

January 22, 2011

Hi !

My name is Tom Leenheer. I have been a Shaklee member since 1978 when I was sponsored 2nd level to Alan & Hannah Sharapan. I am sending this letter to Alan & Hannah so that they might share it with others.

In May of 2010 my wife Cathy had her annual physical at our family physician's, Dr. Paul Rich. When her blood work came back, he pointed out that she was low in Vitamin D. This was a new test that they were including in the blood work for the first time that year. He wrote a prescription for a Vitamin D capsule for her to start taking. She began to take this prescription tablet of 50,000 IU once a week. She was faithful in taking this prescription for the whole year plus until her next physical. She was late in having her physical and blood work in 2011. When she finally got into the office it was September. She had now been taking this prescription Vitamin D capsule for 16 months. The result was positive. The reading on her 25-Hydrox-Vitamin D in May of 2010 had been 18 ng/mL. The Optimal Range was 30-100. The Intermediate Risk Range was 15-29. The High Risk Range was 14 or lower. After 16 months of the 50,000 IU capsules once a week, her Vitamin D level rose from 18 to 30.

Meanwhile, when I went for my annual physical and blood work in June 2010, my Vitamin D level also showed up low. It was at 20, so I too was in the Intermediate Risk Range. Dr. Rich suggested the Vitamin D prescription for me also, but I told him that I would rather try a different approach. I then called Allan & Hannah and ordered Shaklee's Vitamin D supplement. I began to add one 1000 IU Shaklee Vita-D to my normal daily Vita-Lea (2). Thus I was getting 12,600 IU of Vitamin D a week from my Shaklee supplements compared to my wife's 50,000 IU in a prescription capsule. I too was faithful in taking my supplements daily until my annual physical and blood work in 2011. I had that blood work completed in June, one year after the previous blood work. I was happy to find that my Vitamin D level had rose from 20 to 31.

So my Shaklee supplements had basically the same results for me as the prescription had for my wife, but with a substantially less intake of Vitamin D.

I wonder why ???? I think we all know. Plus, it cost less for me to add the Shaklee Vita-D to my daily routine than it did for my wife to pay for her prescription capsules.

One last note. We live in Warren Ohio where we only see about 150 sunny days a year. Neither of us changed our diet or daily routines during the year. My wife spends her days as a nurse doing consulting flying weekly to hospitals throughout the US. I have an income tax preparation business and spend an awful lot of time in my office.

My thanks to Allan & Hannah, and to Shaklee, for being there for us.

Tom Leenheer