

## Optiflora Needs Assessment Candida Symptoms

### History of:

Antibiotic usage, especially broad spectrum drugs  
Birth Control pills or Steroids  
Mood Swings & irritability  
Cravings for sweets, breads & alcohol  
Problems in moldy areas or on muggy days  
Sensitivity to perfumes, chemical odors, etc.  
Being *really* bothered by tobacco smoke  
Athlete's foot, fungus infections of nails & skin  
Repeated pregnancies

### In Infants:

Diaper rash that is worse in the skin folds  
Thrush or white patches on the inner cheeks of the mouth  
A white coated tongue  
Excessive genital touching  
Frequent ear infections

### In Children:

Thickly-coated or patchy white tongue  
Red ring around the anus or rectal area  
Itchy genital area leading to frequent touching  
A chronic hair or foot odor  
Bloating abdomen and bowel complaints  
Frequent infections and particularly of the ears & tonsils  
Muscle aches and/or weakness

### In Adolescents and Adults

Frequent fatigue, lethargy & drowsiness  
Frequent infections  
Frequent feelings of "spaciness"  
Poor memory  
Inability to make decisions  
Bloating, belching or intestinal gas  
Muscle aches and/or weakness  
Recurrent skin problems  
Pain and/or swelling in joints  
Depression  
Abdominal Pain  
Loss of interest in sex  
Endometriosis or infertility  
Prostatitis or impotence  
Anxiety attacks or frequent crying  
PMS  
Mucus in stools  
Rectal itching  
Constipation and/or diarrhea  
Excessive vaginal discharge or itching  
Pelvic pain  
Burning or white-coated tongue  
Rash or blisters in mouth  
Dizziness/loss of balance/coordination  
Pain in tightness in your chest  
Spots in front of your eyes  
Blurred vision

### For More Information:

Judy Myrlie  
651-454-7179

## Optiflora

### Healthy Colon

Think of your colon as a garden in which there are both flowers and weeds.

Flowers are the friendly microflora (beneficial bacteria) which needs to be present in high enough concentration to keep the weeds, the unfriendly microflora (harmful bacteria) in check. When the number of weeds (unfriendly microflora) gets too large in proportion to the number of flowers (friendly microflora), the health of your colon is compromised and you may find yourself experiencing some of the symptoms listed to the left of this panel.

### What causes an Imbalance between the Beneficial and Harmful Microflora?

**Antibiotics:** The most common cause of microflora imbalance is the use of antibiotics. Antibiotics kill both the beneficial and harmful bacteria in our bodies. Following a course of antibiotic therapy, women often experience yeast or urinary tract infections, children suffer from diarrhea and infants suffer from oral thrush and diarrhea. These health problems result from the destruction of the beneficial microflora and the accompanying overgrowth of yeast (Candida). Most of the people in the United States ingest far too many antibiotics because they are over-prescribed and are now present in our food. Farmers feed antibiotic to cattle and poultry on a daily basis; these antibiotics are then passed on to us in the food we eat and the milk we drink. The only way to restore the balance is to feed our bodies the beneficial microflora (Optiflora) on a daily basis, especially, when on a course of antibiotic therapy.

**Age:** The proportion of beneficial microflora decreases with age.

**Poor Diet:** A low-fat, high-carbohydrate, high-fiber diet promotes the proper balance of intestinal flora. Unfortunately, many people in the United States do not follow this type of diet. Children, in particular, seem to avoid the foods that keep the unfriendly bacteria in check.

### What is Optiflora?

Optiflora is a unique, two-product system that provides dietary support for the normal, healthy balance of intestinal flora.

**Product One (Prebiotic):** A unique of complex carbohydrates that provides the nutrients that help the beneficial, intestinal microflora to thrive, therefore, contributing to long-term colon health. Also includes gamma tocopherol, a nutrient associated with colon health.

**Product Two (Probiotic):** Provides guaranteed delivery of live, beneficial microflora to the intestine. This Probiotic includes the two, most important forms of intestinal microflora-Bifidobacterium longum (commonly known as bifidus) and Lactobacillus acidophilus (commonly known as acidophilus).

### What are the Health Benefits of Shaklee Optiflora?

- Reduces the symptoms of Candida listed to the left
- Helps prevent colon cancer
- Improves digestion and absorption of nutrients
- Helps restore normal bowel function for those suffering from constipation and/or diarrhea.

### What Makes Shaklee's Optiflora Special?

It is the only product on the market that can GUARANTEE LIVE DELIVERY of the beneficial microflora to the intestine! Other products only guarantee live cultures at the time of shipping and they deteriorate rapidly over time and when exposed to stomach acid. The protection of Optiflora's ingredients is due to the patented, triple-encapsulation technology used.