

# What's New!

Volume 32

NURTURING HEALTH AND NATURE THROUGH SHAKLEE

Issue 6



## Multivitamins for the whole family



We all know that vitamins and minerals are good to help maintain a healthy body. We try to eat healthy foods and balanced meals so that we feel we are getting all the vitamins our body's need. However, in today's world, there are so many people that are always on the go trying to keep up with the unstable economy, they just don't have time for three balanced meals a day. This is why so many people turn to fast food, or just start skipping meals all together.

### You may need a multivitamin if you are:

- Eating unbalanced meals
- Short on sleep
- Pregnant or planning to be
- Breast feeding
- Ill or have medical conditions
- Stressed
- Lactose intolerant
- Vegetarian
- Consuming tobacco or alcohol
- Depressed

Multivitamins are a combination of the nutritional minerals and vitamins that are essential for the proper functioning of the human body. The body is a combination of chemical reactions where each of them needs a nutrient or nutrients for them to function properly. By making sure that all the nutrients are present, the body can function smoothly and in an effective manner that results in vitality, energy and good health. Though multivitamins cannot substitute a healthy diet they can surely provide some good nutrients.

Choosing the right multivitamin is very important. Drugstores carry more vitamins than nail-polish shades, but that doesn't mean you can pick just any old one. Con-

sumerLab.com recently found that more than half of the 21 multivitamins they tested didn't contain the nutrient amounts listed on the label. Even worse, some capsules failed to release ingredients properly or were contaminated with toxic lead.

### Shaklee's Vita-Lea

Shaklee has over 90 years of nutritional experience and ground-breaking clinical and scientific research. In that 90 years Shaklee has produced one of the best multivitamins available on today's market.

In fact, when compared to other leading retail brands of multivitamin, (Centrum and One A Day Maximum), Shaklee's Vita-Lea provides the following:

- 2 times the calcium to support bone building and maintenance of bone density
- 2 times the vitamin D to support calcium absorption and healthy bones and teeth
- 2 times the beta carotene, the natural plant-based form of vitamin A
- 2 times the vitamin E to promote immune, heart, and cellular health
- 2 times the magnesium to help maintain heart rhythm, as well as muscle and nerve function
- 3 times the vitamin K to support bone metabolism and blood coagulation
- 6 times the boron to aid in the metabolism of vitamin D and support bone development
- 10 times the biotin, a catalyst for energy production

Not only has Shaklee produced one of the best multivitamins, they also have a multivitamin to meet the needs for the whole family.

### Vita-Lea Without Iron

- #20287  
(240 tablets)
- #20286  
(120 tablets)

### Vita-Lea With Iron

- #20269  
(240 tablets)
- #20288  
(120 tablets)

### Vita-Lea Gold

- #20290  
(120 tablets)

### Vita-Lea Gold without K

- #20291  
(120 tablets)

### Chewables for children ShakleeKids Incredivites

- #20002  
(120 chewables tablets)

also available:

### Vita-Lea Ocean Wonders

- #20001  
(120 chewable tablets)

### Easy swallowing

### Liqui-Lea

- #20070  
(8 fl.oz.)



# Vitality

## Above and Beyond the Multivitamin

In 1915, founder Dr. Shaklee created his, (all natural), Vitalized Minerals, one of the first multivitamins in the world. Over the years Shaklee Corporation has



taken the multivitamin above and beyond any company's expectations.

Based on 12 clinical studies Shaklee has produced Vitalizer, which provides the best spectrum of vitamins, minerals, antioxidants, anti-aging phytonutrients, omega-3 fatty acids, and probiotics.

These ingredients together support:

- supercharged vitality
- immune health
- stress management
- antioxidant and DNA protection
- heart and brain health
- bone and joint health
- breast health
- prostate health

A 50th Anniversary Landmark Study conducted by the University of California-Berkeley showed that people who took Shaklee supplements had markedly better health than both other multivitamin users and non-supplement users.

The Vitalizer product was developed by Shaklee based on the results of the Landmark Study. The nutrients the participants used in the study were incorporated into the product. The nutrients are deployed using the SMART (Shaklee Micronutrient

Advanced Release Technology) process. The SMART process produces 200% better absorption by delivering the right nutrients to the right part of the body at the right time.

Each Vitalizer strip contains 2 Caroto-E-Omega Caps, 1 sustained release B+C Complex tablet, 2 Vita-Lea Super tablets and 1 Optiflora pearl. Shaklee has three formulations of Vitalizer that are made to support different user groups and their specific needs.

Vitalizer Men does not contain iron, but includes more lycopene. The under 50 women's Vitalizer strip contains iron and cranberry extract.

Vitalizer Gold is for men and

women over the age of 50, it is iron free and contains CoQ10 as well as additional anti-aging nutrients and antioxidants.

Vitalizer is the most advanced multnutrient supplement in the marketplace today with 80 bio-optimized nutrients clinically proven to create a foundation for a longer, healthier life.

***Feel Better in 30 Days!***

### Vitalizer Men

#20282  
(30 day supply)

### Vitalizer Women

#20283  
(30 day supply)

### Vitalizer Gold

#20284  
(30 day supply)  
**without vitamin K**  
#20285 (30 day supply)





# WOMEN'S HEALTH

## Live with a Shaklee smile!

The most well known omega-6 fatty acid is called gamma-linolenic acid or GLA. GLA is found in mothers milk and

in the seeds of evening primrose, borage and black currant. GLA is extracted from plants which are rich in this fatty acid. The highest natural content is found in the medicinal herb borage (25% of which is composed of GLA).

Certain women who unfortunately suffer from menstrual cramps actually have low levels of gamma linolenic acid in the bloodstream prior to menstruation. As such, taking in gamma linolenic acid as a supplement relieves pain, breast tenderness, abdominal cramps, irregularities in bowel movement, and mood swings brought about by the onset of menstruation.



Research in the 1980s found that hormone like substances called prostaglandins played a role in many of the body's

processes. Prostaglandins play a role in making smooth muscles contract, controlling inflammation and body temperature. Since GLA was known to be a building block for some prostaglandins, it was reasoned that GLA might be help treat human

When the body's production of GLA is facilitated, production of the beneficial prostaglandin increases. Prostaglandin has a number of beneficial effects:

- It reduces the tendency of blood platelets to aggregate and thereby reduces the risk of blood clots.
- It expands contracted blood vessels, which may alleviate pains associated with angina pectoris (Angina).

- It expands the respiratory passages, prevents mucous formation, infections and asthma attacks.
- It reduces cholesterol production.
- It reinforces the effects of insulin.
- It improves the activity of the immune system.

Shaklee's GLA Complex is a unique formulation that helps in regulating the flow of blood and is easily absorbed. GLA Complex is formulated with:

- GLA (gamma linolenic acid), which helps our bodies form prostaglandins potent hormone-like substances that help regulate many bodily processes, such as healthy blood flow and the protection of arterial walls.
- Borage oil, which contains a highly potent natural concentration of GLA in an easily absorbed form.
- Sunflower seed oil, another source of omega-6 fatty acids.
- Vitamin E, which helps protect arterial walls and supports the immune system by helping to maintain cell integrity.



### Shaklee's GLA Complex

#20608  
(60 softgels)

Shaklee's GLA Complex is gluten free, and has no artificial flavors, sweeteners, colors, or preservatives added.

**RETURN SERVICE REQUESTED**

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# Beauty Health

Because your face is often exposed to the temperature and indoor-to-outdoor temperature changes, there's a chance your skin will become irritated, cracked, or in the very least, uncomfortably dry.

When the skin is dry, it can itch, crack, flake, and cause you to wonder why you even bothered to put on makeup. Looking better can quickly turn to looking worse when your skin flakes off or itches so badly your foundation and blush end up underneath your fingernails.

Shaklee has found a way to use nature to bring you a soothing, calming effect for dehydrated, chapped, or irritated skin.

Shaklee's amazing Calming Complex is



clinically proven to dramatically improve skin's moisture retention, softness, and resilience to minimize the appearance of fine lines and wrinkles.

- Naturally soothing beta glucan — The intensely soothing properties of gentle beta glucan are clinically proven to boost skin's natural recovery ability in the face of environmental stress and irritation.

- Advanced liposome delivery technology—Lecithin-derived micro-encapsulated liposomes penetrate the skin to deliver the beta glucan into skin's layers for deeply protective benefits.

- The perfect "after" product — After shaving, after

sunburn, after skiing, after anything that leaves your skin craving comfort.

Compensates for the dehydrating effects of heating and air conditioning, harsh climates, and airplane travel.

Clinically proven:

- 145% decrease in the appearance of fine lines in 28 days.
- 150% decrease in the appearance of wrinkles in 28 days.
- Significantly improves the skin's ability to retain moisture.
- Won't clog pores.
- Hypoallergenic

For all skin types. Deeply hydrating serum helps soothe skin that has experienced harsh environmental exposure. Simply smooth onto face before moisturizing.



**Shaklee's  
 Calming Complex**

**#32538**  
 (2 fl. oz.)



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