



# Shaklee Sports Nutrition™

## FREQUENTLY ASKED QUESTIONS

### Shaklee Sports Nutrition

#### Have the products changed?

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**A.** No, the product formulations have not changed—they continue to represent leading edge science and have helped world class athletes earn more than 100 medals and they have powered seven of Time-Life's *Greatest Adventures of All Time*.

#### Have the servings per container changed?

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**A.** The number of servings per container of Performance® and Physique® remain the same. The number of servings per container of Shaklee Energy™ Chews has increased from 10 chews to 20 chews per package.

#### Will the labels show clinical-study information?

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**A.** Physique and Performance have been clinically tested. We chose to highlight these clinical studies in the Sports Nutrition product brochure and the consumer PowerPoint; due to space restrictions, however, we did not include the studies on the labels.

#### Can Shaklee Sports Nutrition products be used by children and/or teens?

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**A.** Shaklee Energy Chews should not be used by children or teens. The other two Shaklee Sports Nutrition products may be used by all age groups.

#### Can Shaklee Sports Nutrition products be used by pregnant or lactating women?

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**A.** Shaklee Energy Chews should not be used by pregnant or lactating women. The other two Shaklee Sports Nutrition products may be used by all age groups.

#### Are Shaklee Sports Nutrition products kosher certified?

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**A.** Performance is Star-K certified, and Physique is Kosher Dairy. Energy Chews are not kosher certified.

### Shaklee Performance

#### What is OPTI-LYTE™?

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**A.** OPTI-LYTE is a name we have given to the electrolyte blend in Performance. It is the same blend that has always been in Performance. We have chosen to name the blend to highlight a key benefit of Performance.

#### Why isn't OptiCarb® on the label?

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**A.** The ingredients in OptiCarb are still in Performance. We chose to highlight the electrolyte blend rather than the carbohydrate blend, though, because electrolytes are a top concern for most hydration-drink consumers. However, Performance still delivers the same endurance-supporting carbohydrates that have always been in the product.

#### Can Performance be used before sports activities?

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**A.** Yes. Performance can be used before, during, and after sports activities. Proper hydration, including hydration before activities, is especially important for any exercise lasting 60 minutes or longer.

### Shaklee Energy Chews

#### Can Energy Chews be used during sports activities?

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**A.** Yes. Energy Chews can be used anytime you would like an energy boost. Consume no more than three chews every three to four hours.

#### How do Energy Chews help during sports activities?

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**A.** Caffeine ingestion has been shown to improve athletic performance. Some of the many well-documented benefits of consuming caffeine include increased mental clarity, focus, and endurance.

### Shaklee Physique

#### What is BIO-BUILD®?

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**A.** BIO-BUILD is the unique Shaklee ratio of protein and carbohydrate sources designed to optimize the body's ability to recover after exercise and to rebuild muscle.

#### How should I use Physique?

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**A.** For best results, consume immediately after working out and again two hours later to maximize the muscle-building response while muscles are recovering from exercise.

#### Can Physique be used before or during exercise?

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**A.** For best results, Physique should be consumed immediately after working out and again two hours later to maximize the muscle-building response while muscles are recovering from exercise. For a healthy snack, however, Physique can be consumed at any time of day.