

# SHAKLEE news



**100 years and The Shaklee Effect®  
is stronger than ever!**

## Run Better ... HURT LESS!

*Karen Morrison shares the following:*

*"A couple of years ago I was doing a long weekend run and just plain ran out of gas. I walked the final 2 miles home and began to rethink my nutritional support. I was only hydrating with water for runs under 12 miles and was not using a recovery drink other than doing my daily soy protein shake. I decided to try the **Shaklee Performance** prior to my runs and **Shaklee Physique** after my runs to see if I saw a difference. The contrast could not have been more stark. My energy level during long runs was noticeable on the first try and I was no longer forced to take as much time between runs to recover. The most amazing thing was that post-run soreness has become a thing of the past. I cannot say enough about how good these two products are. My husband is a mountain biker and he can't believe how, after getting beat up on a tough trail, soreness is non-existent in the days to follow."*



Remind me again:  
who wouldn't want 3x better  
memory and focus?

**Jump-Start Your Mind!**  
with "MINDWORKS"

## Energy & Stroke Symptoms Improve

*"I started taking MindWorks last week and I can tell you for certain my energy level has increased greatly! I suffered a stroke this past January and my recovery has gone well, but since taking MindWorks not only has my energy level increased but believe it or not I have greatly increased the use of my right arm and hand! I have to admit I was a little skeptical before starting MindWorks but it is definitely something I would highly recommend to everyone!"*

Jeff

## Brain Clarity and Improved Eyesight

*I was in a car accident 2 years ago. From then on, I wondered what had happened to my mind; everything was so confusing! My first day with MindWorks felt like my brain got cleansed ... clarity returned. The after effects of the car accident on my brain were gone. I think it is improving my eyesight as well. I had to use a magnifying glass for small print all the time and have noticed a huge improvement.*

Mary

# The energy effect



When her family noticed the impact Vitalizer made on her mood, Alyson knew she had found something special. When you come across a good thing, something that works really well for you; you can't help but share it. Alyson, a board certified health coach and nutritionist, knows this for a fact after finding out about Vitalizer™. As a person committed to the health of her family and her clients, she felt that Vitalizer™ was different from anything she had used before.

## Vitalizer ... Everyday Nutrition for Life

Based on a first-of-its-kind Landmark Study and backed by 12 clinical studies, and 12 patents, Vitalizer™ is a comprehensive solution that packs essential nutrition into one convenient daily strip. It provides a powerhouse of vitamins, minerals, antioxidants, omega-3s, and healthy probiotics to help support your optimal health including heart, brain, immune, bone and digestive health, and physical energy. Vitalizer™ is the only multi-nutrient pack in the market that uses S.M.A.R.T., our unique, patented delivery system designed to improve absorption of key nutrients.

**Vitalizer™ is supplementation made simple. Take just a single, convenient Vita-Strip™ each day and you are good to GO!**



### FREE OF MEDICATIONS

For over 25 years I have been on medications for Cholesterol, Triglycerides and Arthritis. I started the Shaklee Vitalizer Basics Daily strips, and mentioned to my doctor that I would like to get off all my medications; he told me to go ahead. I weaned myself off over a period of time. In the meantime, I continued with the Shaklee VITALIZER.

It is now over two years that I am free of medications and feel great. I am 80 years old - own over 7 acres of land and work in the garden while maintaining the lawns. Horace

### Vitalizer Product Strengths:

- 1. S.M.A.R.T. delivery system:** hands down the most sophisticated nutrient delivery system in use among popular multivitamin brands. It recognizes the fact that different nutrients are absorbed best at different times of the day and in different parts of the digestive tract (e.g. the stomach vs. the upper intestine vs. the lower intestine). Tablets use different types of coating (including enteric coating) in order to ensure maximum absorption.
- 2. Natural vitamins:** the supplement includes natural forms of vitamin A and E and folic acid which offers unique benefits, compared to their synthetic versions.
- 3. Omega-3:** includes essential omega-3 fatty acids, such as DHA and EPA, which have documented benefits for brain and heart health.
- 4. Probiotics:** includes two popular probiotic strands (Bifidobacterium longum and Lactobacillus acidophilus) which help form healthy bacteria flora in the gut and improve immune system function.
- 5. Antioxidants:** includes key additional antioxidants such as Lycopene, Lutein, Zeaxanthin which mop up free radicals and slow down the aging process.

## Itch and Swelling GONE!

*Last year I discovered that my daughter has allergic reactions to mosquitoes. She would get welts that would turn into blisters. I found a cortisone cream that would help but it would still be days of applying and reapplying. I have been working with Shaklee products to find a natural solution. Well, I found it. After one application of Shaklee's Calming Complex the swelling is minimal and she doesn't itch! So happy!*

Selena Lopez

## Dry Complexion GONE!

*I love Calming Complex .... I no longer have to use a night cream during the day for dry skin! This amazed me as it contains no oil. It penetrates into the lower layers of the skin and balances out the moisture. The end result is a normalizing affect .... so both oily and dry skin folks benefit from this unique product.*

Lorri



## NAIL BITING

*I have always bitten my nails since I was a kid. I tried to stop biting for years and every year I failed. This year I started taking 2 Shaklee Stress Relief on a daily basis and noticed I didn't have a desire to bite my nails. To see real results in only 8 weeks of Stress Relief along with Vitalizer and Shaklee 180 is amazing to me. I'm getting healthier from inside out. My nails are stronger and thicker. I'm so proud of myself to actually accomplish something I have wanted to do for so long.*

Angela Koin



results in 4 months

results in 8 weeks

## SO WILL YOUR VITAMIN SUPPLEMENTS HURT YOU?

Vitamins and minerals are essential for life. However, never in the history of man has the human body ever needed synthetic chemicals. And therein lies the crux of the matter. Most studies evaluating the health effects of vitamins investigate the synthetic versions, which in many cases are more similar to drugs than they are to food. And secondly, studies can be manipulated in any number of ways to come up with an end result that serves a particular agenda.

### ARE YOU TAKING SYNTHETIC VITAMINS ... HOW CAN YOU TELL?

**VITAMIN E:** D $\alpha$ -tocopherol is a byproduct of a petrochemical dependent manufacturing process and may have adverse endocrine-disrupting activities, despite its molecular/chemical similarity to the natural isomer known as D $\alpha$ -tocopherol.

**FOLIC ACID OR FOLATE?** The little known, but crucial difference between folate and folic acid ... Folate is a general term for a group of water soluble b-vitamins, and is also known as B9. Folic acid refers to the oxidized synthetic compound used in dietary supplements and food fortification. Look for "folate" on your vitamin labels if you want a natural product vs. a synthetic.

# Shaklee Success

## Acid Reflux or GERD

My family has had acid reflux for at least two generations that I am aware of. My grandfather was a food broker and sold Tums. He always had them in his pocket to chew on. Even as child I thought it was strange and being they were not candy. My mother told me he had digestion issues, it was called " Gastroesophageal Reflux Disease or some call GERD".

I did not think much of this until my daughter was born and she had issues at very young age. Doctors told me the only way to treat her reflux was with medication and she was prescribed Tagamet, Aciphex, and Nexium over the years.



**Deb Kammer**

At the young age of 14 she had a procedure called a Nissen Fundoplication because none of these medications were helping. By college years she had different issues and we discovered the years of medication had thrown off the balance in her body and now she had no acid. We tried all different natural products with little success. In 2005 she was struggling in college because of her health.

I had used Shaklee products before I had my children and then lost contact with my distributor and stopped taking them. Carol Hartley reintroduced me to Shaklee and told me about the new products. We first started with NutriFeron and then began taking Stomach Soothing Complex and EZ-Gest. She later added Optiflora and it has taken years to repair all the damage done by the medication. Now her stomach problems are finally under control.

I also have GERD but not as severe as my daughter. I use EZ-Gest before meals and Stomach Soothing Complex after. I found that once I added more Optiflora and Alfalfa my reflux was under control. I drink warm water before a big meal to help break up the fats and lemon in my tea or water almost daily.



**EZ Gest, Optiflora, Stomach-Soothing Complex, Alfalfa, NutiFeron, Lemon**

**Your Distributor:**