

Mother Nature's Warning Signs

CHECKLIST

- Poor Resistance to Colds & Flu
- Fatigue, tire easily
- Frequent Headaches
- Memory Loss
- Anemia
- Insomnia
- Premature Graying
- Hair Loss
- Irritability, Depression
- Underweight
- Menopausal Problems
- PMS
- Constipation
- Bad Breath
- Poor Circulation
- Blood Clots, Phlebitis
- High Cholesterol
- High Blood Pressure
- High Triglycerides
- Premature Aging
- Freedom of Motion Problems
- Sinus Problems
- Allergies, Hay Fever, Asthma
- Diarrhea, Colitis
- Frequent Nose Bleeds
- Bruise Easily
- Autoimmune Disease
- Overweight by more than 10 #'s

Life Plan by Shaklee

**Life Strip
+
Life Shake**

(35 patents)



**We "guarantee" it
will work for you!**

- Varicose Veins
- Bad Skin, Acne, Dull Lifeless Skin
- Yeast Infections or Problems
- Sugar Cravings or Carbohydrate Cravings
- Pain
- Viral Infections
- Gallstones, Kidney Stones
- Bleeding Gums
- Nervous Disorders
- Hemorrhoids
- Poor Digestion, Gas, Bloating, Heartburn
- Porous Bones, Spontaneous Fractures
- Arthritis
- Menstrual Cramps & Problems
- Cancer
- Diabetes
- Nails - soft, splitting, white spots
- Smoker
- Retain Fluids
- High Stress Lifestyle
- Slow Recovery of Wounds or Illness
- Cold Hands, Feet
- Muscle Tension or Cramping
- Dry, Rough Skin
- Frequent use of Antibiotics

RECOMMENDATIONS: Start with the Life Plan for 2-3 months, then review this checklist. See if some or all of the check marks can be erased!

Name:

Phone

Mother Nature's Warning Signs

Poor Resistance to Colds & Flu

NutriFeron, VIVIX, Carotomax, C, Garlic, OptiFlora

Fatigue, Tire Easily

VIVIX, Soy+Fiber, B, CorEnergy, GRC, CoQHeart

Frequent Headaches

B, C, Cal, Protein, Vivix, Pain Relief, Herb-lax, Stress Relief, GLA, GRC

Memory Loss

Mindworks, Mental Acuity, VIVIX, Lecithin, Soy+Fiber, Herb-lax

Anemia

Garlic, Soy Protein, Iron, C

Insomnia

B before 6 PM, Cal/Mag, GRC, Gentle Sleep, Moodlift, StressRelief

Premature Graying

B, Zinc, Garlic

Hair Loss

Protein+Fiber, B, Zinc, GLA, DTX, Acuity Plus, E

Irritability, Depression

B, C, Cal/Mag, Protein+Fiber, GRC, Stress R., GLA, Moodlift, Gentle Sleep

Underweight

B, C, Soy+Fiber, CorEnergy, Physique

Menopausal Problems

*B, E, Omega 3, Cal/Mag, Soy, Moodlift, Menopause Balance Complex
Meno Bal Cooling Lotion, GLA, NutriFeron, VIVIX*

PMS

B, E, GLA, Soy, Alfalfa, Moodlift, DTX, C

Constipation

Herb-lax, Fiber, EZGest, Alfalfa, C, Stomach Soothing Comp, OptiFlora

Bad Breath

Herb-lax, Fiber, Alfalfa, OptiFlora, EZGest

Poor Circulation

Mental Acuity Plus, E, B, C, Lecithin, CoQHeart, Omega 3

Blood Clots, Phlebitis

E, C, Cal/Mag, Omega 3, Lecithin, Mental Acuity, CoQHeart, Flavo.

High Cholesterol

Garlic, Lecithin, Fiber, E, Omega, Soy, CoQHeart, StressR, Chol Reg, VIVIX

High Blood Pressure

Blood Pressure, Garlic, E, Lecithin, Omega 3, Vital Mag, CoQHeart

High Triglycerides

Garlic, Lecithin, C, Fiber Plan, E, Omega 3, CoQHeart, StressR, Soy

Premature Aging

VIVIX, E, Carotomax, C, IBC, Zinc, Mental Acuity, StressRelief

Freedom of Motion Problems

VIVIX, Joint Health Complex, Pain Relief Complex, Alfalfa, C

Sinus Problems

NutriFeron, Carotomax, Alfalfa, C, Garlic, Pain Relief, Formula I

Allergies, Hay Fever, Asthma

NutriFeron, Alfalfa, Garlic, C, Carotomax, GLA, Vivix

Diarrhea, Colitis

OptiFlora, Garlic, C, B, Stomach Soothing

Frequent Nose Bleeds

C, Flavomax

Bruise Easily

C, Lecithin, Mental Acuity Plus

Autoimmune Disease

*CoQHeart, NutriFeron, C, E, Carotomax, Zinc, OptiFlora,
Garlic, StressRelief, VIVIX, D*

Overweight by more than 10 #'s

180, B, C, Vivix, Lecithin, GLA, Joint Health, GRC, StressRelief

Varicose Veins

E, C, Flavomax, Soy Protein

Bad Skin, Acne, Dull Lifeless Skin

Garlic, Car-max, C, E, Zinc, B, Herb-lax, Fiber, GLA, DTX, Soy Protein

Yeast Infections or Problems

C, B, Garlic, Carotomax, Zinc, OptiFlora, DTX

Sugar or Carbohydrate Cravings

GRC, B, Zinc, Soy+Fiber

Pain

Pain Relief & Cr, Joint Health, C, Vivix, Alfalfa, Omega 3, Cal/Mag

Viral Infections

NutriFeron, Garlic, C, Zinc, Carotomax, OptiFlora, Moodlift,

CoQHeart, Formula I

Gallstones, Kidney Stones

Herb-Lax, Garlic, C, Cal/Mag, Lecithin, EZGest, DTX

Bleeding Gums

C, Soy Protein

Nervous Disorders

B, Cal/Mag, C, E, Gentle Sleep, Moodlift, StressR

Hemorrhoids

Herb-Lax, C, Fiber, B, OptiFlora

Poor Digestion - Gas, Bloating, Heartburn

B, EZGest, DTX, Stress Relief, Alfalfa, B, OptiFlora, Stomach Soothing

Porous Bones, Spontaneous Fractures

Cal/Mag, E, Alfalfa, C

Arthritis

Joint Health, Pain R, Alfalfa, C, Omega 3, Cal/Mag, GLA, Stress R

Menstrual Cramps & Problems

E, Cal/Mag, B, Omega 3, Gentle Sleep, GLA

Cancer

*NutriFeron, E, Carotomax, Zinc, Formula I Garlic, GLA,
DTX, C, CoqHeart, StressRelief, Flavomax, VIVIX, D*

Diabetes

B, E, GRC, Zinc, C, Carotomax, Prot+Fiber, GLA, VIVIX

Nails - soft, splitting, white spots

Soy+Fiber, Zinc, Cal/Mag, GLA

Smoker

C, B, Carotomax, E, NutriFeron, StressRelief, Flavomax

Retain Fluids

Alfalfa, B, C, Moodlift, DTX

High Stress Lifestyle

B, StressRelief, C, Mindworks, CorEnergy, Gentle Sleep, Zinc

Slow Recovery of Wounds or Illness

Zinc, E, Soy Soy+Fiber, Defend Resist, GLA

Cold Hands, Feet

E, Lecithin, Omega 3, C, Vital Mag, CoQHeart, Flavo

Muscle Tension or Cramping

Calcium, Alfalfa, B Complex, Stress Relief, Vital Mag

Dry, Rough Skin

E, Zinc, Carotomax, C, Omega 3, GLA, Lecithin

Frequent use of Antibiotics

NutriFeron, OptiFlora, C, Garlic, Carotomax, Soy, E

Vita Lea Multi or Vitalizer Strip or Life Strip should serve as your BASE to any food supplement program, along with a Protein Shake.