

THE CANCERGUARD PROGRAM

Optimal nutrition can significantly reduce the risk of cancer and many of us don't eat the way we should on a daily basis. That's why the **CANCERGUARD PROGRAM** makes good sense.

START WITH THE SHAKLEE BASICS SYSTEM

- **Vita-Lea** - Because most of us do not get all the nutrients we need from diet alone – AND – the American Medical Association recommends that all adults take a multivitamin/multi mineral supplement to prevent chronic diseases.
- **Energizing Soy Protein** - Because soy protein has been shown to lower the risk of breast and prostate cancer - **AND** – the American Heart Association recommends soy protein as part of a heart healthy diet.
- **B-Complex** - Because adequate intake of B vitamins may decrease the risk of cervical cancer -**AND** - most of us don't get all the B vitamins we need from our diet.
- **Sustained Release Vita-C** - Because Vitamin C can help prevent the formation of nitrosamines and dangerous free radicals that can cause cancer -**AND**-many of us do not get enough vitamin C from our diet.
- **Vita-E Complex** - Because both vitamin E and selenium are natural antioxidants that help protect us from some of the cancer causing oxidations that occur in our bodies -**AND**- most of us don't get enough of these essential nutrients from our diet.

PLUS FOR OPTIMAL PROTECTION

- **CarotoMax** - Because CarotoMax contains the essential phytonutrients found in those fresh fruits and vegetable that we are **not** eating on a regular basis - **AND** - the phytonutrients in CarotoMax have been shown to significantly reduce the risk of cancer, heart disease, and eye disease.
- **Optiflora** – Because friendly bacteria reduce the risk of colon cancer, strengthen our immune system, and produce substances that lower serum cholesterol levels- **AND** - most of us don't have enough of the “friendly” bacteria in our intestines
- **OmegaGuard** - Because studies have shown that replacing the fats in the typical American diet with the healthier omega-3 fats found in cold water fish can reduce cancer risk - **AND** – most of us don't get enough cold water fish in our diet.
- **Garlic Complex** – Because garlic helps prevent the formation of cancer causing chemicals in our body – **AND** – most of us don't get enough garlic in our diet **DO YOU NEED THE**

CANCERGUARD PROGRAM?

Here are some questions to ask yourself:

Do you often use convenience foods or eat at fast food restaurants because of cost, convenience, or lack of time? YES NO

Do you often use “artificial” or “imitation” food products because they are low in cholesterol or fat? YES NO

...If your answer to either of these questions was YES, you would likely benefit from the nutrition insurance of Shaklee's Vita-Lea.

Are you able to consistently maintain adequate protein intake **AND** get more than half of your protein from vegetable sources? YES NO

...if not, you may wish to consider Shaklee's Energizing Soy Protein in place of some of the animal protein in your diet.

Do you consume at least 2 - 4 servings of fruits every day? YES NO

*...If not, you're probably not getting the vitamin C you need **AND** you would benefit from the phytonutrients found in CarotoMax.*

Are you consuming 3-5 servings of fresh vegetables and 6-11 servings of whole grains each day? YES NO

*...If not, you may wish to consider the added insurance of Shaklee's Vita E Complex, B Complex **AND** you would benefit from the phytonutrients found in CarotoMax.*

Do you eat cold-pressed vegetable oils, raw seeds and nuts, and whole grain products on a daily basis? YES NO

...If not, you're probably not getting the vitamin E you need. Do you eat one serving of "cold water" fish (mackerel, cod, salmon, sardines, or anchovies) at least every other day? YES NO

...If not, then Shaklee's EPA can provide the essential fatty acids you're lacking in your diet

Do you have gas & bloating and/or problems with yeast? YES NO

...If so, you will likely benefit from Shaklee's Optiflora

Do you eat one or two cloves of garlic every day? YES NO

...If not, you may wish to add Shaklee's Garlic Complex your diet

WHY NOT START TODAY FOR YOUR GOOD HEALTH?

From Dr S Chaney