



HELLO NEW YOU!

shaklee.com.my

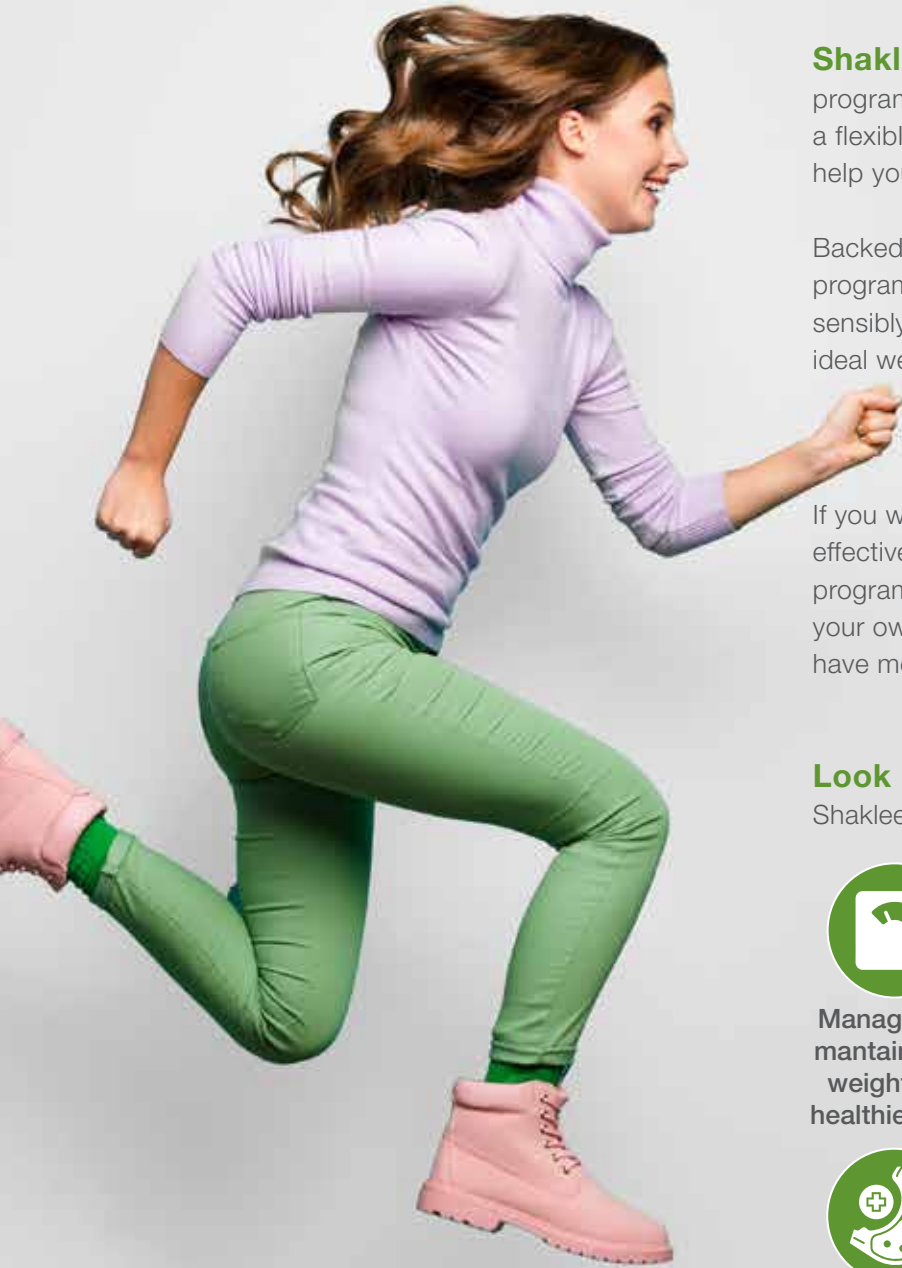
Transform to a leaner, healthier you.

Proven Result. Powered by Science.



CONGRATULATIONS!

You've taken the first step to take charge of your health.



Shaklee Hello New You is an easy-to-follow programme combining nutritional balanced products, a flexible fasting plan, balanced diet and exercise to help you manage your weight effectively.

Backed by science and proven by many people, this programme helps you achieve your weight goals sensibly and safely and thereafter, maintaining your ideal weight in a healthy manner.

If you want to manage and maintain your weight effectively, this programme is for you. At the end of the programme, you will be empowered to take control of your own health. Be prepared to feel lighter, shape up, have more energy, and feel amazing!

Look Good and Feel Great!

Shaklee Hello New You will help you:



Manage and maintain your weight in a healthier way.



Tone up and shape up.



Increase your energy and feel amazing!



Improve your digestion.



Bring back your confidence.



More focused and ready for anything!

PRECAUTIONARY ADVICE

- All information in this eGuide is intended for informational and educational purposes only and is not intended to be interpreted as a diagnosis of any disease, nor an attempt to treat or prevent or cure any disease or condition.
- Results and experiences from this programme are unique to each person, so results may vary.

- We suggest that you continue to work with qualified medical professional as you engage in this programme.
- We strongly recommend that you consult with your physician before beginning this programme particularly if you are pregnant or breastfeeding, having eating disorder, have health issues and are on any medication, or have any health condition that requires a special diet.



FAST TO RESET, EAT TO NOURISH

THE 12:12 PLAN

Shaklee Hello New You

incorporates the concept of intermittent fasting for 12 hours and nourishing your body with essential nutrients. When you fast for 12 hours, your body will turn its fats into energy, encouraging weight loss and building your muscle mass.



Reset Your Body System



Focus on bringing back a balanced and healthy lifestyle in your life.



Learn how to manage your eating habits.



Improve your self-control and discipline.

What Happens To Your Body When You Fast?



4-8 hours

- Blood sugar drops.
- All food has left the stomach.
- Insulin is no longer produced.

12 hours

- Food consumed has been burned.
- Digestive system goes to rest.
- Human Growth Hormone for cell reproduction and regeneration begins to increase.
- Glucagon is released to balance blood sugar level.

14 hours

- Stored fat is used for energy.
- Further increase in Human Growth Hormone.

16 hours

- Body is ramping up fat burning.



DID YOU KNOW?

- Studies recommend that you fast for a minimum of 12 hours or more (if you can) to reap the health benefits of fasting.
- Do remember that during your eating window, it is important that you consume a balanced diet with adequate nutrients and practise a healthy lifestyle to maximise the health benefits of fasting.

SHAPE UP WITH THESE NUTRIENTS



Burns Fat and Builds Muscle Effectively

Leucine

- ✓ Leucine helps burn fats without having yo-yo effect.
- ✓ Leucine builds and retains lean muscle for a healthier weight and a toned body.
- ✓ Closes nutritional gaps.



Boosts Your Energy Hour After Hour

Plant-based Protein

- ✓ Promotes steady blood glucose level to sustain energy all day long.
- ✓ Builds healthy and glowing skin, hair and nails.
- ✓ Maintains and repairs body cells for long-term health.

Cleanse and Reset Senna Leaves

- ✓ A natural laxative to increase the frequency of bowel movements.
- ✓ Help remove toxins from the body.



Feel Full Longer

24 types of vitamins and minerals, fibre and digestive enzymes

- ✓ Curb appetite, reduce cravings and untimely hunger pangs.
- ✓ Improve digestive health, reduce bloating and better nutrient absorption.
- ✓ Stronger natural defence system.



Breaks Down Stubborn Fat

Lecithin

- ✓ Speeds up the breakdown of fats.
- ✓ Prevents accumulation of fats and flushes out toxins from the liver.



Boost Metabolism Omega-3 Fatty Acids

- ✓ Improve metabolic rate and speeds up fat burning process.
- ✓ Improve body insulin sensitivity to regulate fat storage.



SAFE, NATURAL AND EFFECTIVE

Burn and Build Cinch® Shake

- ✓ Benefits of a meal, delivered to you in a delicious and nutritious drink.
- ✓ Enhanced with Leucine to support healthy weight management.
- ✓ Contains 20 essential vitamins and minerals

Energy Booster ESP Soy Protein

- ✓ Delicious, non-GMO plant-based protein to provide you sustained energy.
- ✓ In convenient sachets for you to take anytime, anywhere.
- ✓ A low-fat and cholesterol-free food.

Better Digestion and Cleanse Herb-Lax™

- ✓ Enhanced proprietary blend includes senna leaf, which is traditionally used as a natural laxative.
- ✓ Encourages bowel movement to aid the body's natural processes.

Nutrients and Satiety Life Shake Elderberry

- ✓ Nutritious and creamy protein drink featuring zero-calorie sweetener, Reb M for healthy blood sugar level.
- ✓ Contains digestive enzymes, prebiotic and fibre for healthy digestion.
- ✓ Contains 24 vitamins and minerals with added elderberry extract for enhanced protection.

Natural Fat Burner Lecithin

- ✓ An emulsifier, naturally sourced from soybeans.

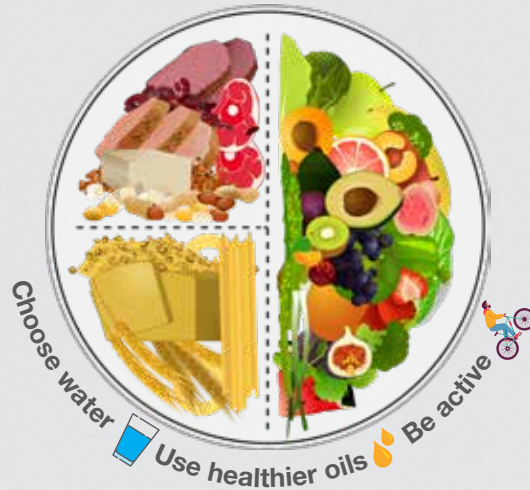
Boost Metabolism OmegaGuard

- ✓ Provides a wide spectrum of pharmaceutical-grade omega-3 essential fatty acids.
- ✓ Featuring a propriety triple step molecular distillation process.

The Malaysian Healthy Plate

SUKU-SUKU-SEPARUH

A balanced plate is a healthy plate. *Suku-Suku-Separuh* is a good way to practise healthy eating habits, whether at home, or eating out.



Fill your plate with:

- **1/2 plate of vegetables and fruits** (a cupped hand size portion)
- **1/4 plate of protein** – lean meat, fish, beans, eggs, nuts, legumes and tofu (a palm-sized portion)
- **1/4 plate of carbohydrates** – brown rice, high-fibre noodles, bread, cereals and wholegrains (a fistful portion)

Swap This for That!

Simple food swaps could do wonders to your health. Try these!



Nasi lemak with fried chicken

>800cals | 67g fat



Nasi kerabu with grilled chicken

380cals | 9g fat



Curry noodles

>600cals | 37g fat



Clear broth noodles

304cals | 10g fat



Nasi minyak

436cals | 12.3g fat



White rice

205cals | 0.4g fat



Pasembur

>500cals | 23g fat



Fruit rojak

230cals | 10g fat



Claypot chicken rice

>800cals | 37g fat



Mixed rice with steamed fish and veggie

408cals | 9g fat



Fried popiah

330cals | 25g fat



Fresh popiah

165cals | 5g fat



Fried chicken

390cals | 21g fat



Tandoori chicken

185cals | 5g fat



Banana fritters

>360cals | 15g fat



Banana

105cals | 5g fat



Roti canai

302cals | 10g fat



Thosai

185cals | 4g fat



Teh tarik

180cals | 20g sugar



Teh O

64cals | 5g sugar



White coffee

180cals | 20g sugar



Black coffee

64cals | 5g sugar

HELLO NEW YOU!



THE 12:12 PLAN

Boost Your Energy

Lunch

Eat a well-balanced meal – practise “*suku suku separuh*” concept. (refer page 6)

Exercise

Take **ESP** as your pre or post-workout drink to boost your energy and to speed up muscle recovery.

Restore, Renew and Detox to maintain healthy body weight

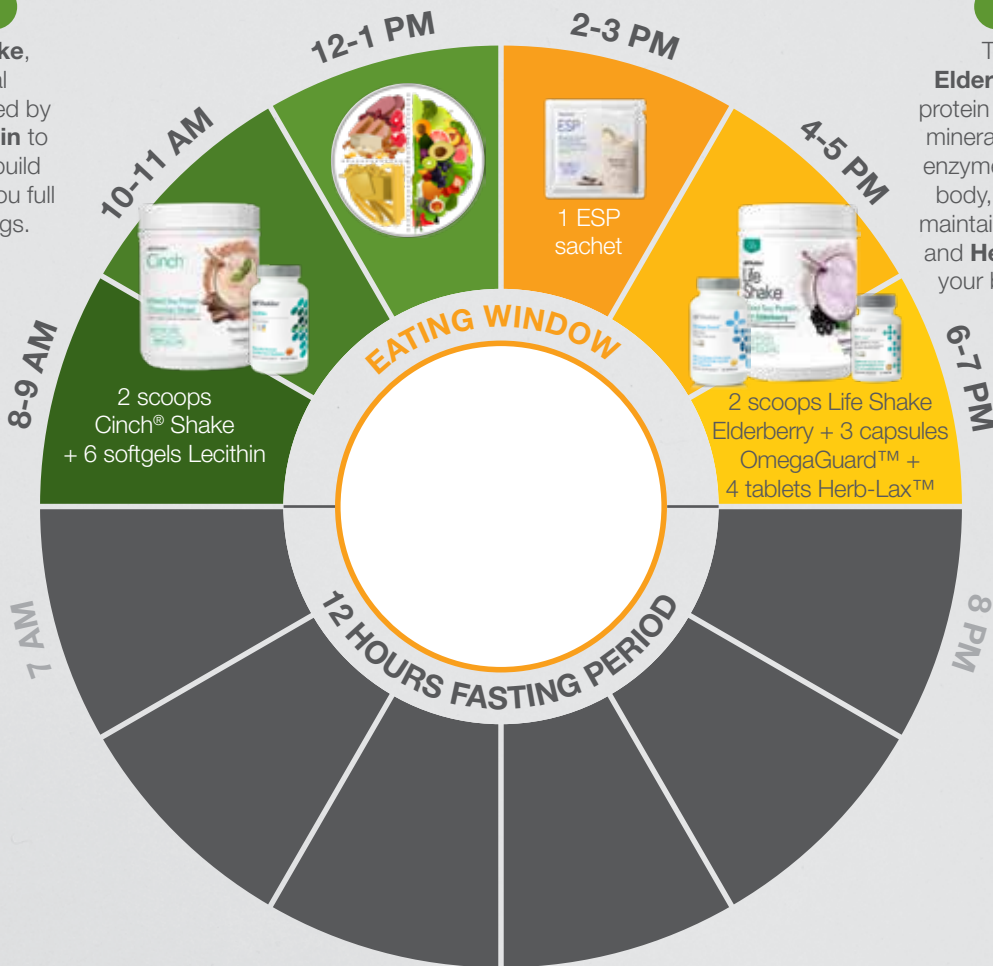
Dinner

Take **Life Shake Elderberry**, a wholesome protein packed with vitamins, minerals, fibre and digestive enzymes to maintain healthy body, **OmegaGuard™** to maintain healthy body weight and **Herb-Lax™** to support your body's detoxification process.

Kickstart your day feeling energetic, full and lighter

Breakfast

Take **Cinch® Shake**, a nutritious meal replacement powered by Leucine and **Lecithin** to help you burn fat, build lean muscle, keep you full and reduce cravings.



The 12/12 plan:

- 12 hours fasting and a 12 hours eating window.
- Perfect intro for beginners or anyone completely new to fasting.
- Requires minimal effort and sustainable with relatively small fasting window.
- Good starting point to achieve a longer fasting duration in the near future.



FREQUENTLY ASKED QUESTIONS

1 What is the Shaklee Hello New You?

It is an easy-to-follow programme combining nutritional balanced products, flexible fasting plan, balanced diet and exercise to help you manage your weight effectively. Backed by science and proven by many people, this programme helps you reach your weight goals sensibly and safely and thereafter, maintains your ideal weight in a healthier way for your long-term well-being.

2 How is Shaklee Hello New You different from other weight management programmes or diets?

This programme is developed for you to have a safe, healthy, and effective approach to weight management. Unlike many fad diets out there, Shaklee Hello New You promotes sustainable healthy weight management by considering the nutrients that your body needs, not just a temporary solution to promote quick fix for weight loss.

3 How long should I follow the Shaklee Hello New You?

It is recommended for you to follow a 4-weeks programme to refresh and nourish your body. By fasting, it allows your body to rest and restore, and with the support of Shaklee products, it helps to nourish your body from within. This will then help you lose weight effectively and build healthy eating habits in the long run.

4 This is my first time fasting for 12 hours. Will it be challenging for me?

Shaklee Hello New You is an easy-to-follow programme as it allows a 12-hours fasting and 12-hours eating window. It is a perfect introduction for beginners or anyone new to fasting as it requires minimal effort with relatively small fasting window, as most of the time you're asleep at night. This will be a good starting point for you to achieve a longer fasting duration in the future.

5 Will I feel hungry when practising Shaklee Hello New You?

It is unusual to feel hungry when following the program correctly. Be sure you are making your shakes and taking the products according to the recommended dosage, not skipping meals and have a balanced meal.

6 Will I go back to my original weight once I stopped the Shaklee Hello New You?

With this programme, instead of losing weight from water and muscle, leucine helps you lose fat and inches while preserving lean body mass and promoting healthy weight loss from fats. Hence, having a yo-yo rebound weight is the least thing you need to worry about. Remember to maintain a sensible diet rich in healthy, natural food as much as possible and practise the "Suku-Suku-Separuh" concept.

7 Can I continue to take other Shaklee supplements while on Shaklee Hello New You?

Yes, you can continue to take other Shaklee supplements without worries.

8 Can I exercise when I join this programme?

You are strongly advised to do so as an exercise routine would help you maximise the benefits of the programme.



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