



Shaklee Sports Nutrition™

FREQUENTLY ASKED QUESTIONS

Shaklee Sports Nutrition

Have the products changed?

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?

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?

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?

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?

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?

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

Shaklee Performance

What is OPTI-LYTE™?

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?

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?

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?

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?

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®?

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?

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?

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.