



## Proven by Science

# LOSE THE WEIGHT. KEEP IT OFF. RETAIN LEAN MUSCLE.



In clinical studies published in 2017–2018 by Dr. Wayne Westcott, a leading nutrition researcher from Quincy College (Massachusetts), the Shaklee 180® Program was **clinically proven to help lose weight and keep it off and to help retain lean muscle.**<sup>1,2</sup>

## Methodology

- 90 individuals, with an average age of 56, participated in the Shaklee 180 Program
- Their starting average body mass index (BMI) was 32 and body fat percentage was 30%
- **Each followed the core program:**

**1**

Replace two meals each day with Life Shake™.

**2**

Exercise for 40 minutes (20 minutes strength, 20 minutes aerobics) twice a week.

**3**

Follow healthy nutrition, with calorie targets.

**MATT LOST 32 LBS AND HAS KEPT IT OFF\*\***



<sup>1</sup> Westcott W, Colligan A, Puhala K, Lannutti K, La Rosa Loud R, Vallier S. *Journal of Exercise Physiology Online*. 2017 Feb 1;20(1).

<sup>2</sup> Westcott W, Colligan A, Lannutti K, La Rosa Loud R, Vallier S. Effects of Resistance Exercise and Protein on Body Composition Following Weight Loss. *Journal of Clinical Exercise and Physiology* 2018;7(2):25-32.

\*Results and experiences from the Shaklee 180 Program are unique for each person, so results may vary. People following the weight loss portion of the Shaklee 180 Program can expect to lose 1–2 pounds a week.

†The Westcott study consisted of six months of weight loss, including replacing two meals a day with Life Shake, following a 40-minute exercise program twice a week, and calorie targets, plus six months of maintenance, including one Life Shake per day, 40 minutes of exercise twice a week, and no calorie targets. See full details of Westcott clinical studies [healthresource.shaklee.com](http://healthresource.shaklee.com).

## The Weight Loss Results Are Remarkable

**83%** completed

75 participants, or 83%, completed the 6-month regimen – an incredibly high completion rate for a prolonged weight-loss study.

**-14 lbs fat lost +4 lbs muscle gained**

Participants lost on average 14 lbs of body fat and gained on average 4 lbs of muscle.

**-5.75%** body fat

Body fat dropped from 29.5% to 23.75%.

## The Weight Loss Was Sustained

To maintain their newly achieved healthy weight, the participants followed this regimen: **1** one Life Shake daily; **2** a twice-weekly exercise program of 20 minutes aerobic and 20 minutes resistance work; and **3** healthy meals with no calorie targets.

**The Results Were Equally Remarkable.** Improvements were seen in fat mass, percentage body fat, lean muscle mass, and waist and hip circumference while maintaining weight.

**53** participants

53 participants signed on for an additional 6 months of maintenance.

**-2 lbs additional fat lost**

Participants lost an additional 2 lbs of fat.

**+3 lbs additional muscle gained**

Participants gained 3 lbs of muscle.