

# LIVE YOUNGER LONGER

PRODUCT GUIDE

Shaklee®



# Shaklee®



# LIFE WITHOUT COMPROMISE

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At Shaklee, we believe in living the life you want - without compromise. We provide pure, safe, proven products that give your body what it needs to thrive. And we provide an income opportunity that can help you live life on your own terms.

## **LIVE YOUNGER LONGER. LOOK YOUNGER LONGER.**

We're inspired by the vision of our founder and creator of one of the first multivitamins in the US, Dr. Forrest C. Shaklee, and his philosophy to create products Living In Harmony with Nature®. We are committed to providing the purest and best ingredients from nature and to applying our rigorous scientific standards to create clinically proven products — providing you Clinical Results without Compromise™. This holistic concept of wellness has been helping millions of people Live and Look Younger Longer for over 65 years.

## **LOVE YOUR LIFE**

Our Shaklee community has been shown to be one of the healthiest populations in the world. And we offer a life-changing business opportunity built on sharing our life-changing products. You'll have the freedom to work your business and earn income whenever and wherever you choose, all while living a life you love.

**“ALL I EVER DID WAS  
LISTEN TO NATURE AND  
PASS THE WORD ALONG.”**

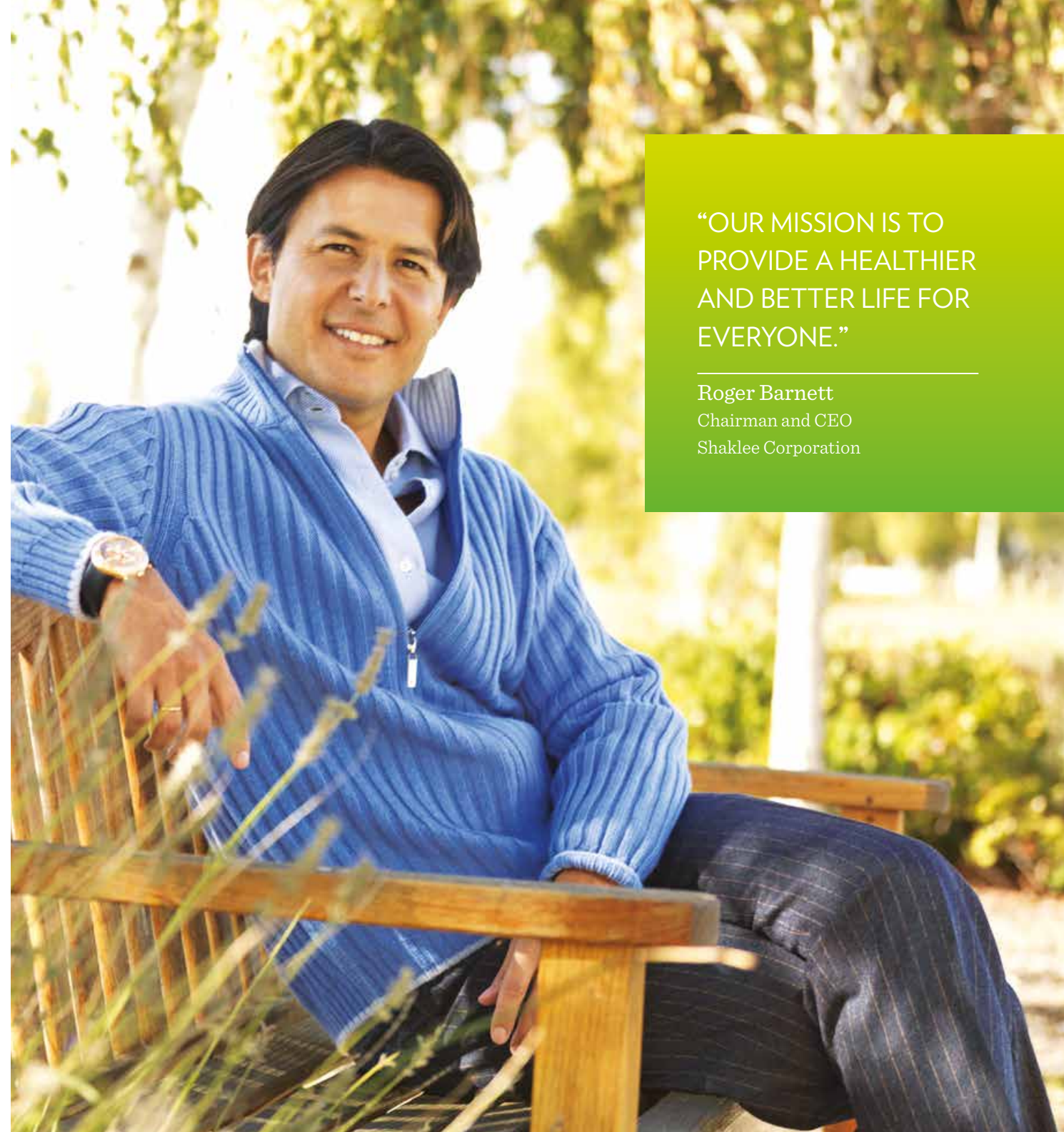
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Dr. Forrest C. Shaklee  
Founder, Shaklee Corporation

**“OUR MISSION IS TO  
PROVIDE A HEALTHIER  
AND BETTER LIFE FOR  
EVERYONE.”**

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Roger Barnett  
Chairman and CEO  
Shaklee Corporation



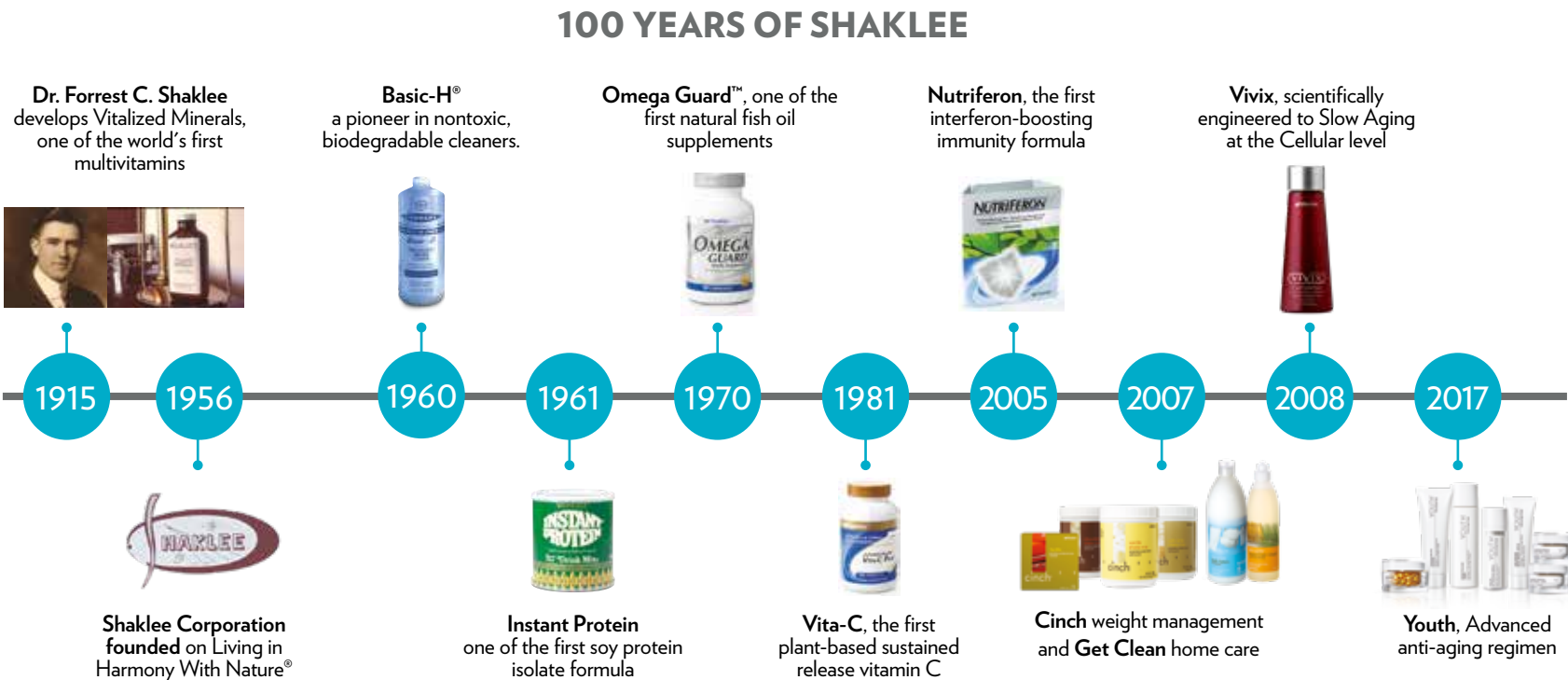




For 100 years now, Dr. Forrest C. Shaklee's philosophy of Living In Harmony with Nature® has guided everything we do. He believed that each of us could make a healthy difference in the world.

His vision first took shape in 1915 with his development of one of the first multivitamins in the US. Through the next four decades, he exchanged ideas with thought leaders, researched and published four books, explored the science of nature, and considered ways to help people achieve their best.

That vision took physical shape in 1956 when he founded Shaklee Corporation, a legacy that has and continues to change the lives of millions of people .



THE SHAKLEE DIFFERENCE®



# 100

## YEARS LIVING IN HARMONY WITH NATURE

Building on Dr. Forrest C. Shaklee's legacy of innovation, science, and Living in Harmony with Nature® is at the heart of everything we do.

### **WE ARE COMMITTED TO MAKING PRODUCTS FROM THE PUREST NATURAL INGREDIENTS.**

- Our products are free of artificial ingredients and harmful chemicals that you may find in competitive products.
- Our products adhere to the highest safety standards.
- Our products are gentle on the environment
- Every single one of our products is gluten free.
- We never test on animals and we're cruelty free.

From our scientifically proven nutrition and beauty products to our environmental sustainability, we've helped millions of people live healthier, younger, and more fulfilled lives.

# SAFE

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# PROVEN

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# EFFECTIVE

“WE MAKE PRODUCTS  
THAT ARE GENTLE ON  
THE ENVIRONMENT AND  
NEVER TEST ON ANIMALS.  
I WILL NEVER CREATE A  
PRODUCT THAT WILL  
HARM ONE TISSUE CELL  
IN THE BODY.”

Dr. Forrest C. Shaklee  
Founder, Shaklee Corporation







# SAFE



**SHAKLEE'S LONG TERM  
COMMITMENT TO PURITY,  
SAFETY AND POTENCY.**

At Shaklee, we obsess over the quality of every single product. In addition to the tests conducted by our manufacturers, we conduct our own independent tests when the products arrive. Over 100,000 quality control tests are conducted annually to assure the quality and potency of our products to you.

**PURITY AND  
SAFETY ASSURED!**

**350**

TESTS ON  
EVERY NEW BOTANICAL  
INGREDIENT FOR HARMFUL  
CONTAMINANTS,  
PESTICIDES, AND  
OTHER RESIDUES.

**QUALITY AND  
POTENCY ASSURED!**

**100,000+**

THE NUMBER OF  
QUALITY CONTROL TESTS  
PER YEAR CONDUCTED  
BY SHAKLEE.

**BEYOND ORGANIC**

**300+**

**3x** THE  
PESTICIDE TESTS  
REQUIRED BY  
THE UNITED STATES  
PHARMACOPEIA.



# PROVEN



Visit [healthresource.shaklee.com](https://healthresource.shaklee.com)  
for entire compendium of  
Shaklee-sponsored research.

**OUR UNIQUE FORMULAS  
ARE AVAILABLE EXCLUSIVELY  
FROM SHAKLEE.**

More than 120 published scientific papers  
and presentations, including The Landmark  
Study and The Telomere Study.

Shaklee products have 71 patents and  
patents-pending.



“THE LANDMARK AND  
TELOMERE STUDIES  
SHOW THAT THE SHAKLEE  
POPULATION IS REMARKABLY  
HEALTHIER THAN THE  
GENERAL POPULATION.”

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Dr. Elizabeth Blackburn  
2009 Nobel Prize Winner in Medicine



THE SHAKLEE DIFFERENCE®

OVER **100**  
GOLD, SILVER, AND  
BRONZE MEDALS



EFFECTIVE



**POWERED BY SHAKLEE**

Shaklee-powered athletes have won a combined 146 gold, silver, and bronze medals at the Summer and Winter Games. Our products make a difference in millions of people's lives, from world-class Shaklee Pure Performance Team athletes to NASA astronauts. And they are proven by people just like you and me.



LIFE WITHOUT COMPROMISE



UNIQUE  
FORMULAS  
AVAILABLE EXCLUSIVELY  
FROM SHAKLEE

CHANGING  
BRANDS CAN  
CHANGE  
YOUR LIFE





LIFE WITHOUT COMPROMISE



## THE LANDMARK STUDY

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PROVEN BY SCIENCE

Feel healthier, more energised, more focused,  
and ready for anything.



The Landmark Study, led by acclaimed nutrition researcher Dr. Gladys Block with the University of California, Berkeley, is one of the largest studies of long-term users of multiple supplements. **The study showed that people who used Shaklee supplements had much healthier biomarkers for heart, brain, and cognitive health compared to non-supplement or non-Shaklee product single-supplement users.**



Discover The  
Landmark Study!

LIFE WITHOUT COMPROMISE

# THE LANDMARK DIETARY SUPPLEMENT STUDY



## Nutrition Journal



Research

Open Access

### Usage patterns, health, and nutritional status of long-term multiple dietary supplement users: a cross-sectional study

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#### Abstract

**Background:** Dietary supplement use in the United States is prevalent and represents an important source of nutrition. However, little is known about individuals who routinely consume multiple dietary supplements. This study describes the dietary supplement usage patterns, health, and nutritional status of long-term multiple dietary supplement users, and where possible makes comparisons to non-users and multivitamin/mineral supplement users.

**Methods:** Using a cross-sectional study design, information was obtained by online questionnaires and physical examination (fasting blood, blood pressure, body weight) from a convenience sample of long-term users of multiple dietary supplements manufactured by Shaklee Corporation (Multiple Supp users, n = 278). Data for non-users (No Supp users, n = 602) and multivitamin/mineral supplement users (Single Supp users, n = 176) were obtained from the National Health and Nutrition Examination Survey (NHANES) 2001–2002 and NHANES III 1988–1994. Logistic regression methods were used to estimate odds ratios with 95% confidence intervals.

**Results:** Dietary supplements consumed on a daily basis by more than 50% of Multiple Supp users included a multivitamin/mineral, B-complex, vitamin C, carotenoids, vitamin E, calcium with vitamin D, omega-3 fatty acids, flavonoids, lecithin, alfalfa, coenzyme Q10 with resveratrol, glucosamine, and a herbal immune supplement. The majority of women also consumed gamma linolenic acid and a probiotic supplement, whereas men also consumed zinc, garlic, saw palmetto, and a soy protein supplement. Serum nutrient concentrations generally increased with increasing dietary supplement use. After adjustment for age, gender, income, education and body mass index, greater degree of supplement



As published

THE STUDY SHOWED THAT PEOPLE WHO USED SHAKLEE SUPPLEMENTS HAD BETTER BIOMARKERS OF KEY HEALTH INDICATORS COMPARED TO NON-SUPPLEMENT USERS.

**11%  
LOWER**  
cholesterol  
ratios\*



**HEART  
HEALTH**

**33%  
LOWER**  
levels of  
triglycerides\*



**HEART  
HEALTH**

**36%  
LOWER**  
levels of  
homocystein\*



**BRAIN  
HEALTH**

**59%  
LOWER**  
levels of  
C-reactive  
protein\*



**BIOLOGICAL  
STRESS**

## THE RESULTS ARE STUNNING!

The clinical study required the participants to have their blood drawn to check the key health biomarkers. So **the study showed that long-term Shaklee multiple supplement users had lower risks of heart disease, heart and brain related disease, cancer and diabetes.**



ENERGY

POWER OF PROTEIN FOR LONG-LASTING ENERGY  
Most people are unable to maintain their energy or stamina as they go about their day.  
Take charge of your daily energy levels with our stamina-ENERGY enhancing protein drink.  
Plant based soy protein for long-lasting energy.

ESP MIXED SOY PROTEIN ISOLATE POWDER WITH VANILLA FLAVOUR

Delivers Sustained Energy,  
With Plant-Based Protein Available

Protein is the building block of your body, like the bricks of your house. It is vital for every function in your body essential for growth and development. Shaklee ESP Mixed Soy Protein Isolate Powder is a delicious food rich in calcium and protein.\*

#11003 | 850 grams / 30 servings  
Suggested use: Put 3 tablespoons (28g) of this product in 1 glass of milk, juice, water, or your favourite beverage and mix well.  
Optional: Add fruits and blend.

14 g  
PROTEIN

HIGH  
CALCIUM

5  
B VITAMINS

0 g  
TRANS  
FATTY ACID

0 mg  
CHOLESTEROL



\*These products are not intended to diagnose, treat, cure, or prevent any disease.

THE SHAKLEE DIFFERENCE

- Shaklee uses Non-genetically modified (Non-GMO) soy protein produced under Identity Preservation Program (IPP).
- Each serving provides 14grams of Low Glycemic Index plant based protein. Soy protein helps reduce cholesterol.\*
- Has PDCAAS (Protein Digestibility Corrected Amino Acid Score) score of 1.0 - the highest rating possible and equal to that given animal proteins.
- Provides 9 essential amino acids.
- Rich in calcium which aids in the development of strong bones and teeth.

Note: Amount of soy protein recommended to give the lowering effect on the blood cholesterol is 25g per day.



DID YOU KNOW?

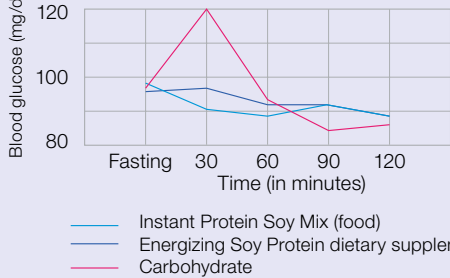


Dr. Forrest C. Shaklee invented the first soy protein isolate formula in 1961.

Nutritional Facts

Ingredients	Per Serving Mix Alone	Per 100 g
Energy	110 Kcal	387 Kcal
Carbohydrate	10.0 g	35.2 g
Protein	14.0 g	49.3 g
Soy Protein	14.0 g	49.3 g
Fat	1.0 g	3.5 g
Monounsaturated Fatty Acid	0.1 g	0.4 g
Polyunsaturated Fatty Acid	0.5 g	1.8 g
Saturated Fatty Acid	0.2 g	0.7 g
Trans Fatty Acid	0.0 g	0.0 g
Cholesterol	0.0 mg	0.0 mg
Sodium	170.0 mg	598.6 mg
Calcium	500.0 mg	1760.6 mg
Iron	3.0 mg	10.6 mg
Thiamin (Vitamin B <sub>1</sub> )	2.0 mg	7.0 mg
Riboflavin (Vitamin B <sub>2</sub> )	2.0 mg	7.0 mg
Niacin (Vitamin B <sub>3</sub> )	10.0 mg	35.2 mg
Pyridoxine (Vitamin B <sub>6</sub> )	0.5 mg	1.8 mg
Pantothenic Acid (Vitamin B <sub>5</sub> )	2.0 mg	7.0 mg
Phosphorus	250.0 mg	880.3 mg

Sustains Energy Hour After Hour



Glycemic index (GI) shows the effect a food has on blood sugar. Carbohydrates that break down quickly cause your blood sugar to spike and then plummet rapidly, leaving you feeling tired, irritable, and hungry. Instant protein soy food also has a “roller coaster” response.

With low GI Soy Protein, blood sugar levels remain steady, suggesting that it helps sustain energy, provides longer satiety effect and is beneficial for weight loss and long term health.\*

LIFE WITHOUT COMPROMISE



# THE TELOMERE STUDY

PROVEN BY SCIENCE

Feel healthier, more energised, more focused, and ready for anything.



The big idea here: Keeping telomeres from shortening may help you live a longer, healthier life.

Shaklee Scientific Advisory Board Member  
Dr. Elizabeth Blackburn is a Nobel Prize Winner in Medicine and considered the top authority on telomere science. We've partnered with Dr. Blackburn and **proven using Shaklee supplements long-term led to a 40% lower rate of telomere shortening across the adult age range compared to a healthy control group.** ‡



“I don’t think I have ever seen such a healthy adult sample; it may be that Shaklee supplements protect them from the usual effects of age, obesity and stress.”

Dr. Elissa Epel  
Professor in the Department of Psychiatry, at  
University of California,



LIFE WITHOUT COMPROMISE



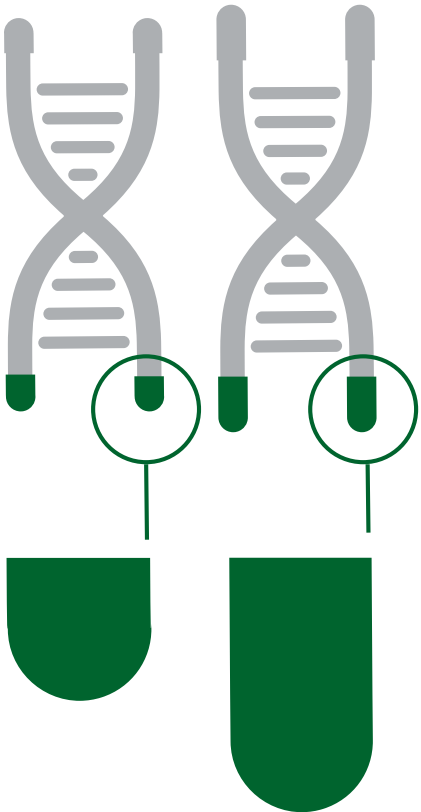
# THE TELOMERE STUDY

THE TELOMERE STUDY SHOWED THAT SHAKLEE USERS HAD SIGNIFICANTLY LONGER TELOMERES.

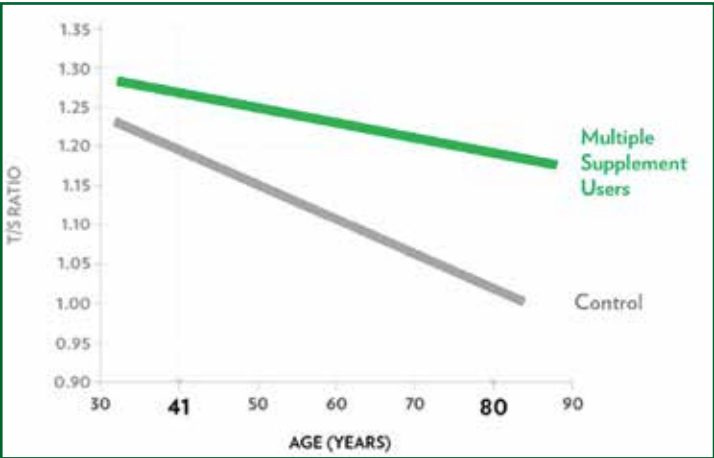
CLINICAL PROOF YOU CAN LIVE YOUNGER LONGER.

40%  
LOWER

SHAKLEE USERS HAD A 40% LOWER RATE OF AGE-RELATED TELOMERE SHORTENING\*



Telomeres are protective endcaps that protect chromosomes in cells. As we age, telomeres grow shorter, and longer telomeres are associated with better health.



Shaklee long-term supplement users had a 40% lower rate of telomere shortening across the adult age range and had significantly longer telomere length in the 50s, 60s, and 70s age groups compared to a healthy control group.‡

‡In a preliminary clinical study, Shaklee users who took Vivix and other Shaklee supplements had a 40% lower rate of telomere shortening across the adult age range, compared to healthy control group.



As published

LIVE LIFE TO THE FULLEST

FEEL YOUNGER, HEALTHIER.  
LIVE A VIBRANT LIFE, FULL OF ENERGY AND VITALITY.

VIVIX®  
A delicious Botanical Beverage

Vivix® is a delicious botanical beverage that contains a botanical blend of Muscadine Grape Extract, Elderberry Liquid Extract, Elderberry Powder Extract, Japanese Knotweed Extract, Apple Juice Powder, Blueberry Powder, and Purple Carrot Extract.\*

#10320| 150ml / 30 servings  
Suggested use: Shake well before use.  
Take 1 teaspoon directly or mix with your favourite drinks. Best served cold.  
Keep refrigerated.

Nutritional Facts		
Ingredients	Amount	
	Per 100 ml	Per Serving
Energy	300 Kcal	15 Kcal
Carbohydrate	74.0 g	3.7 g
Total Sugars	2.0 g	0.1 g
Protein	0.7 g	0.0 g
Fat	0.0 g	0.0 g
Sodium	7.1 mg	0.5 mg



THE SHAKLEE DIFFERENCE

Our scientifically advanced, proprietary blend is based on the muscadine grape - one of nature’s rarest, most potent fruits. Muscadine grapes contain the full complement of polyphenols found in other grapes. Unlike other grapes, muscadine boasts superior concentrations of ellagic acid and ellagitannins that, when combined with other polyphenols, yield immense antioxidant power.

At Shaklee, we harness this muscadine grape power in every bottle of Vivix using a patented extraction process that concentrates and preserves bioactive polyphenols.



DID YOU KNOW?

THE BENEFICIAL MUSCADINE



Native to North Carolina and the southeastern United States, the **Muscadine Grape** is one of nature’s rarest, most potent fruits. Unlike other grapes, the muscadine grape contains an extra pair of chromosomes. Scientists believe this extra genetic information accounts for the grape’s powerful survival mechanisms and potent polyphenol profile.

What Are Polyphenols?

Polyphenols are natural substances found in fruits, berries and vegetables, giving them their vivid and diverse range of colours. Polyphenols have been widely studied and have gained a good reputation in the wellness industry.



LIVE VIBRANTLY

FEEL HEALTHY.  
LIVE A VIBRANT LIFE, FULL OF ENERGY AND VITALITY.



RES V IS FORMULATED TO  
SUPPORT GENERAL HEALTH  
AND MAINTENANCE FOR  
VIBRANT LIVING.

A NATURAL BLEND

Res V contains natural extracts of Muscadine Grape, Japanese Knotweed, Grape Pomace, Pomegranate, Chebolic Myrobalan, Black Currant, Red Grape and Red Carrot. Each ingredient in Res V is specifically selected and carefully extracted.\*

#11029 | 60 softgels  
Suggested use: For adults only.  
Take 2 softgels once per day with a meal.

HERE'S TO A LIFE  
FULL OF ENERGY  
AND VITALITY!

\*These products are not intended to diagnose, treat, cure, or prevent any disease.  
This is a traditional product advertisement. Traditionally used for general health maintenance.



THE SHAKLEE RES V SOFTGEL DIFFERENCE

- Mainly derived from the muscadine grape, one of nature’s gifted fruits, and enhanced with Japanese Knotweed, Grape Pomace, Pomegranate, Chebolic Myrobalan, Black Currant, Red Grape and Red Carrot.
- All Natural. No added artificial flavours, sweeteners or preservatives. No added gluten.

Nutritional Facts

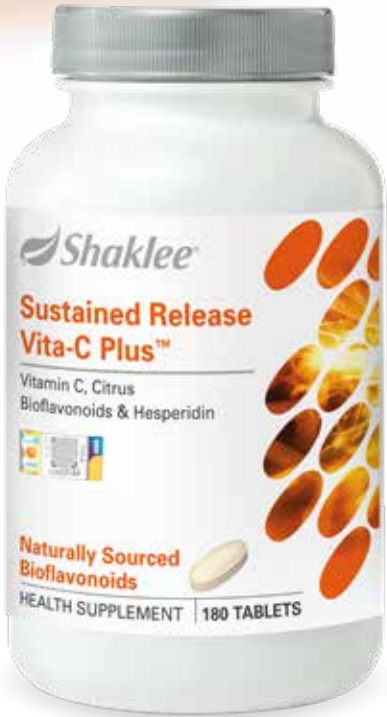
Ingredients	Amount Per Softgel
Muscadine Grape Extract ( <i>Vitis rotundifolia</i> ) (whole fruit)	206.897 mg
Japanese Knotweed Extract ( <i>Polygonum cuspidatum</i> ) (root)	30.00 mg
Grape Pomace Extract ( <i>Vitis vinifera</i> ) (whole fruit)	29.545 mg
Pomegranate Extract ( <i>Punica granatum</i> ) (fruit skin)	29.50 mg
Chebolic Myrobalan Extract ( <i>Terminalia chebula</i> ) (whole fruit)	29.50 mg
Black Currant Extract ( <i>Ribes nigrum</i> ) (whole fruit)	29.483 mg
Red Grape ( <i>Vitis vinifera</i> ) (whole fruit)	5.00 mg
Red Carrot ( <i>Daucus carota</i> L.) (root)	3.25 mg

KKLIU 3077 / EXP 31.12.2025  
MAL21106128TC



VITAMINS

THE RIGHT NUTRIENTS ARE IMPORTANT FOR OVERALL HEALTH AND WELL-BEING.



SUSTAINED RELEASE VITA-C PLUS™

Vitamin C

Vitamin C is an essential water-soluble vitamin that has a wide range of functions in your body, it also plays an important role in supporting the health of teeth, gums, bones, and basically for everything that makes up your body.\*

#10104 | 180 tablets / 180 servings  
Suggested use: For adults only.  
Take 1 tablet once per day with a meal.



Nutritional Facts	
Ingredients	Amount Per Tablet
Ascorbic Acid 95% (Provides 525.35 mg Vitamin C)	553.00 mg
Citrus Bioflavonoids Complex (Provides 7.50 mg Lemon Bioflavonoids) (Provides 7.50 mg Orange Bioflavonoids) (Provides 7.50 mg Grapefruit Bioflavonoids)	90.00 mg
Hesperidin (Provides 7.50 mg Orange Bioflavonoids)	30.00 mg

THE SHAKLEE DIFFERENCE

Sustained Release Vita-C Plus™ has a sustained release system that improves utilization and reduces wastage of vitamin C.

Added with 120mg of citrus bioflavonoids together with vitamin C.

DID YOU KNOW?

Your body is capable of many things, but it can't make nor store vitamin C. Thus, it is important to continue replenishing your body with vitamin C from your daily diet and supplements.

\*These products are not intended to diagnose, treat, cure, or prevent any disease. This is a supplement product advertisement.

KKLIU 0009 / EXP 31.12.2026  
MAL13085068NC



BONE HEALTH

STRONG BONES FOR A STRONG BODY. START BUILDING AND KEEP YOUR BONES STRONG WITH BONE-BUILDING NUTRIENTS.

OSTENUTRIX

A Nutrition Matrix for Strong Bones

Bones are the support system of your body, so it is important to keep them strong and healthy. As you age, more bone is lost than gained. It is important to supply your bones with quality bone-building nutrients.

3 comprehensive types of Calcium:



Calcium Carbonate



Calcium Citrate Tetrahydrate



Calcium Citrate Malate

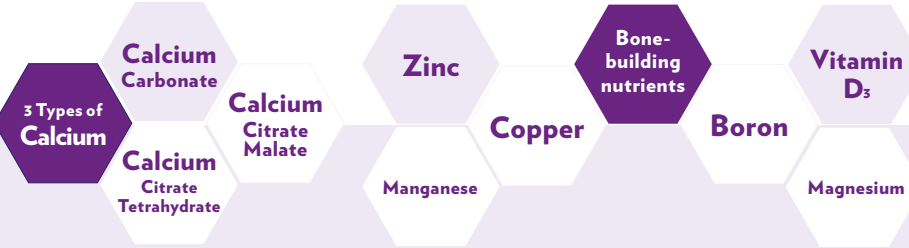
Adequate level of calcium for our body

THE SHAKLEE DIFFERENCE

Specially formulated with a matrix of critical nutrients including calcium, vitamin D<sub>3</sub>, magnesium, zinc, copper, manganese and boron to help build healthy bone and it also contains Boron. Small, easy-to-swallow caplets.

DID YOU KNOW?

YOU NEED CALCIUM FOR STRONG BONES  
Formulated with Bone-Building Nutrients:



\*These products are not intended to diagnose, treat, cure, or prevent any disease. This is a supplement product advertisement.



Formula  
For GOOD  
Absorption



Nutritional Facts	
Ingredients	Amount Per Caplet
Vitamin D <sub>3</sub> (as cholecalciferol)	120 IU
Calcium (as calcium carbonate, calcium citrate tetrahydrate, and calcium citrate malate)	250 mg
Magnesium (as magnesium oxide, magnesium gluconate and magnesium citrate tribasic)	100 mg
Zinc (as zinc gluconate)	0.375 mg
Copper (as copper gluconate)	0.05 mg
Manganese (as manganese gluconate)	0.05 mg
Boron	0.75 mg

#10128 | 120 caplets / 40 servings  
Suggested use: For adults only.  
Take 3 caplets once per day with a meal.

PAIN RELIEF

PAIN RELIEF & JOINT COMFORT  
Traditionally Used for Relief of Joint and Muscular Pain.

PAIN RELIEF  
CAPLET

Relieve Pain, Naturally.

Every day, many of us push our bodies to the limit — whether it is long morning jogs, bending or lifting things at work all day. In the end, our bodies and especially our joints, pay the price - pain. It is the body’s natural response to inflammation.

Pain Relief Caplet is a blend of Boswellia extract along with safflower extract, which help relieve pain and joint discomfort, naturally.

- Eases discomfort and pain of joint and muscle.\*
- Relieves muscular aches.\*

#11022 | 90 caplets / 30 servings  
Suggested use: For adults only.  
Take 1 caplet, 3 times per day with meals.

Nutritional Facts	
Each 697.002 mg caplet contains:	Amount
Ingredients	Per Caplet
Boswellia Extract (Resin <i>Boswellia serrata</i> )	360.825 mg
Safflower Extract ( <i>Flos Carthamus tinctorius</i> )	50.000 mg

\*These products are not intended to diagnose, treat, cure, or prevent any disease.  
This is a traditional product advertisement.

KKLIU 2395 / EXP 31.12.2025  
MAL21116095TC



# OMEGA GUARD™

## Purified, Concentrated Fish Oil

When it comes to fat, there is one you do not want to cut back on - essential omega-3 fatty acids, which your body can't produce itself. Two of the crucial ones are EPA and DHA, which are essential for human health.\*

#10236 | 90 capsules / 30 servings  
Suggested use: For adults only.  
Take 3 capsules once per day with a meal.



Nutritional Facts	
Active Ingredients	Amount Per Capsule
Fish Oil	600 mg
Every capsule provides 360 mg Omega-3, including 180 mg EPA (eicosapentaenoic acid) and 120 mg DHA (docosahexaenoic acid)	



# PURE PHARMACEUTICAL-GRADE FISH-OIL

## THE SHAKLEE DIFFERENCE

### Concentrated fish oil

Omega Guard™ provides of pure Omega-3 essential fatty acids, naturally found in small, cold-water fish. Each serving (3 capsules) contains concentrated 1080mg of Omega-3 (540 mg EPA which benefits your health and 360 mg DHA which is important for normal development and function).

Minimum odor and fishy aftertaste.

\*These products are not intended to diagnose, treat, cure, or prevent any disease.  
This is a supplement product advertisement.

KKLIU 0019 / EXP 31.12.2026  
MAL21026106NC

VITA-LIZE

Vita-Lize is formulated to support health of men and women.

Each serving of 2 tablets delivers 25 types of essential vitamins and minerals, needed for a healthy body, including:

- Vitamin C • Calcium • Iron • B vitamins • Folic acid



#10131 | 120 tablets / 60 servings  
Suggested use: For adults only.  
Take 2 tablets once per day with a meal.

Nutritional Facts	
Ingredients	Amount Per Tablet
Vitamin A (as vitamin A acetate and beta-carotene)	2000 IU
Vitamin C (as ascorbic acid)	60 mg
Vitamin D <sub>3</sub> (as cholecalciferol)	350 IU
Vitamin E (as d-alpha tocopheryl acid succinate)	30 IU
Thiamin (as thiamin mononitrate)	0.75 mg
Riboflavin	0.85 mg
Niacinamide	10 mg
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride)	1 mg
Folate (as folic acid)	300 mcg
Vitamin B <sub>12</sub> (as cyanocobalamin)	3 mcg
Biotin	150 mcg
Pantothenic Acid (as d-calcium pantothenate)	5 mg
Calcium (as dicalcium phosphate)	225 mg
Phosphorus (as dicalcium phosphate)	173.9 mg
Iodine (as potassium iodide)	75 mcg
Magnesium (as magnesium oxide)	100 mg
Zinc (as zinc gluconate)	6.75 mg
Selenium (as L-Selenomethionine)	35 mcg
Copper (as copper gluconate)	0.8 mg
Manganese (as manganese gluconate dihydrate)	1 mg
Chromium (as chromium amino acid chelate)	60 mcg
Molybdenum (as molybdenum glycinate)	37.5 mcg
Boron	0.5 mg
Iron (as ferrous fumarate)	9 mg
Vitamin K <sub>1</sub> (as phytonadione)	40 mcg

THE SHAKLEE'S SPECIAL

Years of innovation has led to Vita-Lize, specially formulated to support the health needs of today's modern lifestyle.

Used as health supplement.  
These products are not intended to diagnose, treat, cure, or prevent any disease.  
This is a health supplement advertisement.

KKLIU 1290 / EXP 31.12.2025  
MAL21116074NC



LIFE  
CINCH®  
MIXED SOY  
PROTEIN

Complete Meal In A Glass

Introducing our advanced soy protein formula,  
for a lighter, healthier lifestyle.

Now with

- ✓ **Prebiotic FOS** for enhanced digestion
- ✓ **Omega-3s** to support circulation and metabolism
- ✓ **Less Calories** for healthy weight management

#11011 | CHOCOLATE

720 gram / 15 servings  
Add 3 scoops to 300 ml of water or non-fat milk  
and mix well.

#11012 | CAFÉ LATTE

720 gram / 15 servings  
Add 3 scoops to 300 ml of water or non-fat milk  
and mix well.

THE SHAKLEE DIFFERENCE

Added with Prebiotic & Omega-3s  
Zero Trans-Fat & Cholesterol  
Lower Calories  
Less Sweet  
Creamier



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FUEL YOUR BODY

CRUSH YOUR FITNESS GOALS!

Formulated with

16g  
NON-GMO  
SOY PROTEIN

with all 9 essential amino acids for energy and satiety

16  
VITAMINS & MINERALS

to support overall health

6g  
FIBER

for digestive health and regularity

ADDED WITH  
PREBIOTIC &  
OMEGA-3S

to enhance digestion system and support circulation

Nutritional Facts

Ingredients	Per Serving	Per 100 g
Energy	159 Kcal	331 Kcal
Carbohydrate	14.0 g	29.2 g
Total Sugars	12.0 g	25.0 g
Dietary Fibre	6.0 g	12.5 g
Protein	16.0 g	33.3 g
Soy Protein	16.0 g	33.3 g
Total Fat	3.0 g	6.3 g
Monounsaturated Fatty Acid	1.5 g	3.1 g
Polyunsaturated Fatty Acid	0.8 g	1.7 g
Omega-3 Fatty Acids	180.0 mg	375.0 mg
Saturated Fatty Acid	0.8 g	1.7 g
Trans Fatty Acid	0 g	0 g
Cholesterol	0 mg	0 mg
Sodium	375.0 mg	781.3 mg
Leucine	1.2 g	2.5 g
Fructo-Oligosaccharide	1050.0 mg	2187.5 mg
Vitamin A	212.0 mcg	441.7 mcg
Vitamin C	76.5 mg	159.4 mg
Calcium	225.0 mg	468.8 mg
Iron	5.0 mg	10.4 mg
Vitamin D <sub>3</sub>	0.8 mcg	1.7 mcg
Vitamin E	7.1 mg	14.7 mg
Thiamin	600.0 mcg	1250.0 mcg
Riboflavin	600.0 mcg	1250.0 mcg
Niacin	7.5 mg	15.6 mg
Vitamin B <sub>6</sub>	680.0 mcg	1416.7 mcg
Folate	350.0 mcg	729.2 mcg
Vitamin B <sub>12</sub>	2.3 mcg	4.7 mcg
Pantothenic Acid	3.2 mg	6.6 mg
Phosphorus	225.0 mg	468.8 mg
Magnesium	98.0 mg	204.2 mg
Zinc	5.3 mg	10.9 mg

# SHAPE UP

TAKE YOUR SHAPE IN  
A WHOLE NEW DIRECTION.



## CINCH® TEA MIX

A Refreshing Drink

Forget coffee and sweet beverages. Here's a safe and natural way to head off the slumps when you need a quick pick-me-up in your looser-fitting pants. An exclusive blend of green, white and red teas, as well as taurine, naturally boosts your energy and enhances alertness. Enjoy morning or afternoon, hot or cold.\*

#11008 | 28 sticks / 28 servings  
Suggested use: Mix 1 stick with 180 to 240 ml of hot or cold water.

### THE SHAKLEE DIFFERENCE

- Includes taurine, widely studied for enhancing alertness and energy.
- Convenient single-serving sticks.
- Gluten free, no artificial flavors, colors or preservatives added.

Nutritional Facts		
Ingredients	Per Serving	Per 100 g
Energy	7 Kcal	412 Kcal
Carbohydrate	0.9 g	52.9 g
Total sugars	0 g	0 g
Total Fat	0 g	0 g
Protein	0.7 g	41.2 g
Sodium	5 mg	294 mg
Taurine	0.8 g	47.1 g

# LECITHIN

AN ESSENTIAL NUTRIENT TO HELP MAINTAIN  
BODY HEALTH.



## LECITHIN

A Natural Emulsifier

Lecithin is known as a natural emulsifier that helps to maintain body health.\*

#10163 | 180 softgels / 30 servings  
Suggested use: For adults only.  
Take 2 softgels each time,  
3 times per day before meals.



### THE SHAKLEE DIFFERENCE

Shaklee Lecithin is naturally sourced from soybeans.



Nutritional Facts	
Ingredients	Amount Per Softgel
Soy Lecithin (Provides 518 mg Lecithin)	530 mg

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KKLIU 0024 / EXP 31.12.2026  
MAL21026103NC



NUTRIFERON® GRANULES

NutriFeron® Granules is formulated to keep your body in good working order, safely and naturally. It gives you a healthy body.

NutriFeron® Granules a proprietary blend of four plant extracts derived from **pumpkin seeds, safflower flowers, plantago seeds and Japanese honeysuckle flower**, traditionally used for general health and strengthening the body.\*

#11028 | 30 sachets / 30 servings  
Suggested use: For adults only.  
Take one sachet of granules once per day after a meal.  
Dissolve granules completely in a glass of hot or cold water.  
As the granules absorb moisture easily, please use immediately upon opening.



Pumpkin Seeds



Safflower Flower



Japanese Honeysuckle Flower



Plantago Seeds

Nutritional Facts	
Ingredients	Amount Per Sachet
<i>Semen Cucurbita moschata</i> (Pumpkinseed)	60.48 mg
<i>Semen Plantago asiatica</i> (Plantago Seed)	40.32 mg
<i>Flos Carthamus tinctorius</i> (Safflower Flower)	26.88 mg
<i>Flos Lonicera japonica</i> (Japanese Honeysuckle Flower)	6.72 mg

DID YOU KNOW?

Nutriferon® Granules is a special formulation only available through Shaklee.

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KKLIU 0017 / EXP 31.12.2026  
MAL18106092TCR

STAY HEALTHY  
FROM THE INSIDE OUT.



# COLLAGEN PLUS POWDER

Support vitality of your health with Shaklee Collagen Plus Powder. A proprietary collagen formula that contains 4,000 mg proprietary Marine Fish (Snapper) Scale Collagen added with Vitamin C and B Vitamins to support health.\*

#11024 | 15 sachets / 15 servings  
Suggested use: For adults only.  
Take 1 sachet of 5g powder once per day with a meal  
by mixing with your favourite food or beverage.

Nutritional Facts	
Active Ingredients	Amount Per Sachet
Collagen Peptide	4,000.00 mg
Vitamin C	10.00 mg
Vitamin B <sub>2</sub>	0.10 mg
Vitamin B <sub>6</sub>	0.10 mg



## THE SHAKLEE DIFFERENCE

- High Quality Source:** Shaklee's selection of collagen, extracted from Marine Fish (Snapper) Scale.
- Good Absorption:** Shaklee Collagen Plus Powder is well absorbed by the body.
- Enriched Ingredients:** Added with Vitamin C, Vitamins B2 and B6 to support energy metabolism.
- Convenience in a Pack:** Individual sachets for immediate consumption anytime, anywhere.

COLLAGEN  
COLLAGEN IS  
FOUND IN OUR  
MUSCLES, BONES,  
TENDONS  
AND SKIN.

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KKLIU 2827 / EXP 31.12.2026  
MAL18106012NCR



VITAMINS

REDISCOVER FEELING HEALTHY. THE RIGHT NUTRIENTS ARE IMPORTANT FOR OVERALL HEALTH AND WELL-BEING.



B-COMPLEX PLUS WITH FOLIC ACID

Complete with All Eight Bs

The B vitamins are vital for body’s health as they help convert food into energy for your body.\*

#10164 | 120 tablets / 120 servings  
Suggested use: For adult only.  
Take 1 tablet a day with meal.

SHAKLEE B-COMPLEX OFFERS A HEALTHY BALANCE OF ALL EIGHT B VITAMINS TO SUPPORT YOUR BODY, FILLING IN NUTRITIONAL B-VITAMIN GAPS.

PROVIDES A SUBSTANTIAL QUANTITY OF FOLIC ACID AND BIOTIN WHICH IS GOOD FOR HEALTHY BODIES.

Vitamin B12

Thiamin

Pantothenic Acid

Vitamin B6

Riboflavin

Niacin

Folate

Biotin

Nutritional Facts

Ingredients	Amount Per Tablet
Vitamin B <sub>1</sub> (Thiamine Mononitrate)	8.0 mg
Vitamin B <sub>2</sub> (Riboflavin)	11.5 mg
Vitamin B <sub>3</sub> (Niacinamide)	135.0 mg
Vitamin B <sub>6</sub> (Pyridoxine Hydrochloride)	13.5 mg
(Folic Acid)	213.0 mcg
Vitamin B <sub>12</sub> (Cyanocobalamin)	50.0 mcg
Biotin (Provides 150.0 mcg Biotin)	150.0 mcg
Pantothenic Acid (Calcium D - Pantothenate)	67.5 mg

THE SHAKLEE DIFFERENCE

Dietary folate, a critical B vitamin, isn’t easily absorbed, so Shaklee developed a patented bioactivated delivery system that makes the nutrient more accessible to promote absorption.

KKLIU 0011 / EXP 31.12.2026  
MAL20096055NC

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VITA-E COMPLEX™

Your Antioxidant Support

Vitamin E is an antioxidant and is important for the maintenance of good health.\*

#10112 | 120 softgels / 120 servings  
Suggested use: For adults only.  
Take 1 softgel once per day with a meal.

Nutritional Facts

Ingredients	Amount Per Softgel
Vitamin E (D-alpha-tocopherol)	400 IU
Grape Seed (Vitis vinifera) Extract	38.0 mg
Selenium Amino Acid Chelate (Provides 65 mcg Selenium)	32.5 mg



THE SHAKLEE DIFFERENCE

ONE CAPSULE PROVIDES



400IU

of naturally sourced vitamin E from soybean oil in the form of D-alpha-tocopherol, which is a biologically active form of vitamin E that is well absorbed in the body.

65mcg

of selenium for optimal health support.

38mg

of Grape Seed Extract, that has good antioxidant properties.

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KKLIU 0014 / EXP 31.12.2026  
MAL21046068NC

MINERALS

MINERALS HELP ACTIVATE THE ENZYMES  
THAT PERFORM BODILY PROCESSES.

ALFALFA COMPLEX

Naturally Nutritious Health Supplement

Alfalfa, a naturally nutritious plant, has a long history of use for its health benefits. It has a far-reaching root system that reaches down as deep as 6 meters, allowing it to absorb more nutrients from the soil. The plant is long known for its rich content of nutrients and minerals.\*

#10159 | 330 tablets / 33 servings  
Suggested use: For adults only.  
Take 10 tablets one time a day with a meal.

SIGNATURE  
*Forrest C. Shaklee, Sr.*  
FORMULA

Nutritional Facts	
Ingredients	Amount Per Tablet
Alfalfa Powder	300.000 mg
Dicalcium Phosphate Anhydrous	103.623 mg
Tricalcium Phosphate	1.921 mg

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KKLIU 0010 / EXP 31.12.2026  
MAL10053686XC



THE SHAKLEE DIFFERENCE

Alfalfa Complex is a Shaklee Signature Formula originally developed in the 1950s.

Grown out of California’s fertile Antelope Valley and to further assure that you get one of the best nutritional content possible, Shaklee harvests their alfalfa at its peak maturity of 2 years old.

Once harvested, it is laid out to dry in the fresh air and warm California sun and Shaklee only uses the leaf powder to make its alfalfa tablets.

ZINC PLUS

Zinc is a trace mineral found virtually in every cell of the body. Zinc helps with protein and amino acid metabolism, energy production, and bone development.

Zinc is especially important in maintaining good health.\*

#11009 | 120 tablets / 120 servings  
Suggested use: For adults only.  
Take 1 tablet once per day before a meal.

Nutritional Facts	
Ingredients	Amount Per Tablet
Calcium (as dicalcium phosphate)	120 mg
Zinc (as zinc gluconate)	15 mg

THE SHAKLEE DIFFERENCE

- Formulated with zinc gluconate.

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KKLIU 0012 / EXP 31.12.2026  
MAL20036020NC





# ANTIOXIDANT PROTECTION

SHAKLEE HARNESSES THE ANTIOXIDANT PROTECTION FOUND IN FRUITS, VEGETABLES, AND OTHER PLANTS BY ISOLATING AND DELIVERING MORE FORMS OF NATURAL CAROTENOIDS.



## CAROTOMIX

CarotoMix is a special blend of natural concentrates to support healthy eyes.\*

Carotenoids are naturally occurring bright colour pigments found in fruits and vegetables with immense antioxidant benefits.

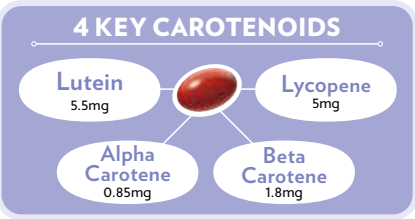
#11042 | 30 capsules / 30 servings  
Suggested use: For adults only.  
Take 1 capsule once per day with a meal.



### THE SHAKLEE DIFFERENCE

Provides four key carotenoids including alpha and beta carotene, lycopene and lutein from concentrated extracts.

Provides 13.34mg of the beneficial carotenoids per serving.



Nutritional Facts	
1 Capsule	
Ingredients	Amount Per Capsule
Lycopene	5 mg
Lutein	5.5 mg
Mixed Carotenoids Providing 0.85 mg Alpha-Carotene (Equiv. to 117.937 IU Vitamin A) and 1.8 mg Beta-Carotene (Equiv. to 2997 IU Vitamin A).	2.84 mg

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KKLIU 2807 /EXP 31.12.2024  
MAL21066076NC

# LOVE HEALTH

## PHYTOCOL-ST®

Helps Maintain Your Health

Plant sterols are natural compounds found in plants, fruits, vegetables and grains. Research shown that when added to a healthy diet, it can benefit your health.

#11006 | 120 tablets / 30 servings  
Suggested use: For adults only.  
Take 2 tablets each time, twice per day with meals.



### THE SHAKLEE DIFFERENCE

Made with a blend of sterols.  
Delivers 2,000mg of plant sterols daily.

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KKLIU 0007 / EXP 31.12.2026  
MAL21046051NC

Nutritional Facts	
Ingredients	Amount Per Tablet
Phytosterols	500 mg

# LIVER HEALTH

HEALTHY LIVER IS AN IMPORTANT PART OF YOUR WELLNESS. HELP YOUR BODY TO MAINTAIN YOUR LIVER HEALTH AND FEEL HEALTHY.

## DTX®

Helps to maintain healthy liver

DTX® provides nutritional support for healthy liver with a formula of herbs with beneficial properties, which help to maintain healthy liver.\*

#10330 | 90 caplets / 30 servings  
Suggested use: For adults only.  
Take 3 caplets once per day with a meal.



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KKLIU 2057 / EXP 31.12.2024  
MAL21116108TC

### THE SHAKLEE DIFFERENCE

DTX® is specially formulated with milk thistle seed extract, reishi mushroom, schisandra chinensis, dandelion, turmeric, and artichoke which help to maintain healthy liver.



### Nutritional Facts

Each 615 mg caplet contains:

Ingredients	Amount Per Caplet
Schisandra extract ( <i>Schisandra chinensis</i> ) (fruit)	125.000 mg
Milk Thistle extract ( <i>Silybum marianum</i> ) (seed)	117.647 mg
Dandelion extract ( <i>Taraxacum officinale</i> ) (whole plant and root)	91.667 mg
Reishi Mushroom extract ( <i>Ganoderma lucidum</i> ) (fruit body)	33.333 mg
Turmeric extract ( <i>Curcuma longa</i> ) (rhizome)	25.000 mg
Artichoke extract ( <i>Cynara scolymus</i> ) (leaf)	25.000 mg

# FOR A SENSE OF WELL-BEING

SPECIALLY FORMULATED TO HELP MAINTAIN A SENSE OF WELL-BEING.

## GLA COMPLEX

If you want sense of well-being, GLA (Gamma Linolenic Acid) is your answer to that. GLA is an essential Omega-6 fatty acid that helps to maintain good health.\*

#10620 | 60 softgels / 30 servings  
Suggested use: For adults only.  
Take 1 softgel two times per day with meals.



### THE SHAKLEE DIFFERENCE

Derived from borage oil, which contains pure, natural and high concentration of GLA in easily absorbed form.

A special formulation with a combination of GLA (Omega 6 fatty acids), sunflower seed oil (also another source of Omega-6 fatty acids), and vitamin E to promote a sense of well-being.

### Nutritional Facts

Ingredients	Amount Per Softgel
Borage Seed Oil ( <i>Borago officinalis</i> )	344.572 mg
Sunflower Seed Oil ( <i>Helianthus annuus</i> ) (Provides 219 mg of Linoleic Acid & 90 mg of Gamma-Linolenic Acid)	169.714 mg
D-Alpha Tocopherol (Provide 15 IU of Vitamin E)	11.538 mg

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KKLIU 0008 / EXP 31.12.2026  
MAL21046065NC



DIGESTIVE  
HEALTH

OUR SOLUTIONS SUPPORT A HEALTHY DIGESTIVE SYSTEM,  
AND RELIEVE MILD CONSTIPATION.

HERB-LAX™  
For Occasional Irregularity

A balanced diet rich in fiber, plenty of liquids and regular exercise all contribute to a healthy bowel movement. For occasional periods of irregularity, gentle Herb-Lax™ help relieve mild constipation.\*

#11007 | 120 tablets / 30 servings  
Suggested use: Adults and children  
12 years of age and older: 4 tablets once  
per day with a meal.  
Children under 12 years: consult a doctor.



THE SHAKLEE DIFFERENCE

The Herb-Lax™ contains proprietary blend that includes senna leaf, which is traditionally used as a natural laxative.  
Encourages bowel movement to aid the body's natural processes.

Nutritional Facts	
Ingredients	Amount Per Tablet
Senna leaf (Folium <i>Cassia angustifolia</i> )	269.593 mg
Buckthorn bark (Cortex <i>Rhamnus frangula</i> )	37.069 mg
Licorice root (Radix <i>Glycyrrhiza glabra</i> )	43.000 mg
Alfalfa leaf (Herba <i>Medicago sativa</i> )	21.000 mg
Fennel seed (Semen <i>Foeniculum vulgare</i> )	17.000 mg
Anise seed (Semen <i>Pimpinella anisum</i> )	17.000 mg
Rhubarb root (Radix <i>Rheum palmatum</i> )	13.506 mg
Blue Malva flower (Flos <i>Malva sylvestris</i> )	8.000 mg
Culver's root (Radix <i>Veronicastrum virginicum</i> )	0.233 mg



Senna Leaf      Buckthorn Bark      Licorice Root



Alfalfa Leaf      Culvers Root      Fennel Seed



Anise Seed      Rhubarb Root      Blue Malva Flower

PEPPERMINT-  
GINGER PLUS

Soothes stomach discomfort

Peppermint and Ginger have been traditionally used over many centuries for their soothing properties. It helps ease occasional stomach discomforts.\*

#10126 | 90 tablets / 30 servings  
Suggested use: For adults only.  
Take 3 tablets once per day after a meal.  
Tablets may be crushed and added to hot water.



Nutritional Facts

Each 625 mg tablet contains:

Ingredients	Amount Per Tablet
Peppermint ( <i>Mentha piperita</i> ) (leaf)	66.993 mg
Anise ( <i>Pimpinella anisum</i> ) (seed)	66.993 mg
Fennel ( <i>Foeniculum vulgare</i> ) (seed)	66.691 mg
Ginger ( <i>Zingiber officinale</i> ) (rhizome)	50.231 mg

THE SHAKLEE DIFFERENCE

Peppermint-Ginger Plus contains a four-herb formulation including Peppermint leaf, Ginger rhizome, Fennel seed, and Anise seed to relieve stomach discomfort.

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This is a traditional product advertisement.

KKLIU 0016 / EXP 31.12.2026  
MAL10080110TC

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This is a traditional product advertisement.  
\*Consult with your doctor before using any supplements while pregnant or nursing.

KKLIU 2056 / EXP 31.12.2024  
MAL22016132TC

POWER UP

POWERING ATHLETES, FUELING DREAMS,  
FROM START TO FINISH.

PERFORMANCE®

A Refreshing Thirst Quencher

Let Shaklee Sports Nutrition help you  
perform at your best.\*

#11053 | 840 gram / 30 servings  
NATURAL ORANGE FLAVOURED

#11032 | 840 gram / 30 servings  
NATURAL LEMON-LIME FLAVOURED

Suggested use: Mix 28 g or 3 tablespoons of  
powder for every 237 ml or 1 cup (8 oz.) of cold water.  
For team use, mix entire canister with 7 L of water.



Nutritional Facts

Ingredients	Per Serving	Per 100 g
Energy	100 Kcal	357 Kcal
Carbohydrate	25.0 g	89.3 g
Total sugars	11.0 g	39.3 g
Protein	0.0 g	0.0 g
Fat	0.0 g	0.0 g
Cholesterol	0.0 mg	0.0 mg
Sodium	130 mg	464 mg



THE SHAKLEE DIFFERENCE

Quench that thirst for winning.  
Bring out your best performance and  
keep the momentum going.

With proprietary OPTI-LYTE™  
electrolyte blend plus unique mix  
of carbohydrates to deliver instant  
and sustained energy and support  
optimal hydration.

WITH  
**OPTI-LYTE®**  
Proprietary blend of  
six electrolytes.

\*These products are not intended to diagnose, treat, cure, or prevent any disease.



GROW UP HAPPY  
AND HEALTHY

Parents want the best for their children’s health.  
Nurture healthy bodies with essential vitamins and  
minerals for optimal growth and development.



BRING OUT THE GOODNESS IN YOUR LITTLE SUPERHERO.  
Whatever your kiddo is into, count on Shaklee to deliver the nutrition  
their growing bodies need.

VITA-LEA® FOR  
CHILDREN

The Children’s Multivitamin

Your growing kids need sufficient vitamins and minerals for  
their optimal health and growth. Vita-Lea® for Children is specially  
designed to contain micronutrients to meet your kid’s nutritional needs.\*

#11005 | 60 tablets / 30 servings  
Suggested use: For children 4 to 12 years of age.  
Take 2 tablets once per day with a meal.



THE SHAKLEE DIFFERENCE

Vita-Lea® for Children is formulated with assortment of 18 essential vitamins  
and minerals.  
Each serving contains B vitamins, as well as vitamins C, D and E, which play  
crucial roles in supporting healthy bodies.  
There are no added artificial flavors, sweeteners, or preservatives, and it’s  
naturally sweetened with xylitol.  
Gluten free and grape flavor your children will love.

Nutritional Facts

Ingredients	Amount Per Tablet
Vitamin A	1250 IU
Vitamin C	30 mg
Vitamin D	200 IU
Vitamin E	15 IU
Thiamin	0.75 mg
Riboflavin	0.85 mg
Niacinamide	7.5 mg
Vitamin B <sub>6</sub>	1 mg
Folate	0.2 mg
Vitamin B <sub>12</sub>	3 mcg
Biotin	150 mcg
Pantothenic Acid	5 mg
Calcium	100 mg
Iron	3 mg
Iodine	37.5 mcg
Magnesium	20 mg
Zinc	2.5 mg
Copper	0.25 mg

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This is a supplement product advertisement.



# POMIFERA®

## So Pure. So Simple.



## So Pure. So Simple.

Pomifera®, your go-to minimalist skincare packed with the goodness of nature's own Pomifera Oil, perfect to complete your everyday skincare routine for healthy, glowing skin.

### Effective

Powered by pure, potent and proven botanical, Pomifera Oil, to deliver real results that you can see and feel.



### Simple

Minimalist skincare that effortlessly blends into your daily skincare regimen and lifestyle.

### Pure & Safe

Commits to clean beauty with botanicals and free from harmful additives, chemicals and preservatives.



### Sustainable

Sustainably sourced and upcycled Pomifera Oil, giving a positive environmental and societal impact.



Paraben  
Free



Hormone  
Free



Fragrance  
Free



Sulfate  
Free



Vegan

### THE SHAKLEE DIFFERENCE

#### Pure. Potent. Proven.

Cold pressed from Maclura Pomifera fruit, an anti-ageing botanical oil and potent source of antioxidants, omega-6 and bioactives.

Powered by Pomifera Oil to improve the appearance of age spots, deep wrinkles, emerging wrinkles and fine lines.\*

\*Third-Party Clinical Laboratory Study of Pomifera Oil | Randomized Clinical Trial Results  
The measured results were confirmed with a >95% confidence interval when 0.75ml of Pomifera Oil was applied to the face twice per day.





## Meet Pomifera Oil

Derived from the seeds of the Maclura Pomifera fruit through cold-pressed extraction, preserving its potent properties. Packed with omega-6, antioxidants and bioactives, this lightweight, pure oil effectively penetrates into the skin for healthy, glowing skin.

### Omega-6

Promote hydration and maintain a healthy moisture balance.

### Phospholipids

Prevent moisture loss and promote a supple complexion.

### Bioflavonoids

Protect skin barrier, support collagen production and reduce signs of ageing.

PURE. POTENT. PROVEN.

Increased Hydration

Visible Results in 4 WEEKS\*!

Brighter Complexion

Smoother and Supple Skin

Source: Third-Party Clinical Laboratory Study of Pomifera Oil | Randomized Clinical Trial Results.  
The measured results were confirmed with a 95% confidence interval when 0.75ml of Pomifera Oil was applied to the face twice per day.

## UNVEIL HEALTHY, GLOWING SKIN



Gently Remove Impurities



### ERASE

*Purifying Pre-Cleanse*

Powerful oil-free formula effortlessly removes impurities and stubborn make up. Safe for all skin types and eyelash extensions.

- Gentle
- Hydrates skin
- Dissolves impurities

Key ingredient : Vitamin E  
#33035  
59 ml

Gentle Exfoliation & Acne Relief



### STIMULATE

*Exfoliant Cleanser*

Gently exfoliates with pure jojoba beads while cooling peppermint essential oil cleanses and soothes acne irritation.

- Cleanses and exfoliates
- Soothes irritation and inflammation
- Cooling

Key ingredients : Jojoba Beads and Peppermint Essential Oil  
#33038  
118 ml

Boost Skin Radiance & Refine Pores



### CLARIFY

*Exfoliant Serum*

Gently exfoliates, minimising pores for softer, smoother and hydrated skin while reducing dullness, eliminating dead skin cells and controlling oiliness.

- Clears and minimises appearance of pores
- Reduces oiliness and blemishes
- Hydrates and softens skin

Key ingredients : Glycolic Acid, Lactic Acid and Beta Hydroxy Acid (BHA)  
#33072  
30 ml

Elevates Skin for PURE Perfection



### PURE

*Anti-aging Serum & Complete Moisturizer*

Experience our fast-absorbing serum with 100% Pomifera Oil for a hydrated, smooth and clear complexion.

Proven to reduce the appearance of:

- Skin pigment
- Deep and emerging wrinkles and fine lines

Key ingredient : 100% Pomifera Oil  
#33081  
30 ml

# Double the Glow with YOUTH™ & Pomifera®

Unlock the secret to glowing, youthful skin by blending our YOUTH™ and Pomifera® products. Combining these skin care powerhouses maximises your results. Follow these easy steps to elevate your beauty routine and reveal your most radiant self.



**Luminous Gel Oil  
Cleanser**

**Cleanser**

Use daily ☀️🌙



**Perfecting Skin Toner**

**Toner**

Use daily ☀️🌙



**Activating Serum**

**Serum**

Use daily ☀️🌙



**Restoring Eye Treatment**

**Eye**

Use daily ☀️🌙



**Age Defense Moisturizer  
– SPF 50**

**Moisturiser (Day)**

Use daily ☀️



**Advanced Renewal Night  
Cream (Light/Rich)**

**Moisturiser (Night)**

Use daily 🌙



## ERASE

**Makeup Remover**

Use whenever necessary



## STIMULATE

**Exfoliant Cleanser**

☀️🌙 Use daily (Oily skin)

📅 Use 2-3 times a week  
(Dry or normal skin)



## CLARIFY

**Exfoliant Serum**

📅 Use 1 – 2 times per week

*Note: It is not recommended to use  
Stimulate and Clarify at the same time.*

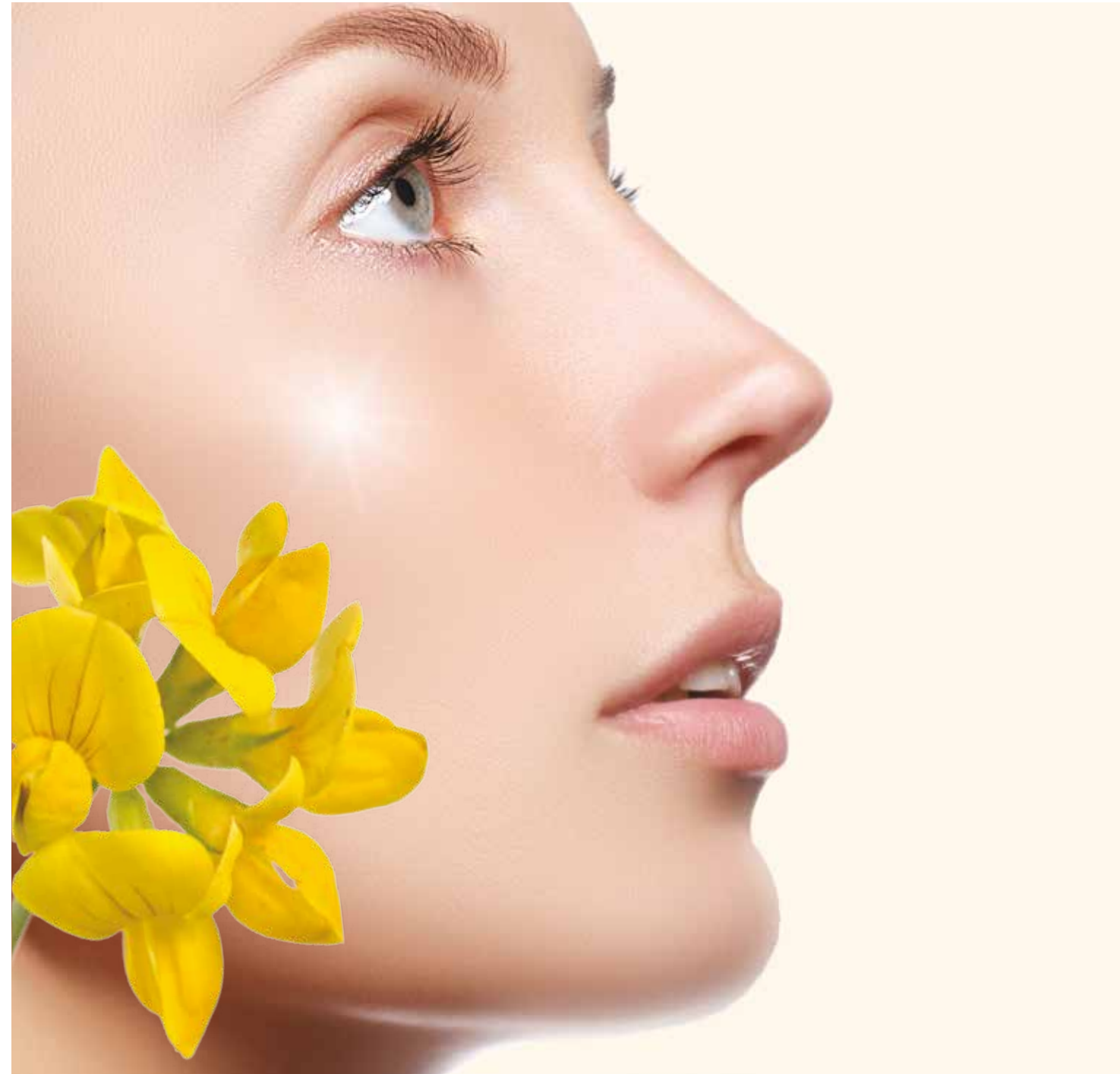


## PURE

**Pomifera Oil**

☀️🌙 Mix with any of your  
moisturiser

# YOUTH™ SKIN CARE





SKIN CARE PRODUCTS  
DESIGNED TO MAKE SURE  
THE WORLD SEES YOU AS YOUNG  
AS YOU SEE YOURSELF.



YOUTH™  
Look younger longer

For more than 60 years, we have been helping people Live Younger Longer by addressing aging at the cellular level. Now we are applying that same success to helping people Look Younger Longer too.

In our quest to develop a revolutionary youth complex, we discovered something fascinating.

It wasn't that women minded getting older - they wouldn't trade that wisdom for anything! They just didn't like what they saw in the mirror each day that didn't reflect how young they felt on the inside.

And that was the inspiration for YOUTH. Skin care products designed to make sure the world sees you the way you see yourself.

To make sure you always look as young as you feel, start now. Your future self will thank you.

Our promise is that YOUTH skin care will not only dramatically improve the health of your skin but is 100% guaranteed to shift your skin to a younger age. Really.

THE SHAKLEE DIFFERENCE

CLINICAL RESULTS WITHOUT COMPROMISE™ - YOUTH™ offers clinically proven products created in harmony with nature—bringing you clinical results without compromise.



Explore  
YOUTH™  
Minisite

CLINICAL RESULTS  
WITHOUT COMPROMISE™

We've proven you don't have to sacrifice safety and purity for efficacy. All our products are designed and developed without the harmful chemicals and questionable ingredients found in so many other products that impact you and the planet.

- 100% VEGAN
- NATURALLY DERIVED INGREDIENTS
- CRUELTY-FREE
- HYPOALLERGENIC
- NON-COMEDOGENIC
- DERMATOLOGIST-TESTED
- OPHTHALMOLOGIST-TESTED



100%

of women were clinically proven to have younger-looking skin.

THE SKIN AGE INDEX

Clinically developed by world-class skin experts, the Skin Age Index measures the appearance of key signs of aging with factual clinical data.

- FACIAL WRINKLES
- PORE SIZE
- SKIN TONE
- FIRMNESS
- SKIN TEXTURE
- HYPERPIGMENTATION
- RADIANCE
- SAGGING

2/3

actually shifted their skin age into a younger decade.

# THE POWER OF BOTANICALS

YOUTH™ is revolutionary. With 8 patents and patents-pending, each and every YOUTH product is specifically formulated to address the multiple effects of aging, whether it be your lifestyle, environmental damage, or natural aging.

# YOUTH™

Look younger longer



## MUSCADINE GRAPE

Patent-pending Muscadine Grape Polyphenols **protect and repair cellular DNA** while blocking collagen and elastin breakdown.

## LOTUS JAPONICUS

Patent-pending YOUTH Complex, infused with Lotus Japonicus, **activates a key youth protein to regenerate cells to produce more collagen, elastin, and fibrillin.** YOUTH Complex couples Lotus Japonicus with Schisandra Chinensis Fruit Extract that structurally helps provide more nutrients and energy to your skin.

## APPLE STEM CELL EXTRACT

Studies show that Apple Stem Cells **activate and accelerate skin cell renewal** for younger-looking skin. It also maintains and repairs skin tissues so that your skin look more radiant and supple, longer.

## SCHISANDRA CHINENSIS FRUIT EXTRACT

This herb is traditionally used in China, Japan and Korea to soothe and calm stressed, inflamed and itchy skin. Suitable for all skin types, Schisandra Chinensis Fruit Extract **supports youthful skin structure** by nourishing the skin with natural vitamins and antioxidants.

## VITAL REPAIR+ COMPLEX

Multipatented Vital Repair+ Complex provides **antioxidant nutrients and essential vitamins to block skin-damaging free radicals and encourages healthy cell growth.**

# YOUTH™ COLLECTION



## LUMINOUS GEL OIL CLEANSER

Our 3-in-1, soap-free, pH-balanced cleanser combines a patented blend of vitamins and polyphenols plus exfoliating algae to gently polish, purify, and prepare your skin. Face the world with the radiance you were born with.

**Key Ingredients**  
Vital Repair+ Complex, Muscadine Grape Extract, Exfoliating Green Algae Complex

#14101  
125 ml



## AGE DEFENSE MOISTURIZER - SPF 50

Protect your skin from far more than just the sun with SPF 50 broad spectrum UVA/UVB sunscreen. Vitamins and nourishing botanicals moisturize your skin and improve overall appearance of skin tone.

**Key Ingredients**  
SPF 50, Vital Repair+ Complex, Muscadine Grape Extract

#14104  
50 ml

## PERFECTING SKIN TONER

Free your skin of dull cells and environmental pollutants to show the world a brighter, more radiant you. Go beyond the basics to exfoliate, hydrate, and nourish with a patented blend of essential vitamins, polyphenols, and botanicals for glowing skin.

**Key Ingredients**  
Vital Repair+ Complex, Muscadine Grape Extract, Rejuvenating Green Algae Complex

#14102  
177 ml



## RESTORING EYE TREATMENT

Formulated with powerful anti-aging ingredients and botanicals to deliver powerful benefits and visible solutions to tired, dry, or puffy eyes. Features a unique cooling tip that refreshes and energizes the eye area with a gentle massage at application. Awaken each day to brighter, smoother, more youthful-looking eyes!

**Key Ingredients**  
Peptide Blend, Licorice Extract, Lotus Japonicus, Schisandra Chinensis, Hyaluronic Acid, Muscadine Grape, dan Vital Repair+ Complex.

#14111  
15 ml





# YOUTH™ COLLECTION



## ADVANCED RENEWAL NIGHT CREAM - LIGHT

Extracts of marine algae, muscadine grape, and Lotus Japonicus, plus other antioxidants support your skin's cell renewal process while you sleep. Our proprietary botanical blend helps collagen and elastin production to make skin look younger, smoother, and more luminous.

*Key Ingredients*  
Vital Repair+® Complex, Schisandra Chinensis, Lotus Japonicus

#14105  
50 ml



## ADVANCED RENEWAL NIGHT CREAM - RICH

This targeted night repair with a rich cream formula of shea butter and jojoba deeply hydrates and softens skin. Marine algae plus vitamin-rich antioxidants help energise and support skin's natural cell renewal process while you sleep, and the result is skin that is younger-looking, smoother, and more luminous.

*Key Ingredients*  
Vital Repair+® Complex, Lotus Japonicus, Shea Butter, Jojoba

#14106  
50 ml



## YOUTH ACTIVATING SERUM

Youth Activating Serum has 10x the actives to provide the critical regeneration step. A potent blend of vitamins, polyphenols, and our YOUTH Complex supports collagen production and renews at the cellular level, making your skin act younger for superior radiance and rejuvenation.

*Key Ingredients*  
YOUTH Complex with Apple Cell, Lotus Japonicus, Encapsulated Vitamin A

#14103  
30 ml

# 10x

Acceleration for skin cell renewal



## MOISTURELOCK DAY CREAM

INSTANT, INTENSE HYDRATION

Harnessing the power of botanicals, YOUTH uses NEW Active Cellular Hydration Technology to act as a moisture magnet, attracting water to skin's outer layers and transforming it into a reservoir to lock in hydration.

*Key Ingredients*  
Cactus Extract, unique blend of 4 forms of hyaluronic acid, 100% sustainable plant-based Squalane and Youth Complex.

#14120  
50 ml

①

YOUTH  
LUMINOUS GEL OIL  
CLEANSER  
Vital Repair+® Muscadine Grape Extract  
Exfoliating Green Algae Complex

②

YOUTH  
PERFECTING SKIN  
TONER  
Vital Repair+® Muscadine Grape Extract  
Regenerating Lotus Algae Complex

③

DAY

YOUTH  
AGE DEFENSE  
MOISTURIZER - SPF 50  
Vital Repair+® Muscadine Grape Extract  
Broad Spectrum Sunscreen

③

NIGHT

OR

Light

YOUTH  
ADVANCED RENEWAL  
NIGHT CREAM - LIGHT  
Vital Repair+® Complex

Rich

YOUTH  
ADVANCED RENEWAL  
NIGHT CREAM - RICH  
Vital Repair+® Complex

YOUTH™ STARTER SET

#00P326 with Light Night Cream

#00P368 with Rich Night Cream

# YOUTH™ NATURALLY PERFECT

ENHANCES YOUR NATURAL BEAUTY



## ACTIVATING BB CREAM SPF 30

### Perfect your look

A long-wear 5-in-1 beauty balm that can be used under or in place of foundation to cover imperfections and even the look of skin tone. The multitasking formula draws moisture to skin, helps reduce the look of fine lines, and defends skin against damaging UVA/UVB rays. Available in 2 blendable shades designed to provide natural coverage for Asian skin tones.

*Key Ingredients*  
Argania Spinosa (Argan) Kernel Oil, Muscadine Grape Extract, Green Algae, Orbignya Oleifera (Moringa Tree) Seed Oil, Coconut Oil

#14108 **2** Light Medium 30ml



YOUTH™  
for YOU

# SKIN-LOVING INGREDIENTS

YOUTH™  
Look younger longer

- Antioxidant-rich
- Anti-aging benefits
- Anti-inflammatory
- Improves skin elasticity
- Protects skin against UVA/UVB rays
- Moisturizes and Hydrates
- Protects skin barrier
- Keeps skin smooth
- Minimizes appearance of fine lines and wrinkles
- Soothes irritated skin

ARGANIA  
SPINOSA (ARGAN)  
KERNEL OIL



GREEN ALGAE



COCONUT OIL



MUSCADINE  
GRAPE



ORBIGNYA  
OLEIFERA  
(MORINGA TREE)  
SEED OIL



# SHAKLEE YOUTH REGIMEN



LUMINOUS GEL OIL CLEANSER    PERFECTING SKIN TONER    YOUTH RESTORING EYE TREATMENT    YOUTH ACTIVATING SERUM    MOISTURE LOCK DAY CREAM    AGE DEFENSE MOISTURIZER - SPF 50    YOUTH ACTIVATING BB CREAM    ADVANCED RENEWAL NIGHT CREAM - LIGHT & RICH

## DIRECTIONS

- Apply to fingertip, placing small dabs of the BB cream on your face in numerous places.
- Gently smooth on for a flawless appearance.
- Apply once for a natural look or layer on for a more complete coverage.





DAILY CARE

HERBAL BLEND®  
MULTI-PURPOSE  
CREAM

- Soothes dry, chapped and rough skin
- Softens callouses on knees, elbows and feet
- Non-greasy formula leaves skin soft and refreshed

Cooling mentholated formula is enriched with natural extracts, including rosemary, chamomile, corn oil and salvia to nourish stressed skin.

#11020  
113 g



PROSANTÉ  
HAIR CARE®

ProSanté® Nourishing Scalp Treatment is an exclusive formula, proven to reduce hair loss during combing and naturally thicken and strengthen hair when used as part of the ProSanté® Hair Care system.

NOURISHING  
SCALP TREATMENT

Contains the highest concentration of Scalp Health Complex, a unique blend of 10 powerful vitamins, minerals and herbs providing the optimal environment for healthy, thick and vibrant hair. Antioxidant vitamins A and E, and coenzyme Q10 protect against free radical damage. Clinically proven formula can be used daily on wet or dry hair.

- Nourishes, strengthens and thickens by reducing hair loss during combing
- No-rinse formula, soothes scalp irritation
- Protects natural, healthful oil-moisture balance

#31642  
59 ml - All Hair Types



REVITALIZING  
SHAMPOO

- Invigorates, smoothens cuticles and volumizes hair
- Removes dirt, oils, and pollutants without irritating the scalp
- Gives hair strength, shine and resilience

Patented cleansing system is formulated with plant-derived ingredients including corn and coconut. Formulated for optimal hair growth and health. Humectants retain hair's moisture.

#31690  
296 ml - All Hair Types



REPLENISHING  
CONDITIONER

- Strengthens, smoothens and adds shine
- Repairs surface damage and mends split ends

Formulated with humectants, emollients and a vegetable-based protein. Includes Scalp Health Complex, formulated for optimal hair growth and health.

#31644  
237 ml - All Hair Types



LIVE GREEN, LIVE CLEAN.



Make cleaning easier with Get Clean products that are safe, powerful, green and smart and that's why we believe that a healthy home starts from the products you use. With this simple move, you are one step closer to a healthier home, healthier family and a greener earth.



GET CLEAN® HOME CARE

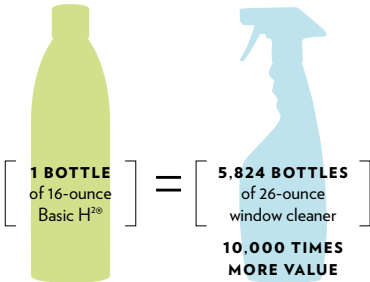
LIVE GREEN, LIVE CLEAN.

BASIC H<sup>2</sup>® ORGANIC SUPER CLEANING CONCENTRATE

Superhero in a Bottle

Basic H<sup>2</sup>® Organic Super Cleaning Concentrate has thousands uses in one bottle that makes cleaning easier yet effective. This powerful multi-purpose cleaner will leave every surface of your home shining without leaving any nasty and harmful residue behind.

#11016 | 473 ml  
Suggested use: Refer to Table 1



- **NATURAL INGREDIENTS**  
Naturally sourced from corn and coconut-based surfactant.
- **SUPER CONCENTRATED**  
Less is more - one bottle can make up to 182L of super powerful cleaner.
- **MULTI-PURPOSE AND HANDY**  
One bottle can replace other products such as glass cleaners, degreasers, bathroom cleaners, bleachers and can be used on almost every surface of your home, indoor and outdoor.
- **POWERFUL**  
Cleans even the most stubborn grease and dirt without extra effort.
- **CONVENIENCE**  
No-rinse, no-residue and leaving no dirty marks!

THE SHAKLEE DIFFERENCE

- SAFE**
- Nontoxic • Fragrance free
  - Mild on hands • pH balanced
  - No chlorine-no rashes and irritations
- POWERFUL**
- Super concentrated
  - Tough on grease
- GREEN**
- Natural • No phosphates
  - Sustainable sourced ingredients
  - Biodegradable surfactants

USAGE	WATER	BASIC H <sup>2</sup> ® ORGANIC SUPER CLEANING CONCENTRATE
ALL PURPOSE CLEANING		
Kitchen, appliances, furniture, walls, woodworks	500ml in Get Clean® spray bottle	¼ teaspoon
	1L	½ teaspoon
	3.7L	2 teaspoons
Pots and pans	3.7L (warm)	½ tablespoon
Windows and mirrors	500ml	2 drops
	1L	4 drops
	3.7L	⅛ teaspoon
Floors (no rinsing needed)	3.7L	1 tablespoon
DEGREASING		
Ovens, microwave ovens and stove pans	500ml in Get Clean® spray bottle	½ tablespoon
	1L	1 teaspoon
	3.7L	¼ cup
Pots and pans	3.7L	¼ cup
BATHROOM		
Toilets		¼ teaspoon
Showers, bathtubs, bathroom fixtures and walls	500ml	¼ teaspoon
	1L	½ teaspoon
	3.7L	2 teaspoon

Table 1



## HAND DISH WASH LIQUID CONCENTRATE

### Tough on Grease, Gentle on Hands

Who knew a few drops can do such cleaning power? Hand Dish Wash leaves your dishes and cutlery sparkling clean, shining and is safe especially for your babies' bottles and utensils. Also, no more worrying about rashes and cracking hands!

#11018 | 473 ml  
Suggested use: Apply to sponge  
and wash as usual; a little goes a long way



- **NATURAL INGREDIENTS**  
Naturally sourced from corn and coconut-based surfactant.
- **POWERFUL**  
Tough on grease and dirt, leaving dishes sparkling clean.
- **MILD ON YOUR HANDS**  
Specially formulated with natural ingredients that won't remove natural oils in your hands, giving you soft hands without harming those with sensitive skin.
- **CONCENTRATED**  
Wash more dishes with only a few drops.



### THE SHAKLEE DIFFERENCE

#### SAFE

- Nontoxic
- Hypoallergenic - no irritants.
- No chlorine - no rashes and irritations
- pH balanced
- Mild on hands

#### POWERFUL

- Tough on grease
- Super concentrated
- Long lasting lathers

#### GREEN

- Natural, sustainable sourced ingredients
- Biodegradable surfactants - decompose into by-products found in nature.
- No phosphates - without causing imbalanced to ecosystems.
- Safe for septic systems - won't cause sludge to form.

## FRESH LAUNDRY CONCENTRATE (POWDER)

### Care for the Clothes You Wear

‘Happiness is the smell of fresh, clean laundry.’ Imagine the natural scent of your clothes and linens that feel amazing to smell with clean and hygienic appearance. Do your next load of laundry happily with Fresh Laundry.

#11017 | 2.5kg / 88 loads  
Suggested use: Front loading machine with medium loads - 28g or 2 tablespoons Top loading machine with large loads - 56g or 4 tablespoons



### THE SHAKLEE DIFFERENCE

#### SAFE

- Hypoallergenic - no irritants.
- No chlorine - no rashes and irritations.
- Safe for use on all washable fabrics.

#### POWERFUL

- Super concentrated
- Just 2 tablespoons clean one medium load of laundry
- Great in all temperature, even in cold water

#### GREEN

- Natural, sustainable sourced ingredients
- Biodegradable surfactants - decompose into by-products found in nature.
- No phosphates, borates and nitrites - without causing imbalanced to ecosystems.
- Safe for septic systems - won't cause sludge to form.

- **NATURAL INGREDIENTS**  
Cleaning agent naturally derived from coconut, natural builders and mineral salts.
- **POWERFUL PERFORMANCE**  
Clean more clothes using less powder with enzyme activated cleaners.

- **SMART FOR YOUR WALLET**  
1 little box of 2.5kg washes up to 88 loads.
- **SUITABLE FOR ALL WASHABLE FABRICS**  
Keeping whites white as they can be and colored clothing bright while preventing dyes from transferring to one another.

## SOFT FABRIC CONCENTRATE

### For Silky-Soft Clothes

Soft Fabric Concentrate helps soften clothes and sheets, while making towels fluffier. Expect lesser wrinkles as it reduces static cling, which means make ironing easier!

#11019 | 946ml | 64 loads  
Suggested use: Medium loads - 15ml, Large loads - 30ml



### THE SHAKLEE DIFFERENCE

#### SAFE

- Nontoxic
- Safe for use on all washable fabrics
- pH balanced for effective softening

#### POWERFUL

- Super concentrated - Just 15ml soften one medium load of laundry.
- Helps reduce wrinkles and reduce static cling

#### GREEN

- Natural ingredients
- Biodegradable surfactants - decompose into by-products found in nature.
- No phosphates, borates and nitrites - without causing imbalanced to ecosystems.
- Safe for septic systems - won't cause sludge to form.

- **NATURAL INGREDIENTS**  
Naturally sourced fabric softeners and mineral salts.
- **Naturally softens, reduces wrinkles and controls static cling, making laundry fluffier and nice to touch.**
- **Small bottle that is easy to carry, pour and store.**



# CLINICAL RESEARCH



At Shaklee, scientific research has been a corporate strategy for more than 30 years. Our commitment to clinical and scientific research separates Shaklee from the competition and has resulted in more than 100 scientific papers—published in peer-reviewed scientific journals—that support product safety and efficacy. In this section, you can explore Shaklee clinical and scientific research studies conducted on many of your favorite Shaklee products.

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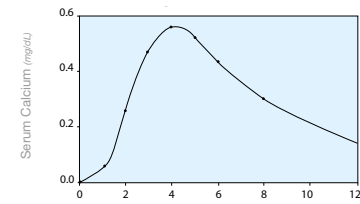
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## PROOF OF THE PRODUCTS\*

### NUTRITION SUBJECT: 12-HOUR CALCIUM BIOAVAILABILITY STUDY

This study assessed the serum and urine response during the initial 12 hours after the ingestion of a new calcium formulation found in Shaklee OsteoMatrix®. Changes in serum calcium were measured at nine time points (0 hr, 1 hr, 2 hr, 3 hr, 4 hr, 5 hr, 6 hr, 8 hr, and 12 hr) during the initial 12 hours following ingestion of two tablets containing a total of 500 mg calcium. At carefully timed intervals, within minutes of providing a baseline blood sample, 10 healthy volunteers ingested two supplement tablets with 125 mL of water. Results from the serum calcium assays on samples collected during the 12 hours immediately following supplementation were compared to each other and to the baseline serum calcium levels. The net changes in serum calcium during the 12 hours immediately following supplementation are presented graphically in the figure below:



These results indicate that the net increase in serum calcium levels of the volunteers increased during the initial 5 hours after supplementation and then slowly decreased through the 12-hour monitoring period. A comparison of the net changes in serum calcium during the first 12 hours following supplementation (ANOVA) determined that significant differences in the net increase of serum calcium from baseline occurred from 2 to 12 postcalcium ingestion (P<.05). These data demonstrate that the calcium provided in OsteoMatrix is well absorbed during the initial 12 hours following ingestion.

### WEIGHT MANAGEMENT SUBJECT: SHAKLEE 180® WEIGHT-LOSS PROGRAM CLINICAL STUDY: SHAKLEE 180 12-WEEK SAFETY AND EFFICACY PILOT STUDY

This pilot study was designed to determine changes in weight loss, anthropometric measurements, and estimates of body composition in an uncontrolled 12-week trial with 27 moderately overweight, but otherwise healthy, men and women. Subjects were instructed to consume two Shaklee 180® beverage shakes, three Shaklee 180® dietary supplement tablets, one Shaklee 180® nutrition bar, and a healthy meal and/or snack daily.



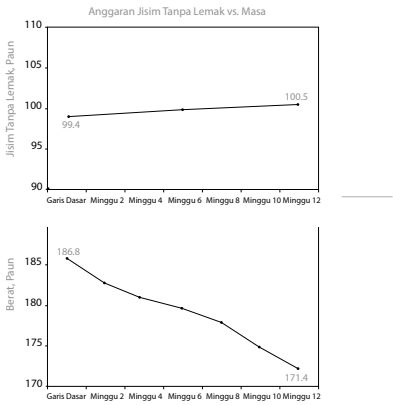
# CLINICAL RESEARCH

Eighteen participants completed the 12-week trial, of which 14 were fully compliant. Data from 14 participants show that subjects lost an average of 15.4 pounds and maintained their fat-free mass based on estimates from skinfold caliper measures. Together, these data suggest that weight loss was derived primarily from body fat, and that fat-free mass was preserved. Waist and hip measurements were reduced by 4.1 and 2.6 inches, respectively, which was a significant reduction in waist-to-hip ratio, a predictor of cardiovascular disease.

In addition, favorable changes were observed in blood lipids, including a 10% drop in total cholesterol and 34% drop in triglycerides. Additionally, no significant adverse events were noted by participants over the 12 weeks, and

there were no significant changes in markers of renal and liver function or blood chemistries.

These findings appear to support recent scientific evidence, which suggests that consumption of additional leucine during a weight-loss diet spares lean tissue. This trial also provides preliminary evidence that adherence to a novel weight-loss program for 12 weeks resulted in effective weight loss and improvements in anthropometric measurements.



## Sports Nutrition

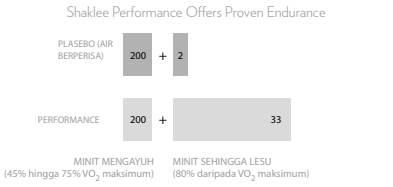
SUBJECT: SHAKLEE PERFORMANCE® MAXIMUM ENDURANCE SPORTS DRINK  
CLINICAL STUDY: SHAKLEE PERFORMANCE—EFFECTIVE HYDRATION AND MORE ENERGY

Cyclists rode stationary bicycles at 70% VO<sub>2</sub> max for two to three hours. Shaklee Performance®, other carbohydrate-electrolyte prototypes, and water were given to the athletes at the rate of one liter per hour.

Shaklee Performance® maintained blood-glucose levels significantly higher than water throughout the test period, while maintaining plasma volume equal to that of water. Shaklee Performance® also maintained a higher plasma osmolality than water, helping balance thirst with fluid needs and supporting the osmotic drive to drink. It was also the best-tolerated of all the carbohydrate-electrolyte prototypes.

### CLINICAL STUDY: SHAKLEE PERFORMANCE—MAXIMIZING ENDURANCE

Shaklee Performance® helped maintain athletes' blood-glucose levels for muscle energy and fluid levels for proper hydration. After more than three hours of vigorous cycling in the laboratory, during which time the cyclists consumed either Shaklee Performance® or water, the speed was turned up even higher. At this sprint pace, Shaklee Performance® drinkers endured for 33 minutes, while the water-only group lasted just two minutes.



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- Yaspelkis III BB, Patterson JG, Anderla PA, Ding Z, Ivy JL. Carbohydrate supplementation spares muscle glycogen during variable intensity exercise. J Appl Physiol 1993;75:1477-85.

\*This section highlights important information that you may wish to review with your physician or health care professional.

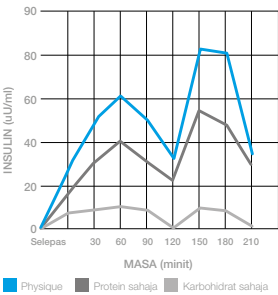
### SUBJECT: SHAKLEE PHYSIQUE® WORKOUT MAXIMIZER SUPPLEMENT CLINICAL STUDY: PHYSIQUE—MAXIMIZING MUSCLE RECOVERY FOR SERIOUS ATHLETES

Physique® was tested with nine highly trained cyclists. During each of three test periods, athletes rode for two hours with an alternating workload that reflected racelike conditions. Immediately and two hours after every ride, athletes drank one of three drinks: Physique®, with its unique carbohydrate-protein combination formula (40.5 g protein, 112.5 g carbohydrate); a protein drink

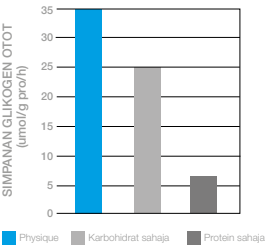
reminiscent of the "muscle" drinks popular with body builders (40.5 g protein); and a carbohydrate drink similar to the "carboload" products on the market (112.5 g carbohydrate). These were consumed as 16 oz. beverages.

Results of the study confirmed that the carbohydrate-protein combination of Physique® elicited a greater insulin response in the blood than the carbohydrate or protein supplements alone. The greater insulin levels produced by Physique's carbohydrate-protein formula also led to a greater increase in the rate of muscle energy stored (glycogen) in the four-hour period following exercise than either the carbohydrate or protein supplements alone.<sup>1</sup>

#### Physique—Maximizing Insulin Response



#### Physique—Maximizing Muscle Energy



- Zawadzki KM, Yaspelkis III B, Ivy JL. Carbohydrate-protein complex increases the rate of muscle glycogen storage after exercise. J Appl Physiol 1992;72:1854-9.

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