

## FREQUENTLY ASKED QUESTIONS

# Shaklee Life Plan



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### WHAT IS THE LIFE PLAN?

The Shaklee Life Plan is a combination of the Life-Strip and the Life Shake. The Life Plan is based on years of scientific research including The Landmark study and our preliminary clinical study on telomeres. The Life Plan is designed to provide both micro- and macronutrients that help create a foundation for a longer, healthier life.\* The Life Plan can be personalized based on your nutritional needs and desires. There are two versions of the Life-Strip, with and without Iron, and six flavors of the shake, Soy: vanilla, chocolate, strawberry, and café latte and Non-Soy: vanilla and chocolate.

### WHAT IS THE LANDMARK STUDY?

The Landmark Study is a groundbreaking study on long-term supplement usage. It was conducted in partnership with UC Berkeley. The results were published in *Nutrition Journal*<sup>†</sup> and showed that Shaklee supplement users had better markers of health than non-supplement users. Specifically the study showed that compared to non-supplement users, long-term Shaklee supplement users had: 11% lower cholesterol ratios, a key marker for cardiovascular health, 33% lower levels of triglycerides, a critical biomarker for heart health, 36% lower levels of homocysteine, an indicator of brain and cognitive health. And 59% lower levels of c-reactive protein, a key biomarker for long-term biological stress.

### WHAT IS THE TELOMERE STUDY?

Telomeres are protective caps at the ends of our chromosomes which help protect our DNA. As we age our telomere length gradually declines. Telomere length is thought to be a marker of overall health. In partnership with Dr. Elizabeth Blackburn, a Shaklee Scientific Board Advisor who was awarded the 2009

Nobel Prize for Medicine for the discovery of the enzyme telomerase, Shaklee conducted a preliminary clinical study on individuals who took Shaklee products for five years or longer. In comparison to a healthy control group, Shaklee users were found to have 40% lower rate of telomere shortening across the adult age range and their average telomere length was 11% longer.<sup>∞</sup>

### WHAT IS THE LIFE PLAN GUARANTEE?

We stand behind every single one of our products. We believe in the purity, potency, and performance of all of our products, and we back it with a 100% guarantee. That's why if you are not satisfied with any of our products, you can send it back to us for a full refund even if the container is empty, no questions asked.

### WHO CAN USE THE SHAKLEE LIFE PLAN?

The Life Plan was designed for adults across the age range. The vitamins and minerals in the Life-Strip were specifically designed to meet the needs of adults, while the Life Shake can be used by the entire family but it is not intended to be used as an infant formula.

### IS THE SHAKLEE LIFE PLAN GLUTEN-FREE?

Yes, the Life-Strips and Life Shakes are gluten-free.

### IS THE SHAKLEE LIFE PLAN KOSHER?

The Soy and Non-Soy formulas of Life Shakes are kosher, while the Life-Strips are not.

\*\*Products were purchased in the San Francisco Bay Area, July 2015. Starbucks Venti Mocha: \$4.75 plus banana bread: \$2.75.

<sup>†</sup>Gladys Block, Christopher D Jensen, Edward P Norkus, Tapashi B Dalvi, Les G Wong, Jamie F McManus and Mark L Hudes. *Nutrition Journal* 2007, 6:30doi:10.1186/1475-2891-6-30. Published 24 October 2007

<sup>∞</sup>Cross-Sectional Analysis of Telomere Length in People 33-80 Years of Age: Effects of Dietary Supplementation. Harley CB et al. (2014) 55th Annual Conference, JACN, Vol. 33(5), p414.

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### **CAN I TAKE OTHER SHAKLEE SUPPLEMENTS IN ADDITION TO THOSE INCLUDED IN THE LIFE PLAN?**

The Shaklee Life Plan includes protein, probiotics, vitamins, minerals, antioxidants, polyphenols, antioxidants, and phytonutrients that help create a nutritional foundation. If there are specific areas of your health you are concerned about or interested in improving, we have targeted nutritional solutions you may want to add to your regimen.

### **IS THE LIFE PLAN EXPENSIVE VERSUS OTHER PRODUCTS IN THE MARKETPLACE?**

For less than the cost of a morning coffee and pastry at Starbucks™, you can fuel your body with optimal nutrition every day with a serving of the Life Plan. Along with the benefits of Life Shake, a protein-rich meal shake, the Life-Strip provides vitamins, minerals, antioxidants, polyphenols, and phytonutrients to provide the foundation for a healthier life and is 100% guaranteed or your money back.\*

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Shaklee Life Shake



## WHAT IS THE SHAKLEE LIFE SHAKE?

The Life Shake is a delicious meal replacement shake that contains 24 grams of protein when prepared as directed as well as prebiotic fibers, patented probiotics, and omega-3's from ALA. Key ingredients include:

- 24 grams of protein when made as directed, including 16 grams of proprietary, plant-based, non-GMO protein with precise ratios of 9 essential amino acids, optimized for high protein quality
- Added leucine to help preserve lean muscle and achieve a healthier weight
- Powerful combination of prebiotics and one billion CFU of patented probiotics to support digestive and immune health
- Contains omega-3 (ALA), an essential fatty acid that supports heart and brain health.

The Life Shakes come in four soy flavors, vanilla, chocolate, strawberry and café latte and two non-soy flavors, vanilla and chocolate, and are suitable for the whole family.

## WHO SHOULD USE THIS PRODUCT AND WHY?

Life Shakes are an excellent meal or snack for the entire family. They are designed to provide energy, help preserve lean muscle and achieve a healthier weight, and support digestive, immune, heart, and brain health.

## WHAT IS THE PURPOSE OF THE PREBIOTICS AND PROBIOTICS IN THE LIFE SHAKE?

Probiotics are live microorganisms that provide health benefits to the body. Prebiotics are ingredients that support beneficial microorganisms in the colon by providing them nutrients that encourage their growth and multiplication. The Life Shake contains 1 billion CFU of the patented probiotic *Bacillus coagulans* along with the prebiotics, soluble corn fiber, and digestive health.

## WHY IS THE PROBIOTIC IN THE LIFE SHAKE AND NOT IN THE LIFE-STRIP?

The probiotic used in the Life Shake has a natural protective coating that allows it to survive passage through the stomach and be delivered to the intestines where it will be most active. Shaklee scientists determined that the shake was the best delivery system to provide the 1 billion CFU dose of *Bacillus coagulans*.

## WHAT IS THE DIFFERENCE BETWEEN THE NEW LIFE SHAKE AND THE SHAKLEE 180® ENERGIZING SMOOTHIE?

The Life Shake contains all the benefits of the Shaklee 180 Energizing Smoothie as well as a powerful combination of prebiotics and one billion CFU of patented probiotics to support digestive and immune health. The Life Shake also contains alpha-linolenic acid (ALA), an essential omega-3 fatty acid that supports heart and brain health. The Life Shake comes in two new Non-Soy options not previously available with Shaklee 180 Smoothies.

## FREQUENTLY ASKED QUESTIONS

# Shaklee Life Shake



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### **CAN I GIVE LIFE SHAKES TO MY CHILDREN?**

Yes, although it is not intended to be used as an infant formula.

### **IS THE LIFE SHAKE KOSHER?**

Yes, the Soy and Non-Soy formulas are certified by the Star-K kosher certification agency.

### **IS THE LIFE SHAKE GLUTEN-FREE?**

The products are gluten-free.

### **ARE ARTIFICIAL FLAVORS, SWEETENERS, OR PRESERVATIVES ADDED TO LIFE SHAKE?**

No, artificial flavors, sweeteners, or preservatives are added to Life Shake.

### **WHY ARE STEVIA AND NATURAL CANE SUGAR USED?**

We use cane sugar and stevia to provide a sweet, great tasting product consumers want to use while minimizing the amount of sugar in the product.

### **IS THE LIFE SHAKE AVAILABLE IN A NON-SOY VERSION?**

Yes, there are two flavors of Life Shake Non-Soy which is made from an exclusive blend of non-GMO, non-soy protein from sacha inchi, potato, rice, pea, and leucine.

### **IS THE LIFE SHAKE LACTOSE FREE?**

Yes, the Life Shake Mix is lactose free. However, it is recommended to mix with 1 cup nonfat milk to achieve the full 24 grams of protein.

### **CAN I MIX THE LIFE SHAKE WITH WATER?**

We recommend nonfat milk or low-fat soy milk for the best nutritional profile and to provide you with the full amount of protein and leucine. If desired, you may mix the Life Shake Mix with water, using THREE scoops of powder in eight ounces of water. This provides about the same amount of protein and calories as when prepared with nonfat milk or low-fat soy milk.

### **CAN I USE THE LIFE SHAKE AS A SNACK?**

Yes. Use 1 scoop of Life Shake mixed in 4-6 oz. nonfat milk or low-fat soy milk for a healthy snack.

### **HOW MUCH CAFFEINE IS IN THE CHOCOLATE LIFE SHAKE AND CAFÉ LATTE LIFE SHAKE?**

The caffeine is very low, less than 2 mg in both products.

### **CAN I USE LIFE SHAKE TO LOSE WEIGHT?**

Yes, the Life Shake can be used as a direct replacement of the Shaklee 180 Smoothee in the Shaklee 180 weight-management program.

### **CAN I TAKE MORE THAN 2 LIFE SHAKES A DAY?**

Yes.

# Shaklee Life Shake



## ARE THERE ANY MEDICAL CONDITIONS THAT WOULD PRECLUDE OR LIMIT ONE'S USAGE OF LIFE SHAKE?

As a general comment, people under a physician's care for any chronic condition(s) should always let their physician know what supplements they use. There are no specific medical conditions that preclude the use of Life Shake, although we would add the following: People with serious kidney or liver disease should discuss the use of Life Shake with their physician prior to beginning the program as they may need to make an adjustment in the amount of protein consumed.

## CAN A DIABETIC USE THE LIFE SHAKE?

All diabetics should be under the care of a medical doctor and should discuss any weight-loss program with their doctor. If you have type 2 diabetes, calorie control and weight loss tend to be critical to the prevention of potential long-term sequela. Replacing two meals per day with the Life Shake can help you reach your weight-loss goals. Please see the Shaklee 180 Program for more details. Your doctor should evaluate you over time as you lose weight as to whether your medications need adjustment.

## CAN I USE THE LIFE SHAKE IF I AM PREGNANT OR NURSING?

The Life Shake can be part of a healthy diet during pregnancy and nursing but we always recommend you consult with a physician prior to use. Life Shake is a source of healthy protein and prebiotic fiber as well as essential omega-3 fatty acids, vitamins, minerals, added leucine, prebiotics, and probiotics. Please see the Shaklee 180 Program if you are interested in weight loss after pregnancy.

## I AM A VEGETARIAN/VEGAN; CAN I USE THE LIFE PLAN SHAKE?

Lacto-ovo vegetarians can use the Life Shake, which can be mixed with nonfat milk or your favorite beverage.

## WHAT IS SACHA INCHI?

The sacha inchi plant is native to tropical South America. It produces seeds that are high in protein and healthy oils.

## IS THERE A WHEY VERSION OF THE LIFE SHAKE?

It will be available in Fall of 2015. In the meantime, the Whey Shaklee180 Energizing Smoothee is available via Quick Shop on [myshaklee.com](http://myshaklee.com).

# Shaklee Life-Strip



## WHAT IS THE SHAKLEE LIFE-STRIP?

The Shaklee Life-Strip is a proprietary multivitamin strip (backed by over 10 patents) that contains essential vitamins and minerals, carotenoids, fish oil, a patented blend of broad spectrum polyphenols, CoQ<sub>10</sub>, and antioxidants. Nutrients are delivered in a Shaklee Micronutrient Advanced Release Technology (S.M.A.R.T.) delivery system that is designed to improve absorption. The Life-Strip is composed of the following products:

### 1. Advanced Multivitamin

- Comprehensive daily supplement that provides 23 essential vitamins and minerals and 100% or more of the Daily Value of all the vitamins.
- Robust blend of antioxidants, including beta-carotene, lutein, lycopene, and zeaxanthin
- Microcoated for immediate release in the stomach to enhance absorption of folic acid

### 2. Vivix® Liquigels

- Patented blend of broad-spectrum polyphenols from muscadine grape, resveratrol, red wine extract, pomegranate, chebulic myrobalan, and more.

### 3. OmegaGuard® Plus

- Ultra-concentrated omega-3's from fish oil. One serving of OmegaGuard Plus provides 1,000 mg of EPA and DHA omega-3 fatty acids. Includes 30mg CoQ<sub>10</sub> and all-natural vitamin E
- Enteric coated for release in the upper intestine to reduce fishy aftertaste

### 4. B + C Complex

- Essential levels of vitamin C and B vitamins; thiamin, riboflavin, niacin, pantothenic acid, and biotin.
- Sustained release delivery to the small intestine; clinically shown to provide up to 198% greater absorption of B vitamins over 12 hours than conventional delivery systems.

## WHO SHOULD USE THIS PRODUCT AND WHY?

The Life Plan was designed for adults across the age range. The vitamins and minerals in the Life-Strip were specifically designed to meet the needs of men, women, and adults over 50 years old.

## ARE THERE ANY PRECAUTIONS?

If taking blood-thinning medications, consult a physician prior to use. With the inclusion of Vivix, Life-Strip is not recommended for pregnant or lactating women, or anyone younger than 18 years old.

## WHICH LIFE-STRIP SHOULD I TAKE?

The Life-Strip was formulated to meet the needs of most men, women, and adults over 50. The “With Iron” formula is designed for individuals who require more iron while the “Without Iron” formula was designed for individuals who don’t typically need additional iron in their diets such as men and post-menopausal women.

## SHOULD I TAKE THE LIFE-STRIP WITH FOOD?

We recommend the Life-Strip be taken with food. The Life-Strip is designed to be taken with the Life Shake. However, if you prefer to splitting your dietary supplement intake throughout the day you can take this approach with the Life-Strip.

## WHAT IS THE SHAKLEE MICRONUTRIENT ADVANCED RELEASE TECHNOLOGY (S.M.A.R.T.) SYSTEM?

The SMART system is a delivery system designed to improve absorption of key nutrients. Key components of this system include:

1. Patented folic acid microcoating on the Advanced Multivitamin
2. Patented system that slowly releases B vitamins and vitamin C, and was shown in a clinical study to provide up to 198% greater absorption of B vitamins over 12 hours.<sup>^</sup>

# Shaklee Life-Strip



## HOW DOES THE LIFE-STRIP DIFFER FROM VITALIZER?

The Life-Strip contains all the benefits of Vitalizer Gold but the probiotic was moved into the Life-Shake in order to provide 2X the levels as Vitalizer. In addition to the nutrients in Vitalizer, the Life-Strip provides 1,000mg of EPA and DHA for additional heart health benefits and new Vivix liquigels for cellular health.\*

## WHAT IS THE DIFFERENCE BETWEEN OMEGAGUARD® PLUS AND OMEGAGUARD?

OmegaGuard Plus is a more concentrated form EPA and DHA from fish oil which enables delivery of 1,000mg of these healthy omega-3 fatty acids in two softgels. OmegaGuard Plus also contains CoQ<sub>10</sub> and vitamin E in an enteric coated softgel to prevent fishy aftertaste. Like OmegaGuard, the fish oil in OmegaGuard Plus is purified to remove lead and other contaminants.

## WHAT IS VIVIX AND WHY WOULD I WANT IT?

Aging can be defined as the gradual loss of cellular function and the health of your cells strongly influences your overall health. Vivix® contains a triple patented, all natural blend of a broad spectrum of polyphenols that help activate your natural cell defenses to neutralize free radicals. Vivix helps slow aging at the cellular level with key ingredients shown in laboratory studies to protect and repair DNA from daily damage.\*

## HOW DOES THE ADVANCED MULTIVITAMIN COMPARE TO OTHER VITAMINS ON THE MARKET?

The Advanced Multivitamin contains significantly higher levels of vitamins, minerals, and carotenoids such as lutein and lycopene versus other competitive products. The Advanced Multivitamin also is formulated with the natural form of vitamin E vs the synthetic form used by some other competitors.

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