

Below are recommended programs. The * supplements are the essential part of the program. For special health needs, other supplements may be needed – for example: bedwetting – more Calcium is needed. Feel free to give me a call if the children have more health issues. *Heidi Carlstedt 320-654-1175 / 320-292-0634 8.2014*

Healthy Infants? MUST HAVE A HEALTHY MOM

Pregnancy

Protein – Builds healthy cells, help eliminate the “cravings” – *absolutely essential for health babies*

Vitalizer feeds the cells and is the “Cadillac” with 12 patents or **Vita-Lea with Iron** feeds the cells

(basic Multivitamin)

OmegaGuard – for smart babies

Alfalfa – fantastic for elimination of excess fluid!

Lecithin – Healthy Brain

Osteomatrix – for strong skeletal muscles

Herb-Lax – keeps the toxins moving out,
strengthens the muscles of the colon

B-Complex – 2 extra for the Folic Acid

And helps with STRESS

Eat food as close to nature as possible and eliminate the “bads” from the diet.

Infants and Toddlers

As soon as weaned:

***Meal Shakes** or **Protein** – Keeps blood sugar and brain levels stable / Cuts the snacking habits – *essential for normal growth*

***1 Incredivites** – (Children’s multivitamin) When 4 years of age, give **2 Incredivites**

***Vita-C** – anti oxidant

***Optiflora** – Supports Immunity and digestion

(**Herb-Lax** – if need it)

Calcium Mg Chewables – Strong Bones, anti-anxiety

B-Complex – For brain and nervous system “calmer”

MightySmarts (DHA-Omega-3) – for optimal brain function, reduces impulsive behavior,

Formula I and extra **Zinc**-If immune system is low

*Lots of water (use **Performance**) and sunshine!*

4-12 Year Olds

***Meal Shakes or Protein** – Keeps blood sugar and brain levels stable / Cuts the snacking habits

***Incredivites** – multi-vitamin

***Vita-C** – anti oxidant

***Optiflora** – Supports Immunity and digestion

Herb-Lax - Colon Detoxifier

Osteomatrix or **Calcium Mg Chewables** – Strong Bones, anti-anxiety, “calmer”

B-Complex – For brain and nervous system “calmer”

OmegaGuard – for optimal brain function, reduces impulsive behavior

Nutriferon and extra **Zinc**-If immune system is low

*Lots of water (use **Performance**) and sunshine!*

ADD/ADHD, Skin issues, other “Normal physical problems” will not crop up or will clear up!

Asthma/Allergies: besides the above, add **Alfalfa** and use only Shaklee’s cleaners and personal care...

You will have Healthy, thus Happy kids – guaranteed!

Heidi Carlstedt, CN Independent Shaklee Distributor

TEENAGERS

***Meal Shakes** or **Protein** or **Shaklee 180 shakes**– Keeps blood sugar and brain levels stable / Cuts the snacking habits/ helps cut moodiness/ beautiful skin

***Vitalizer**-Feeds healthy cells (or **2 Vita-Lea** with iron)

***Vita-C** – anti oxidant

***Herb-Lax** – keeps body open

***Osteomatrix** - Strong Bones, anti-anxiety

OmegaGuard – for optimal brain function, reduces impulsive behavior/ beautiful skin

B-Complex – For brain and nervous system “calmer”, natural anti-depressant

Vitamin-D – helps with the depression

Zinc and Alfalfa – keep acne-free and will help clear up facial problems very quickly

Nutriferon – immune system

*Lots of water (use **Performance**) and sunshine!*

ABSOLUTE BASIC for everyone:

***Protein-** helps to build cells

***Vita-Lea** – feeds the cells

***Vita-C** – “glues” cell together

***Herb-Lax** – keeps your bowels open

Teenagers and Women- add the following

Osteomatrix – Strong bones

B-Complex–The “happy” Vitamin

Omegaguard- Beautiful skin and is an anti-inflammatory



The #1 Natural Nutrition Company in the United States

Dave & Heidi Carlstedt

5011 Hidden Acres Circle

Saint Cloud, MN 56301

320-654-1175 [E-mail: sharing@cloudnet.com](mailto:sharing@cloudnet.com)

Website: sharing.myshaklee.com- Shaklee science

Member Information website: carlstedthealth.com