

Depression, Mood Swings, Winter Blues

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- B Complex
- Vita D -3
- Stress Relief Complex
- Mood Lift (St John's Wort)



B Complex – Happy Vitamins

- Depleted by stress, sugar, refined carbs, alcohol, caffeine and many medications
- Water soluble ...must be replenished daily
- Found in dark green vegetables & whole grains
- Essential for the brain and nervous system
- Shaklee Difference –
- Patented absorption system (folic acid in coating)
- All 8 essential B vitamins
- Converts food to energy Helps prevent sugar craving
- Helps regulate blood sugar (hypoglycemia)
- Turns every woman into Mother Teresa



Stress Relief Complex --

- Blunts cortisol production
- 2 amino acids (L-(theanine and L-tyrosine) and 2 herbs (ashwagandha and beta sitosterol)
- Relaxes the body AND
- Promotes alertness



Shaklee Difference –

- Shaklee conducted 2 industry-leading studies regarding Vitamin D
- One proved increased levels of Vita D-3 increased the desirable HDL cholesterol.
- Ashwagandha stimulates alpha waves

Vita D-3

- Improves heart function
- Improves brain function
- Strengthens immune system (cancer prevention)
- Essential for calcium absorption for strong bones & teeth
- **Enhances weight loss**
- Improves sleep
- Important for physical strength
- May help fibromyalgia, chronic fatigue, infertility, depression, dementia, multiple sclerosis, osteoporosis, osteoarthritis, rheumatoid arthritis, stroke, diabetes, psoriasis (Vitamin D Solution Michael Holick MD)



Mood Lift – St John's Wort – Germany's Natural Answer to Prozac

Used to improve ...

- Mild to moderate depression
- Fatigue & lethargy
- Sleep disorders
- Migraines
- Nerve pain
- Nervous disorders
- Irritability
- Insomnia
- Loss of pleasure
- Mild anxiety
- Poor concentration

