

One Shaklee180™ Smoothie Contains...

As much protein as:
4 eggs

As much fiber as:
1 cup of broccoli
1 cup of cauliflower
1 cup of pineapple

As much calcium as:
2 cups of milk

As much vitamin D as:
10-oz. of tuna

As much leucine as:
5-oz. chicken breast



All for less than
\$3 per meal!

This much healthy nutrition
could cost you \$21 at the grocery store.

The Price of Health

Starbucks
Breakfast
(Mocha Grande,
Blueberry Scone)



Calories 790
Fat (grams) 37

Big Mac Meal
(Big Mac, Medium Fries,
Medium Diet Soda)



Calories 920
Fat (grams) 48

Shaklee 180™
(Vanilla Smoothie,
8 oz. Nonfat Milk)



Calories 260
Fat (grams) 3

*Price includes one serving of Shaklee 180 Smoothie Mix and an 8-oz. glass of nonfat milk.

Shaklee 180 website, your SHAKLEE 180 member center has so many wonderful testimonies. Here is mine that might inspire you. It was hard for me to share what I considered an obese picture of myself (I am a realist) but it hopefully shows you that the Shaklee 180 does really help with FAT loss and muscle RETENTION! Love it! **It is the most complete Protein Smoothie on the market and a filling, perfect breakfast!**

Heidi Carlstedt, Saint Cloud, Minnesota: “I gained my weight after each pregnancy and never really lost the extra weight (8 children).” Picture on the left is of Heidi. She has lost a total of 105 pounds and many inches & looks great and feels even better. The important thing: **Heidi has not lost any muscle mass during this transformation- thanks to Shaklee 180 – you lose fat and not muscle- Research has shown that muscle is MAINTAINED being on a daily Shaklee Smoothie!**

Thank You Shaklee 180!

POUNDS

Start weight: 267 lbs Now: 155 lbs

INCHES

Waist: 45.5 to 30 inches **Thighs:** 28.5 to 22 inches

Bust: 45.5 to 36 **Hips:** 48 to 41 inches

“I Feel great and know that I look great! I have tightened up because Shaklee 180 holds the muscle so you ONLY lose the fat.”

