

### Vita D-3

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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)

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- Sleep disorders
- Migraines
- Nerve pain
- Nervous disorders
- Irritability
- Insomnia
- Loss of pleasure
- Mild anxiety
- Poor concentration



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## Stress Relief Complex

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#### 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

Depleted by stress, sugar, refined carbs, alcohol, caffeine and many medications

Water soluble... must be replenished daily

Found in dark green vegetables and 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

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### B Complex – Happy Vitamins

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