

Digestive Health

In recent years, the importance of the intestinal microflora has inspired a great deal of research based on the tools of modern molecular biology, microbiology and medicine. The idea of treating an unbalanced microflora has seen a resurgence of interest with the development of the concept of "probiotic" microorganisms.

Because of their rigorous testing and intensive research, Shaklee Corporation has developed the best complex on today's market to balance your intestinal microflora and to maintain a healthy digestive system.

Shaklee's Optiflora is a unique, two-product system, (Optiflora Prebiotic Complex and Optiflora Probiotic Complex), that provides dietary support for the normal, healthy balance of intestinal microflora. It promotes colon health by supporting the growth of healthy microflora naturally found in the colon. It also delivers guaranteed live probiotics Bifidobacterium longum and Lactobacillus acidophilus, along with the prebiotics FOS and inulin and provides gamma-tocopherol, a nutrient associated with colon health.

Through clinical testing Bifidobacterium longum and Lactobacillus acidophilus have been known to:

- Maintain a healthy digestive tract
- Inhibit the growth of harmful bacteria
- Boost the immune system
- Replace the good bacteria destroyed

Prebiotics
+
Probiotics = **colon health**



by antibiotics

- Suppress disease causing bacteria
- Treat chronic constipation
- Treat symptoms of irritable bowel syndrome and inflammatory bowel disease (such as Crohn's disease and ulcerative colitis)
- Improve lactose tolerance in people who are lactose intolerant

Fructooligosaccharides (FOS), are one of the best documented natural nutrients for improving the healthy balance of bacteria in intestines and stimulating the growth of the beneficial bifidobacteria that resides in the colon.

Inulin is used for high blood fats, including cholesterol and triglycerides. It is also used for weight loss and constipation. Inulin is not digested or absorbed in the stomach. It goes to the bowels where bacteria are able to use it to grow. It supports the growth of a special kind of bacteria that is associated with improving bowel function and general health. Inulin also decreases the body's ability to make certain kinds of fats.

As stated earlier, Shaklee's Optiflora is a two product system:
Prebiotic (powder)-A pleasant tasting drink mix that contains 3 grams of dietary fiber and features nutrients which selectively feed the friendly bacteria. Shaklee's



Prebiotic contains FOS, Jerusalem artichoke (a natural source of inulin and FOS), and

Gamma-tocopherol.

Probiotic (capsule)-The probiotic can be taken with or without the prebiotic. It is a unique triple-encapsulated pearl, guaranteed to withstand the acidic environment of the stomach and deliver 500 million live beneficial microflora directly to the colon. Shaklee's Probiotic contains Bifidobacterium longum and Lactobacillus acidophilus.

Who Might benefit from Optiflora?

People who are looking for a natural, gentle way to maintain a healthy balance of naturally occurring beneficial intestinal microflora, because:

- Their dietary choices may affect the balance of gastrointestinal microflora.
- They frequently or chronically take antibiotics.
- They have children who frequently take antibiotics for ear infections.
- They are planning foreign travel.



Prebiotic powder
#20638
(30 servings)



Probiotic capsules
#20639
(30 servings)

No artificial flavors, sweeteners, colors, or preservatives added.
Caffeine free

Beautify Your Skin

As you age, you are at increased risk for skin injury. Your skin is thinner, more fragile, and the protective fat layer is lost. In addition, your ability to sense touch, pressure, vibration, heat and cold may be reduced. Thus, your skin is at higher risk for injury.

Sunlight is a major cause of skin aging. You can protect yourself by staying out of the sun when it is strongest, wearing protective clothing, and avoiding sun-



lamps and tanning beds. Cigarette smoking also contributes to wrinkles. The wrinkling increases with the amount of

cigarettes and number of years a person has smoked.

Facial lines and wrinkles, (rhytides), form because of the following factors:

- Ageing processes
- Sun damage
- Muscle movement
- Gravity
- Injury
- Surgery
- Acne
- Other skin diseases with a tendency to scar (e.g. discoid lupus)

Fine lines and wrinkles arise because of irregular thickening of the dermis and because of a decrease in the amount of water held by the epidermis. This is mainly caused by sun damage and exposure to environmental toxins particularly tobacco smoke.

Deeper lines or furrows are classified as dynamic or static. Dynamic lines appear with movement i.e. the activity of facial muscles. Static lines are



unchanged with muscle movement. Eventually dynamic lines become static.

- Crow's feet around the eyes are due to smiling and activity of the eyelid muscles (orbicularis oculi).
- Worry lines on the forehead are due to contraction of the frontalis muscle when raising the eyebrows.
- Frown lines between the eyebrows are due to contraction of corrugator supercilii muscles and procerus muscle when concentrating or angry.

Remarkable changes in facial appearance can be obtained, giving a younger appearance and improving complexion. Aging skin feels and looks better when moisturizers are applied regularly. These improve the water-holding capacity of the skin.

Shaklee has everything you need to treat your aging or sun damaged skin with the most advanced skin care system around.

Enfuselle Time Repair A.M.® SPF 15

A five-in-one wrinkle treatment that meets all your skin's daytime needs for renewal, brightening, moisturization, nourishment, and protection. This superior five-in-one treatment meets all your skin's daytime needs:

- Skin is intensely moisturized and fine lines and wrinkles are visibly diminished by 421% in just 28 days.



- Nourishes and protects with antioxidant vitamins.
- Encourages natural cell turnover like an alphahydroxy acid treatment, but without the irritation.
- Botanical phyto-brighteners improve skin color.
- Non-irritating SPF15 sunscreen.
- Specially formulated for all skin types.
- Hypoallergenic

Enfuselle C+E Repair P.M.®

This patented skin-activated formula contains high levels of bio-pure vitamins C (10%)

and E (5%) to instantly soften the skin and reverse the visible signs of aging while you sleep. With continued use, skin appears transformed as it recaptures youthful firmness and luminosity. Exclusive non-irritating formula.

C+E Repair P.M. visibly firms to recapture youthful resilience. Enfuselle's exclusive, patent-pending delivery system provides an exceptionally high level of vitamin C to support skin's natural defenses against UV-induced collagen breakdown. Restores the firm and glowing look of youthful skin without irritation.



Shaklee's Enfuselle Time Repair A.M. SPF 15

#39077

Dispensing pump
(recommended)

#50548



Shaklee's Enfuselle C&E Repair P.M.

#32512

RETURN SERVICE REQUESTED

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Get Clean Water



A three-year study of the nation's drinking water quality has found more than 200 unregulated chemicals in the tap water of 45 states.

The Environmental Working Group analysis of 20 million tap water quality tests found a total of 316 contaminants, including industrial solvents, weed killers, refrigerants and the rocket fuel component perchlorate, in water supplied to the public between 2004 and 2009.

The U.S. EPA regulates 114 of those pollutants. The EPA said it was considering regulating 104 additional chemicals in tap water, including pesticides, commercial chemicals, disinfection by-products, and for the first time, pharmaceuticals. There is not enough that can be said about



the health benefits of drinking pure water. Here are only a few of the many health benefits you and your family will enjoy once you make the switch to pure water:

- Maintain a healthy body weight
- Properly digest food and absorb nutrients from food
- Have healthy, glowing skin
- Decrease muscle and joint inflammation
- Have better circulation
- Detoxify your body naturally

Shaklee's Get Clean Water is certified by the Water Quality Association (WQA) to reduce up to 99% of lead, which Brita® and PUR® are not. This first-of-its-kind water filtration pitcher system is also certified to reduce 59 harmful contaminants, including heavy metals -- lead, mercury and cadmium.

Each carbon-block filter is capable of handling 80 gallons of water - the equivalent

of 600 16.9 fl. oz. bottles of water. Pitcher lid has meter indicator for filter change.

Get Clean® Water Starter Pack

Food Safe: BPA-Free pitcher
 Get Clean® Water Refillable
 Filter Housing Kit (with 1 filter)
#89099



Get Clean® Year of Water Starter Pack

This Starter Pack contains all you need to get one full year of healthier, great-tasting water.

Food Safe: BPA-Free pitcher
 Get Clean® Water Refillable
 Filter Housing Kit (with 1 filter)
 Get Clean® Water Filter Refill
 (3-pack)
#89113



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