

# 1+2+3 PERSONAL HEALTH PLANS FOR WOMEN'S HEALTH

We are committed to Women's Health all year round, and October, Breast Cancer Awareness month, is the perfect time to shine an extra spotlight. Health begins with informed nutritious choices and should also include preventative care like breast self-exams and regular mammograms.

The Shaklee 1+2+3 Personal Health Plan makes it simple to follow three recommendations from leading health experts about what you need to do for optimum health and wellness no matter what age you are:

- **Commit to a healthy weight and stay there through diet and exercise.**<sup>1,2</sup>
- **Eat a healthy diet rich in fruits and vegetables, which are great sources of antioxidants that can protect cells from free radicals.**<sup>3</sup>
- **Power up with nutrients, such as vitamin D, folic acid and other B vitamins, specifically B<sub>6</sub> and B<sub>12</sub>, and omega-3s.**<sup>4</sup>

\*See [healthresource.shaklee.com](http://healthresource.shaklee.com) to view Shaklee Life Shake clinical studies.

1. <http://www.sciencedaily.com/releases/2011/04/110406085048.htm>
2. <http://www.sciencedaily.com/releases/2010/10/101003081712.htm>
3. <http://www.aicr.org/assets/docs/pdf/education/heal-well-guide.pdf>  
<http://www.sciencedaily.com/releases/2010/10/101012151238.htm>
4. <http://www.cancer.org/Cancer/BreastCancer/OverviewGuide/breast-cancer-overview-new-research>  
[http://www.nfcr.org/index.php?option=com\\_content&view=article&id=413%3Acan-cer-fighting-minerals&catid=43%3Aon-your-health&Itemid=26](http://www.nfcr.org/index.php?option=com_content&view=article&id=413%3Acan-cer-fighting-minerals&catid=43%3Aon-your-health&Itemid=26)  
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC526387/>



## 1 Choose your Multi+ and Protein, the Building Blocks for Life.

### PROTEIN FOR HEALTHY WEIGHT

LIFE SHAKE™

People who use Life Shake as part of the Shaklee 180® Program are clinically proven to lose the weight and keep it off. Powered by Leucine\* to help you build lean muscle, burn fat, improve metabolism, and reduce cravings.†

### MULTI+

VITA-LEA® WOMEN

Nutrients for energy, immunity, and healthy appearance.\* Great as a pre- and postnatal with 800 mcg folic acid, 200 mcg iodine, and 18 mg iron.

VITA-LEA® GOLD

Nutrients for energy, heart, brain, eye, and bone health.\* With 400% DV vitamin B<sub>12</sub> plus N-acetylcysteine to protect against free radicals.\*

## +2 Choose your Targeted Solutions, ultra-pure, clinically proven products and ingredients designed to address your unique health concerns.

### +HEALTHY AGING

VIVIX®

Contains a proprietary all natural blend of a broad spectrum of polyphenols based on the muscadine grape, featuring superior concentrations of ellagic acid and ellagitannins that, when combined with other polyphenols, yield immense antioxidant power.\*

### +OMEGA

OMEGAGUARD®

Provides a full spectrum of seven ultra-pure, pharmaceutical-grade omega-3 essential fatty acids, including EPA and DHA, naturally found in small, cold-water fish.

### +EYE

CAROTOMAX®

Delivers all six of the most important carotenoids—potent, fat-soluble antioxidants that promote overall wellness and protect cells against attack from free radicals.\*

### +IMMUNITY

VITALIZED IMMUNITY™

A delicious, effervescent drink that provides broad spectrum immune support via a blast of vitamin C\*—as much as 16 oranges. Natural citrus flavor.

## +3 Choose your Boost. A powerful boost of the key vitamins, minerals, and nutrients when you need them most.

### +D BOOST

VITA-D<sub>3</sub>®

Promotes bone, heart, metabolic, and immune system health.\*

### +B BOOST

B-COMPLEX

The perfect balance of all eight essential B vitamins to support energy, cardiovascular health, and cell renewal.\*

### +C BOOST

SUSTAINED RELEASE VITA-C®

Cellular antioxidant and immune protection.\* Clinically shown to raise blood levels of vitamin C for 12 hours via a plant-based sustained delivery system. 500 mg

CHEWABLE VITA-C®

Enhances immune function with a great tasting, chewable formula. 100 mg

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.