

## YES, There is a Shaklee Vitamin D Difference!

In May of 2010 my wife Cathy had her annual physical which showed that her Vitamin D level was low. Dr. Rich wrote a

prescription for a Vitamin D 50,000 IU capsule for her to start taking once a week.

She was faithful in taking this for 16 months. At her next physical her D levels had gone up from 18 to 30. The Optimal Range is 30-100.

Meanwhile, when I went for my annual physical and blood work my Vitamin D level also showed up low. Dr. Rich suggested the Vitamin D prescription for me also, but I told him that I would rather try a different approach. ***I called and ordered Shaklee's Vita-D supplement. I began to add one 1000 IU Shaklee Vita-D to my normal daily Vita-Lea (2). Thus I was getting 12,600 IU of Vitamin D a week from my Shaklee supplements compared to my wife's 50,000 IU in a prescription capsule.*** I was faithful in taking my supplements daily. One year later, ***I was happy to find that my Vitamin D level had rose from 20 to 31. So my Shaklee supplements had basically the same results for me as the prescription had for my wife, but with a substantially less intake of Vitamin D.*** Why the difference? ... I think we all know! Plus, ***it cost less for me to add the Shaklee Vita-D to my daily routine than it did for my wife to pay for her prescription capsules.***

Tom Leenheer, MN

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## Time for that "Fall Cleaning-Inside": Detox

With our cars we change the oil every 3,000 to 5,000 miles and our cars run better. But what do we do for our own body. It is the only one that we have and it definitely is not like a car we cannot trade it in. To keep your body running at optimal performance, start with a Detox program that we have found to work exceptionally well.

### Morning:

- Optiflora mix 1 tsp.

Optiflora powder in water and drinking it down with 1 Optiflora bead.

- Protein 2 table spoons in water or juice. You can swallow your vitamins with this.

- Alfalfa 5  
- Herb-Lax 1

### Lunch:

- Alfalfa 5

### Mid Afternoon:

- Protein 1 table spoon in water or juice.

### Supper:

- Fiber- 3 tablets  
- Alfalfa-5

### Before you go to Bed:

-Herb Lax -1

-Liver DTX 3

Do the liver DTX and the Optiflora Powder until the

bottles are done. When you are finished you don't need to reorder these two products again.

On the 7<sup>th</sup> day – follow overlap with the rebuilding program. **And watch your energy level sore!**

Lots of water is required while your body is cleansing. Take your weight; divide it by 2, then by 8. This is the number of cups of water your body needs per day. For every caffeine product that you consume add two 8 ounce glasses of water.

## Dr. Chaney Recommendation for a Multivitamin

*Biography of Dr. Stephen Chaney: Dr. Chaney received his BS Degree in Chemistry from Duke University and his PhD in Bio-Chemistry from UCLA. He is currently a Professor in the Dept of Bio-Chemistry & Bio-Physics and Dept of Nutrition at the University of North Carolina Chapel Hill where he teaches first year medical students and runs an active Cancer Research program. He's published over 90 papers in Peer Review Medical Journals and has written two chapters on nutrition that are in one of the leading Bio-Chemistry textbooks that are used by medical students today.*

Choosing a good multivitamin isn't easy. Everyone claims theirs

is the best! Many of them have exotic juices and exotic claims to go along with them. And nobody is minding the store. The food supplement industry is essentially unregulated. Unless the product kills people the FDA can't take it off the market.

So what should the conscientious consumer do? It's just like shopping for processed foods in the supermarket. You need to become a good label reader. Here are my tips for reading a multivitamin label:

Start with the Basics: Ignore flamboyant product names. Extravagant terms like "extra strength" or "meganutrition power" are used to sell the product and usually are empty catch words. Ignore the name and study the label instead.

Look for nutrient amounts. **Some companies will list a source such as blue green algae or juice powder concentrate, but neglect to provide the amounts of any of the nutrients they claim to supply.** How can you choose wisely if you aren't told what you are getting?

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## Vitamin D3- the Shaklee difference



Vitamin D standalone supplements have usually been in the form of fish oil drops or oils encapsulated in soft gelatin capsules. We use a very stable, compressible form of powdered vitamin D3 in our new Vita-D3 formulation so that we can make tablets, not capsules, as the desired dosage form for this product. By adding an aqueous film-coating, we can make them easy to swallow.

There is physically only a very small amount of vitamin D3 in each tablet because it's such a biologically active

molecule - 1,000 IU are delivered by only 25 micrograms of the vitamin! If we were to put this small amount of active ingredient into even a small soft gelatin capsule, it would have to be diluted with quite a bit of an edible oil to fill the capsule and this would contribute unwanted extra calories. In a tablet, we can use non-caloric diluents such as dicalcium phosphate (which also acts as a source of calcium) and microcrystalline cellulose.

The compressible powdered form of vitamin D3, which has ingredients added to it

to provide ongoing stability from oxidation and protection from heat during tablet compression, is more stable than vitamin D3 dissolved in oil, which needs to be protected from oxidation at all times. **Once in the stomach, the powdered vitamin matrix in our tablets breaks down and releases the fat-soluble vitamin D3 so it can be absorbed easily in the intestine.**

The other Shaklee Difference of course is that each raw material and batch of tablets is tested to very high standards of quality, including checks for purity, potency and identity.

## Osteoarthritis

Marsha started feeling a little stiffness 8 years ago. Since her aunt had rheumatoid arthritis she was afraid she had it also. Marsha was age 54 at this time - age 62 today. She went to her Doctor who sent her to a specialist. **They did all the tests and said she didn't have rheumatoid but did have osteoarthritis.** She did nothing about it for a

couple of years because it was minor stiffness and pain. But after a couple of years she realized she had to do something. She was already taking many of the Shaklee supplements including **OsteoMatrix**. We decided that she should start taking the **Joint Health Complex** and the **OmegaGuard**. I can't

remember how we knew to add the **OmegaGuard** but we did some research and found that the **OmegaGuard** would add to the solution. Since then she has had very little stiffness or pain. She said she hardly ever notices the stiffness or pain any more.

*Roy Hancock*

## Vivix Testimony Arthritis Pain

### VIVIX TESTIMONY Arthritis Pain

I'm a person who has used Shaklee vitamins as well as their business plan to improve all elements of my health profile since 1985. I am now 72 and have been experiencing an elevated amount of joint, muscle and back pain. It has grown and grown over the past several years to very aggravating proportions effecting sleep

and most movement.

I was using up to 16 Pain Complex tablets a day to control this growing pain. It worked to quench the pain but the pain itself showed no signs of letting up. Then Shaklee Corporation introduced **VIVIX**, a fabulous new longevity tonic with resveratrol and super-grape extracts. I actually began taking

**Vivix** while attending the convention in New Orleans. It is now September 15th and I'm pain free! I take NO Pain Complex. I use the **Rx for Healthier Life** products recommended by Dr. Jamie McManus in addition to **Vivix**...one teaspoon a day. It's great to be able to move again without pain anywhere.

*Martha M*



# Arthritis and Heel Spurs

I drive a delivery truck for Shaklee and other companies. About five years ago, I developed arthritis in my right hand and about one year ago I had just begun to develop bone spurs on my heels. Both conditions make it very uncomfortable for me to do my job. By the time I drive for a half-hour and I get out of my truck I am all stiff and sore. It takes me a few minutes before I can even walk around and carry in the orders. In the evening when I get home, I take off my work boots and can't stand up on my bare feet. My right hand will only open about two-

thirds of the way. Not so long ago, I was making a Shaklee delivery and the woman of the house saw me making a face and knew I was in pain. **She asked me if I was stiff and I told her I had some arthritis. She made a comment and simply said, "It sounds like you need Alfalfa."** I told her I wasn't a cow, but she said she thought it might help me. The next week the boss had some Shaklee products on the counter and told all of us drivers that we could take what we wanted. Well, I remembered what she said and I took a large bottle of Alfalfa. The label

said to take 10 per serving. I decided to take ten in the morning and ten at night. I was faithful and took it every day. **It took about a week and I couldn't believe the difference. I wasn't stiff anymore and I actually had no pain, not even after a long day.** Well, through the holidays I kind of slacked off and decided that since I was running out, I would not take them over the weekend. It only took two to three days and the pain in both my heels and hand came right back. Needless to say, I got right over there on Monday and got another large bottle. I feel great and I haven't mooded...yet!...*John*



# OsteoMatrix- Calcium / Magnesium

Osteoporosis remains a major health issue for more than 44 million Americans. Despite the fact that Americans consume more dairy products and calcium than any other population in the world, we still have one of the highest rates of this debilitating disease. One in two women and one in four men over age 50 will have an osteoporosis-related fracture in his or her lifetime. And while osteoporosis is often thought of as a disease that affects the elderly, it can strike at any age. Calcium doesn't work alone to build and maintain strong bones. **Think of calcium as the bricks in the bone-building process.** Bricklayers know that a house is only as strong as the mortar that holds it together. And the nutritional mortar for building and

maintaining strong bones includes vitamins D and K, magnesium, boron, zinc, copper and manganese. **OsteoMatrix is more than just calcium. It contains a nutritional matrix with a perfect blend of "brick-and-mortar" nutrients to build a strong and healthy bone matrix:**

- 1,000 mg (100% DV) of elemental calcium from nature's most concentrated and easily absorbed sources
- 400 mg (100% DV) of magnesium to help incorporate calcium into bone and help strengthen bones
- 400 IU (100% DV) of vitamin D to stimulate calcium absorption
- Boron in a clinically supported amount to aid bone metabolism\*
- Vitamin K to help bind minerals to form bone

matrix<sub>3</sub>

- Manganese, copper, and zinc — co-factors that activate enzymes that help build bone mass
- OsteoMatrix also helps retain normal blood pressure<sub>2</sub> and reduce symptoms of PMS.
- **Anyone concerned about building strong bones<sub>1,6</sub> and maintaining long-term bone health<sub>4</sub>**
- Anyone whose diet may be low in key bone-building nutrients, particularly women age 30 and older, teenagers, and the elderly
- Those who smoke have high intakes of alcohol, or frequently drink soft drinks —lifestyle habits that can limit or interfere with the utilization of calcium
- **Women who experience PMS symptoms\***
- **Those concerned about retaining normal blood pressure\***
- Anyone who finds calcium supplements too chalky, too big, or hard to swallow





## Dr. Chaney continued *Continued from pg 1*



Make sure amounts are listed by percent of the Daily Value or DV, not just in mg or ug amounts. Very few consumers have memorized the DV amounts of all 24 nutrients. Labels should inform consumers of the percentage of each nutrient the supplement provides. This allows you to (1) compare amounts supplied by competing products, and (2) to determine whether the supplement provides nutrients in proper portion to one another.

**Check to make sure that all 24 nutrients with established DV's are listed on the label.**

Count them. If it is a multi without iron, there should be 23.

If a product does not contain adequate amounts of some of the 24 nutrients, often the manufacturer will neglect to include these nutrients on the labels.

For example, if a multi doesn't contain zinc, rather than list a zero, the manufacture will

simply leave zinc off the label.

Don't be misled by "inflated" labels. Some supplements inflate the label by adding a lot of useless ingredients. One good example of a useless ingredient is pure-amino benzoic acid, or PABA. PABA is a good sunscreen on the outside but useless on the inside. Bacteria can metabolize PABA into folic acid, but humans cannot.

## Testimony – Osteoporosis Reversal

Mary Beth said that about 6 months ago Joyce had talked her into trying this Shaklee Product called **OsteoMatrix** (it just so happens that Mary Beth was a borderline Osteoporosis person). Mary Beth had been on

other calcium products and her condition was not improving.

After being on S her off the **Osteomatrix** she stated that on a recent visit to her doctor they did the tests to check her bone density. The doctor told her that

her test results were so improved that he was considering taking

medicine she was on. They are going to wait one more visit to see if the amazing improvement continues.

## The Bureau of Labor Statistics-Retirement



**Out of 100 people who start working at the age of 25, by the age of 65:**

- 1 is wealthy
- 4 have enough money to retire
- 63 depend on Social Security or Charity
- 29 are deceased

**At age 50:** 75% of the population has **less than \$5,000 in the bank** for retirement.

**Survey:** 57% of Americans said they were looking for a new and brighter income method than their current J.O.B. It Takes a Different

Mindset: *"Rich people look for and build networks, everybody else just looks for work!"*

Robert Kiyosaki, author of *Rich Dad, Poor Dad.*

Hopefully I have caught your attention by now. If I could offer you an income that you could make an extra 1,500 to 2,000 a month at the end of your first year, for working 15 - 20 hours a week would you be willing to put in the effort? We offer excellent training and the ability to make a Shaklee Fast Track Bonus of \$34,000 over the next 15 months.

Building a network is the greatest way to have that extra money when you want to retire.

**Here are some of the keys that Shaklee can offer everyone:**

- **Residual income**
- **Car allowance**
- **Free travel**
- **Sufficient income so you become your own Boss.**
- **Small business tax write-offs.**
- **Financial freedom**
- **Leave your business to your children.**
- **Generational wealth**

