

# Start Your Day with *Shaklee*

## NEW ... VANILLA CHAI SMOOTHIE

- 24 grams of hunger-fighting protein when prepared as directed ... 6 grams of fiber ... 23 vitamins & minerals
- Powered by LEUCINE ... Non-GMO soy protein ... Low glycemic (which is perfect for diabetics) ... gluten-free & lactose-free
- No artificial flavors, sweeteners, or preservatives



### NEW: Toffee & Chocolate Crunch Snack Bar

A guilt-free treat! (only 140 calories) – 10 bars in a box

- 9 grams hunger fighting NON-GMO soy protein
- 3 grams fibre / 10 vitamins & minerals
- gluten-free

Also TWO  
Meal Bar Choices



Blueberry Almond Crisp ... OR ...  
Peanut Butter Chocolate Chip

Shaklee Representative:



Pediatricians' #1 Choice<sup>++</sup>

- The #1 Children's Vitamin Brand in the US contains ingredients that most parents would never intentionally expose their children to, so why aren't more opting for healthier alternatives?
- Kids vitamins are supposed to be healthy, right? Well then, what's going on with **Flintstones Vitamins**, which proudly claims to be "Pediatricians' #1 Choice"? Produced by the global pharmaceutical corporation Bayer, this wildly successful brand features a shocking list of UNHEALTHY ingredients, including:
  - **Aspartame**
  - **Cupric Oxide**
  - **Coal tar artificial coloring agents** (FD&C Blue #2, Red #40, Yellow #6)
  - **Zinc Oxide**
  - **Ferrous Fumarate**
  - **Hydrogenated Oil** (Soybean)
  - **GMO Corn** starch
  - •
- On Bayer Health Science's **Flintstones product page** designed for healthcare professionals they lead into the product description with the following tidbit of information:
  - 82% of kids aren't eating all of their veggies<sup>1</sup>. Without enough vegetables, kids may not be getting all of the nutrients they need.
  - **The implication? That Flintstones vitamins somehow fill this nutritional void. REALLY? What about the unhealthy ingredients?**
  - **References:** 1. Lorson BA, Melgar-Quinonez HR, Taylor CA. Correlates of fruit and vegetable intakes in US children. J Am Diet Assoc. 2009;109

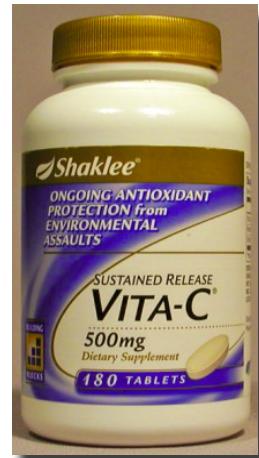
## Back Pain --- Importance of Vitamin C for Deteriorated Disks

I suffered for nine months with severe back pains. I had x-rays, which indicated deteriorated back disks. My doctor said disks can be fused, but he would not recommend such an operation. I would have to learn to live with the pain. He did prescribe some pain pills which made me feel better, but drowsy. After one week, I advised my doctor that I was not going to take any pills. I would rather live with miserable pain than become a dope addict.

I could not walk one city block without severe back pain. I could not drive a car more than 50 miles. I had to use a cane for support. Friends handed me a number of issues of Prevention. I found a "Mailbag" letter from a woman who suffered back pain and took 3,000 to 4,000 milligrams of vitamin C a day. It solved her back problem. I did the same, and within three days my back pain was gone.

Vitamin C is one of the essential ingredients in rebuilding collagen. When rebuilding our cells, collagen acts like mortar when you build a brick wall. Would a wall be very strong without the mortar? No way! You would just have one brick pushing on top of another with no support.

Vitamin C is water soluble and not stored in the body. You must get it every day. Therapeutic levels of supplementation is essential for helping back problems. You should start with the Shaklee Vitalizer + Protein (Vitalizer strips to cover the essential nutrient requirements).



Sherrie Attila

## Restless Leg

I use 3 OsteoMatrix and 1 Vita E and 1 Vital-Mag to prevent restless legs. It works almost instantly for me. This also keeps my legs from cramping at night. When I "forget" to take them, the cramping returns.

Margie M.

# "Shaklee is fueling my dreams."

"I push myself to my absolute limit. So I use Shaklee Performance sports drink every day to stay hydrated. I even bring it in the boat with me.

I also use Energy Chews before tough workouts to give me a little mental and physical boost. They're so convenient, I ate one right on the starting line before our race in London.

I wish I'd discovered Shaklee earlier. But now that I have, I'm using it for life!"

[LEARN MORE](#)

Caryn Davies  
Rower – 2012 London Gold Medalist



## The results speak for themselves

Over 110 gold, silver, and bronze medals have already been awarded to Shaklee-fueled athletes. So think like the elite, and find your edge, today.



Louise shares the following ... *"I had to go to a 2 hour meeting, and arrived exhausted. There was no way I could stay alert, and I hate fighting sleep. I had two Energy Chews in my purse and promptly ate them. Within a matter of minutes, I was feeling calm and alert (but not wired). I enjoyed the meeting, took accurate notes, and also enjoyed NOT fighting sleep. I will always keep a good supply in my purse."*

Energy Chews are also amazing when traveling. They will keep you awake when you have to drive from point A to point B. You will stay alert and arrive safely! So when you travel don't be without Shaklee Energy Chews.

The average American home contains 2 to 5 times **higher levels of pollutants than outside.**

Take a cue from Mother Nature with green products for a healthy home and a healthy family.



**Choose "Shaklee" for safe, effective, and economical cleaners. They come with a 100% money back guarantee.**

# **31% of Protein Powders & Drinks FAIL ConsumerLab Review**

ConsumerLab.com found problems with the quality of five of the 16 protein products it selected for testing and confirmed these findings in a second independent laboratory:

- A protein powder from a popular brand was missing 16 grams of protein per scoop, most of the protein it promised. Instead, it contained an extra 16 grams of carbohydrates (including an extra 3 grams of sugar)
- A powdered meal replacement shake was contaminated with 12.7 mcg of lead per serving (far more than permitted in California without a warning label)
- A popular protein energy meal with spirulina had an extra 6.7 grams of carbohydrates (including an extra 4 grams of sugar) and an additional 25.7 calories per serving
- A protein powder — from a "GMP certified" facility —claiming "0" cholesterol really had 10.2 mg
- A protein supplement claiming 5 mg of cholesterol actually had 14.2 mg

Products reviewed in the report are Atkins Day Break, Body Fortress Whey Isolate, Dymatize Nutrition Elite Casein, Endurox R4, Genisoy Soy Protein Shake, GNC AMP Amplified Wheybolic Extreme 60, GNC Pro Performance, GNC Total Lean - Lean Shake 25, Jay Robb Whey Protein, Whey Protein Complex Gourmet, Mass Gainer Gourmet & Metagenics UltraMeal Rice.

Shaklee uses non-GMO soy protein. Shaklee soy protein is water-washed to retain those critical isoflavones genistein and diadzein to provide you with the whole goodness of soy.

## ***Confusing Messages on Soy ?***

For 50 years, Shaklee scientists have recommended soy protein consumption as part of a healthy diet. However, today we are also well aware of the great confusion among consumers and even health professionals about the health benefits of soy, because of a few very limited studies on soy that have received much attention on the internet.

We decided to consult an independent scientific expert on soy to review all the latest data for us and prepare a comprehensive review. We chose Mark Messina, PhD, an adjunct associate professor at Loma Linda University and the Executive Director of the Soy Nutrition Institute. Dr. Messina, an acknowledged leader in soy research, has made studying the health affects of soy his focus for over 20 years and has published more than 60 scientific papers and

given more than 500 presentations on soy foods to health professionals around the world.

From his comprehensive scientific white paper prepared exclusively for Shaklee, Dr. Messina produced a summary update on soy: Soy and Your Health: An Update on the Benefits, summarized the latest science on the health benefits of soy consumption. It covered a wide range of topics such as how a daily moderate intake of soy can promote heart health and bone health, potentially alleviate certain menopause symptoms and possibly even help keep skin looking beautiful. Field Communications

**To read the summary update, click here:**  
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