories, protein, and fibre are essential for a healthy pregnancy, and a great way to get those additional 260 calories per day is by having a Life Shake. Pregnant women should not be following a weight-loss program, nor do we suggest that Metabolic Boost be used.

*As part of the Shaklee 180 Program. Clinical study participants replaced two meals with Shaklee Life Shakes daily and followed a 40-minute exercise program twice weekly. See full details of Life Shake clinical studies at www.healthresource.shaklee.com.

†Based upon cumulative sales of Shaklee 180 shakes and the expected average weight loss.

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CAN I BE ON THE SHAKLEE 180 PROGRAM IF I'M NURSING?

You can follow the Shaklee 180 Program while nursing your baby, but make sure you're eating enough calories and drinking plenty of fluids so that breast milk production isn't compromised. We recommend starting with the 1,800-calorie meal plan.

Replace the Metabolic Boost supplement with Vita-Lea[®] With Iron because Metabolic Boost contains the herbal extract evodia, for which the safety of use in nursing women has not been studied. If at any time you notice a change in your breast milk production, you may want to check your calorie and fluid intakes or consider discontinuing the program until you've finished nursing your baby.

I'M VEGETARIAN/VEGAN. CAN I BE ON THE SHAKLEE 180 PROGRAM?

Lacto-ovo vegetarians can use the Shaklee 180 Program. For strict vegans, please note that Life Shake is vegan but some of the bars contain dairy ingredients, as does the Shaklee 180 Whey Protein Smoothee Mix.

CAN CHILDREN USE THE SHAKLEE 180 PROGRAM?

This program is designed for adults aged 18 and over. However, overweight teenagers (ages 13 to 17) can follow it with permission and supervision from their health care practitioners to assure they're following the program as it's designed.

CAN PEOPLE WITH DIABETES USE THE SHAKLEE 180 PROGRAM?

All diabetics should be under the care of a medical doctor and should discuss any weight-loss program with their doctors. If you have type 2 diabetes, calorie control and weight loss tend to be critical to the prevention of potential long-term sequelae. Your health care practitioner should evaluate you over time as you lose weight as to whether your medications need adjustment. The Shaklee 180 Weight-Loss Program has been well designed and should be appropriate for most people with diabetes. Simply follow the calorie level your doctor has recommended for you. Life Shake, Meal-in-a-Bar, and Snack Bar flavours are low-glycemic foods. We've also attempted to guide you toward choosing foods in your meal plan with low to moderate glycemic indices.

I'M ALLERGIC TO SOY. CAN I BE ON THE SHAKLEE 180 PROGRAM?

The Shaklee 180 Program offers a variety of shakes including soy, plant, and whey protein versions. The only other recommended modification to the program is making appropriate food choices to replace the snack bars and snack crisps, which are soy protein-based products.

Here are some non-soy alternatives to eating a snack bar or snack crisps:

- 1 cup of non-fat yogurt
- 1/2 cup of non-fat cottage cheese with 1 cup of raw vegetables
- 1 oz. of low-fat cheese with 5 small whole wheat crackers
- A 100-calorie package of roasted almonds

ABOUT LIFE SHAKE AND MEAL-IN-A-BAR

WHAT ARE THE KEY FEATURES OF LIFE SHAKE?

- Provides 20 grams of leucine-enhanced protein per serving to help you retain muscle and 6 grams of dietary fibre to help keep you feeling full
- Available in non-GMO soy protein and plant protein
- Features added digestive enzymes to provide comfort
- Low glycemic
- No artificial flavours, sweeteners, colours, or preservatives added
- Gluten free
- Kosher certified
- Vegan
- Keto friendly

WHAT IS LEUCINE AND WHY IS IT AN IMPORTANT INGREDIENT?

Leucine is an essential amino acid that signals your muscles to stimulate protein synthesis. It helps your body preserve muscle mass while you lose weight. Keeping muscle helps keep your metabolism strong so you're less likely to regain the weight you lose.

ARE SHAKLEE 180 PRODUCTS LOW GLYCEMIC?

The glycemic index is a measure used to assess the rate at which carbohydrates in the foods you eat raise blood sugar. All Shaklee 180 food products and Life Shake formulas are low glycemic.

CAN I MIX MY LIFE SHAKE POWDER WITH WATER?

Yes. However, we recommend skim milk or unsweetened soy milk for the best nutritional profile.

CAN I USE LIFE SHAKE FOR ANY TWO MEALS?

Yes. You may use Life Shake as a meal replacement for two meals per day – breakfast, lunch, or dinner – and have one healthy meal per day, as well.

HOW DOES THE SHAKLEE 180 MEAL-IN-A-BAR FIT INTO THE SHAKLEE 180 PROGRAM?

The Shaklee 180 Meal-in-a-Bar is designed to be used as a meal-replacement alternative to Life Shake. If you're looking for an on-the-go alternative to a shakes, feel free to substitute one shake a day with a Meal-in-a-Bar.

CAN I USE A SHAKLEE 180 MEAL-IN-A-BAR AS A SNACK?

You may use a half serving of a Meal-in-a-Bar as a snack.

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ABOUT SHAKLEE 180 SNACKS

WHAT CAN I SUBSTITUTE FOR SHAKLEE 180 SNACK BARS?

We strongly suggest the Shaklee 180 Snack Bar as your go-to snack. With 130–150 calories per bar, it provides 9–10 grams of protein and 3 grams of dietary fibre. It's a great way to add protein to your day and get some extra leucine to help preserve lean muscle. If you can't eat the bar, here are some alternatives:

- 1 cup of non-fat yogurt
- 1/2 cup of non-fat cottage cheese with 1 cup of raw vegetables
- 1 oz. of low-fat cheese with 5 small whole wheat crackers
- A 100-calorie package of roasted almonds

HOW DO I USE SHAKLEE 180 SNACK CRISPS IN THE SHAKLEE 180 PROGRAM?

Shaklee 180 Snack Crisps provide 100 calories and 6 grams of protein per serving. They're a great, savoury-tasting alternative to consuming a Shaklee 180 Snack Bar in the context of the Shaklee 180 meal plan guidelines.

CAN MY FAMILY CONSUME SHAKLEE 180 SNACK CRISPS?

Yes. Shaklee 180 Snack Crisps are a healthy snack option for all members of your family, including children aged 2 and older.

CAN I CONSUME THE SHAKLEE 180 SNACK CRISPS IF I'M BREAST FEEDING?

Yes. Shaklee 180 Snack Crisps are safe to consume if you're breast feeding.

CAN PEOPLE WITH DIABETES CONSUME SHAKLEE 180 SNACK CRISPS?

Yes. However, each serving of Shaklee 180 Snack Crisps contains 13 grams of carbohydrates. If you use diabetic exchanges, a serving of Shaklee 180 Snack Crisps is equivalent to one starch/bread exchange plus one lean protein/meat. We also highly suggest consuming the snack crisps in the context of our Shaklee 180 meal plan guidelines and that you monitor your blood sugar as recommended by your health care practitioner.

ABOUT METABOLIC BOOST

WHAT IS METABOLIC BOOST? AND WHY SHOULD I TAKE IT?

Metabolic Boost is a supplement we suggest you take when you're participating in the Shaklee 180 Program.* It contains a proprietary thermogenic blend with calorie-burning, clinically proven EGCG (from green tea). Taking one with every meal helps your body metabolize carbohydrates and fats and helps provide support for healthy blood glucose levels, which, in turn, may help keep your energy up and your food cravings down.

SHOULD I TAKE METABOLIC BOOST WITH FOOD OR A LIFE SHAKE?

Yes. Ideally, you should take one tablet along with each of your two shakes a day and one with your prepared meal for a total of three tablets a day.

CAN I TAKE ALL THREE METABOLIC BOOST TABLETS AT THE SAME TIME?

For best results we recommend you take one supplement three times daily: one with each shake and one with your one healthy meal of the day.

WHAT IS EVODIA EXTRACT?

Evodia is a natural herbal extract with a history of use in traditional Chinese medicine and has been shown in a number of laboratory studies to have anti-obesity potential.

WHAT IS PURPLE CORN EXTRACT?

Purple corn, also known as blue corn, is a natural herbal extract that has been shown in a number of laboratory studies to have weight-loss potential. It's also a source of anthocyanins, a type of flavonoid known for its powerful antioxidant properties.

WHAT IS EGCG?

EGCG (epigallocatechin gallate) is a component of green tea. Green tea containing EGCG has been shown in clinical studies to increase metabolic rate, increase the calories burned over a 24-hour period, and increase the percentage of calories burned from fat. A clinical study has been conducted using 270 mg of EGCG, the same amount that Shaklee provides in the Metabolic Boost.

CAN I CONTINUE TO TAKE OTHER SHAKLEE SUPPLEMENTS WHILE ON THE SHAKLEE 180 PROGRAM?

It's fine to continue taking other targeted solution products such as OmegaGuard[®], Joint Health Complex, Life-Strip, Vitalizer[™], Vita-Lea[®], etc.

HOW MUCH CAFFEINE IS IN THE METABOLIC BOOST?

The Metabolic Boost contains green tea extract, which contains a low level of caffeine. A full serving of the Metabolic Boost will provide less than 10 mg of caffeine.

*Originally, this product was part of the Shaklee 180 Program. However, due to Health Canada regulations, Shaklee is no longer permitted to market it as a Shaklee 180 product.