



**Give your body the Minerals, Vitamins and Protein it craves
with our MVP Nutritional Program**

Healthy MOM– to—Be Program

Good:

- 2 *Vita-Lea* with iron/day
 - 1 serving *Shaklee Energizing Soy Protein*
 - 2 *OsteoMatrix*/day
- Your cost per day— \$1.75**

Better:

- 2 *Vita-lea* with iron/day
 - 1 serving *Shaklee Energizing Soy Protein*
 - 2 *B-Complex*
 - 1 *Omega-Guard* fish oil capsule
 - 1 *Optiflora* probiotic capsule
 - 2 *OsteoMatrix*/day
- Your cost per day—\$2.99** (about the same cost as a Tall Latte at Starbucks)

Best:

- Shaklee Vitalizer for Women*
 - 1 serving *Shaklee 180 protein mix*
 - 2 *OsteoMatrix*/day
- Your cost per day—\$5.97** (less than a fast food meal)

Post Pregnancy Program:

Any of the above programs can be continued, or move into the *Shaklee 180 Turnaround* program to drop weight safely and fast.

Turnaround Program:

Includes 2 meals, snacks, tea, metabolism booster

Your cost per day—\$9.00 (Less than the cost of 1 meal at a sit-down restaurant)