

Depression, Mood Swings, Winter Blues

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- B Complex
- Vita D -3
- Stress Relief Complex
- Mood Lift (St John's Wort)



B Complex – Happy Vitamins

- Depleted by stress, sugar, refined carbs, alcohol, caffeine and many medications
- Water soluble ...must be replenished daily
- Found in dark green vegetables & whole grains
- Essential for the brain and nervous system
- Shaklee Difference –
- Patented absorption system (folic acid in coating)
- All 8 essential B vitamins
- Converts food to energy Helps prevent sugar craving
- Helps regulate blood sugar (hypoglycemia)
- Turns every woman into Mother Teresa



Stress Relief Complex --

- Blunts cortisol production
- 2 amino acids (L-(theanine and L-tyrosine) and 2 herbs (ashwagandha and beta sitosterol)
- Relaxes the body AND
- Promotes alertness



Shaklee Difference –

- Shaklee conducted 2 industry-leading studies regarding Vitamin D
- One proved increased levels of Vita D-3 increased the desirable HDL cholesterol.
- Ashwaghandha stimulates alpha waves

Vita D-3

- Improves heart function
- Improves brain function
- Strengthens immune system (cancer prevention)
- Essential for calcium absorption for strong bones & teeth
- **Enhances weight loss**
- Improves sleep
- Important for physical strength
- May help fibromyalgia, chronic fatigue, infertility, depression, dementia, multiple sclerosis, osteoporosis, osteoarthritis, rheumatoid arthritis, stroke, diabetes, psoriasis (Vitamin D Solution Michael Holick MD)



Mood Lift – St John's Wort – Germany's Natural Answer to Prozac

Used to improve ...

- Mild to moderate depression
- Fatigue & lethargy
- Sleep disorders
- Migraines
- Nerve pain
- Nervous disorders
- Irritability
- Insomnia
- Loss of pleasure
- Mild anxiety
- Poor concentration



A Year of Free Shipping With Shaklee 180 -- Offer Ends Jan 31, 2014

It's the last month for the New You for a New Year promotion - what could make it even better? How about up to a year of FREE SHIPPING! We've added even more value to this amazing offer to reward new people who join with and commit to Shaklee 180®. Amplify your Shaklee Effect in the New Year!

From now through January 31, 2014, new Members, Distributors and Specialists who join with a Shaklee 180® Kit or PAK on AutoShip will receive:

- **Up to \$20 in free shipping each month of their first three consecutive months on AutoShip (including join month).**
- **Up to \$100 in free Shaklee products once they complete their first three months on AutoShip.**
- **Up to \$20 in free shipping for every consecutive month their Shaklee 180® product kit remains on AutoShip for the rest of the year!**
- **This limited time, never before offered promotion rewards new people with up to \$340 of value for making the decision to get healthier...and sticking to it – perfect for “New Year’s Resolution” season.**

Compare Weight Loss Programs (Jan 2013)

Program	Includes	Daily Cost	Monthly Cost	Protects Muscle Mass	All Natural Ingredients	Published Clinical Studies	Lifestyle Change Program	FREE with 3
<i>Jenny Craig</i>	2 frozen meals a day and a snack	\$18.00	\$436	NO	NO	NO	YES	NO
<i>Nutrisystem</i>	3 meals per day for pantry, plus snacks	\$12.76	\$408	NO	NO	YES	YES	NO
<i>Weight Watchers</i>	\$10 a day your food cost average plus \$42.95 monthly fee	\$11.43	\$343	NO	NO	YES	YES	NO
<i>Subway</i>	2- \$5 foot long subs per day	\$10.00	\$300	NO	NO	NO	NO	NO
<i>Medifast</i>	5 meals / day: shakes, bars and more - GMO in products	\$10.50	\$315	NO	NO	YES	YES	NO
<i>ViSalus</i>	2 shake meals per day, energy drink mix, supplements	\$8.33	\$249	NO	NO	NO	NO	YES
Shaklee 180 Turnaround Kit	2 shake meals per day, energy tea, snacks, supplements, (NON-GMO ingredients), online workouts, support info & health tools	\$8.97	\$269	YES	YES	YES	YES	YES
Shaklee 180 Lean & Healthy	1 meal per day, plus supplements (Build Muscle Mass & Shape)	\$4.97	\$149	YES	YES	YES	YES	YES