

Are You Taking Enough of the...

“Super Vitamin”?

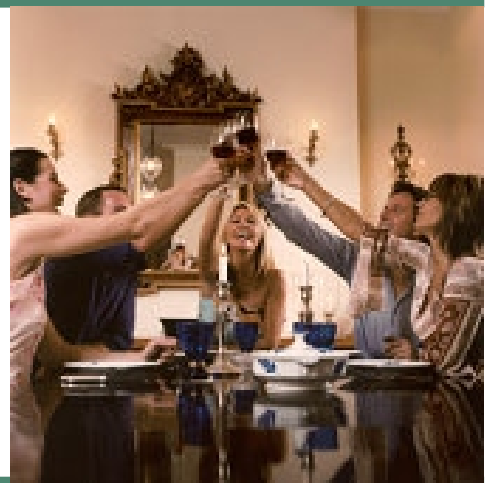


Spark Your Energy!

Nutrients You Really Need!

Celebrate... All Around the House!

Get Clean for that Special Shine!



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"The first wealth...
is health."

Emerson

Making a Difference!
Issue #49

**Are You Taking
Enough Vitamin E?**



Are You Taking Enough of the "Super Vitamin?"

Dr. Forrest C. Shaklee, Sr., the founder of the Shaklee Corporation, was once asked, if he could only choose one, which vitamin would he take with him to a desert island? His answer? Vitamin E! Why? Because, according to Dr. Shaklee, vitamin E has more power to keep the body healthy than any other nutritional element.

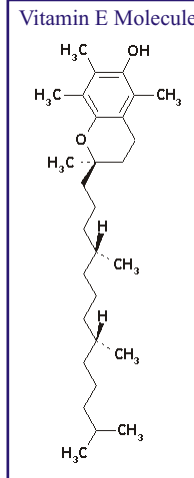
Vitamin E... Super-Healing Nutrient

The "Wonder" Vitamin

If there is a vitamin that can be called a "miracle" nutrient, it is vitamin E. Known chiefly for its antioxidant properties, vitamin E is perhaps the most healing nutrient you can take! Its ability to help the blood-stream transport oxygen is a key to its healing effects. Oxygen is vital to every healing process in the body and any nutrient that boosts oxygen levels speeds cell repair.

Vitamin E:

- reduces risks of cataracts and some cancers
- helps people with diabetes by increasing circulation and decreasing the risk of blindness
- helps prevent heart attacks
- protects cell membranes, essential for red blood cells
- aids cellular respiration
- protects lung tissue from pollution
- slows the progression of Alzheimer's Disease
- helps relieve and shrink fibrocystic breast lumps
- eases much of the pain of Fibromyalgia
- helps relieve menorrhagia, especially when caused by an IUD birth control device



- appears to reduce liver damage in hepatitis patients
- helps lower the incidence of prostate cancer
- improves the effectiveness of the HIV-inhibiting drug AZT
- increases fertility in humans
- lowers the occurrence of macular degeneration
- reduces menopause symptoms
- slows the rate of joint deterioration in osteoarthritis patients
- can help ease PMS symptoms, especially breast tenderness
- helps improve the effects of retinopathy
- eases some of the symptoms of rheumatoid arthritis

Because of its oxygenation properties, Vitamin E also is extremely important for energy production. The more oxygen available to the cells, the more energy you have for exercise and to live your busy life to the fullest!



Antioxidants, such as Vitamin E and Vitamin C, are also an important part of the body's defense against muscle damage

(continued on page 4)

Product Ordering Guide

Item Code	Product	Item Code	Product
20112	Vita-E Complex	20306	Physique
20109	Vita-E 400 IU	20186	B-Complex 120s
20665	Energizing Soy Protein Vanilla	20194	B-Complex 240s
20670	Energizing Soy Protein Cocoa	20632	CorEnergy
20661	Instant Protein Soy Mix	81782	Enfuselle C+E Repair Special
20161	Carbo-Crunch Bar Cocoa	59214	Shaklee Wellness Pack Van w/Iron
20162	Carbo-Crunch Bar Peanut Butter	59085	Shaklee Men's Health Pack
20340	Cinch Shake Vanilla Canister	00255	Dish Wash Concentrate
20341	Cinch Shake Chocolate Canister	00430	Scour Off Heavy-Duty Paste
20321	Meal Shakes Vanilla	00302	Basic HF Organic Cleaning Wipes
20322	Meal Shakes Cocoa	00305	Nature Bright Laundry Booster
20224	Multi-Munch Energy Bar	00160	Fresh Laundry Concentrate 14 lb.

Spark Your Energy for the Coming Season!

The holiday season is upon us again and there's one important thing you need to stay healthy and vibrant until the New Year... *energy*... LOTS of ENERGY!



Because the body doesn't store amino acids, as it does fats or carbohydrates, it needs a daily supply of amino acids to make new protein."

Shaklee offers many different protein choices. Start with...

Some say that energy is a state of mind driven by enthusiasm and purpose... but it is also a state of body. Without a healthy body, it's difficult to remain positive about anything.

So, vow to make a healthy body the foundation that sparks the energy we all need this time of year... and throughout life.

Start with... Protein!

Until recently, protein received very little attention, often overshadowed by research on fat, carbohydrates and vitamins. Lately there's been an

explosion of interest in protein, largely triggered by high-protein diets for weight loss.

According to the Harvard School of Public Health, "Take away the water and about 75 percent of your weight is protein. This chemical family is found throughout the body. It's in muscle, bone, skin, hair, and virtually every other body part or tissue. It makes up the enzymes that power many chemical reactions and the hemoglobin that carries oxygen in your blood. At least 10,000 different proteins [amino acids] make you what you are and keep you that way.



Energizing Soy Protein

More than a healthy snack alternative, **Energizing Soy Protein** is a delicious way to fuel your body with high-quality, heart-healthy soy protein. Hour after hour, it offers a measurable energy lift.

A plant-based, biologically complete protein source, Energizing Soy Protein is naturally low in fat, cholesterol free, and complete with all essential amino acids.

Energizing Soy Protein helps build muscle, skin, and hormones; supports the immune system; retains normal cholesterol levels; and promotes heart and prostate health. Plus, it contains soy isoflavones, which can help minimize hot flashes and promote breast health. Available in Natural Vanilla or Creamy Cocoa flavors.

Instant Protein Soy Mix

For healthier baking, **Shaklee Instant Protein Soy Mix** can be added to your favorite holiday recipes to help make soy a part of your family's diet. Each serving contains 16 grams of protein and only one gram of carbohydrates.

Other Shaklee Protein Products

- **Carbo-Crunch® Energizing Snack Bars**
- **Cinch Shake**
- **Meal Shakes**
- **Multi-Munch™ Protein Boost Nutrition Energy Bars**
- **Physique**

Be Sure to "Beef Up" with B!

One of the most important nutritional components of high energy is the B complex vitamins.

According to Wikipedia, "Vitamin B is a complex of eight water soluble vitamins, active in cell metabolism. The name arises because it was once considered a single vitamin, much like Vitamin C or Vitamin D. Since later research has shown it is in fact a complex of chemically distinct vitamins that happen to often coexist in the same foods, the name has gradually declined in use, being replaced by the generic term 'the B vitamins', the vitamin B complex, or by the specific names of each vitamin."

The B vitamins often work together to deliver a number of health benefits to the body. B vitamins have been shown to:

- Bolster metabolism and increase energy
- Maintain healthy skin and muscle tone
- Enhance immune and nervous system function
- Promote cell growth and division — including that of the red blood cells that help prevent anemia.
- Together, they also help combat the symptoms and causes of stress, depression, and cardiovascular disease.

Shaklee B-Complex... with all eight Bs... promotes a healthy cardiovascular system. And what makes this Shaklee product unique is that it's formulated so that the hard-to-absorb but critical B vitamin, called folic acid, is readily absorbed.



CorEnergy for Extra Zip!

CorEnergy provides you with clinically proven, traditional Chinese remedies... cordyceps, ginseng, and green tea... to help you resist fatigue, replenish energy, and encourage more efficient oxygen utilization through your 50,000 miles of blood vessels. It's not a quick fix or a stressful stimulant. **CorEnergy** uses herbs and antioxidant phytonutrients to replenish and increase your energy naturally.

Gifts for the Holiday Season

If you give gifts this time of year, here are some healthy ideas from Shaklee:

Cosmetic Clutch with Enfuselle® C+E Repair P.M.®

Purchase **Enfuselle® C & E Repair P.M.®**, and get a chic black matte cosmetic clutch for only \$9.95! (a \$19.95 value). The bag features a small pink ribbon in honor of Breast Cancer Awareness and net proceeds will support breast cancer awareness. Makes a great gift while contributing to a worthy cause.

Shaklee Wellness Pack

The **Shaklee Wellness Pack** is a simple, three step nutritional program to provide energy, vitality and to help you look and feel better.

Step 1 is to create lifelong vitality with **Shaklee Essential Foundations**.

Step 2 is to protect your heart with Shaklee **OmegaGuard**.

Step 3 is to strengthen your immunity with **NutriFeron**.

Men's Health Pack Shaklee Men's Health Solutions

Shaklee **Men's Health Pack**: Contains a 30-day supply of **Saw Palmetto Complex** and **Omega Guard**.



Celebrate... All Around the House!

It's time to celebrate! When you're anticipating a season of friends, family and special dinners and parties, you'll want your home to be especially clean. That's where Shaklee **Get Clean** products shine!



Fine Dinnerware

Bring out all of your fine crystal, silverware and china and treat them to a gentle cleaning with **Dish Wash Concentrate**. Just a few drops of this natural, non-toxic dishwashing liquid powers through your greasy dishes and leaves your dishes sparkling clean and spot-free.

Dish Wash Concentrate is:

- Tough on grease—removes grease better than Method & Seventh Generation
- Gentle on hands – hypoallergenic & moisturizing formula
- Provides maximum long-lasting suds
- Has a fresh, clean scent

Pots, Pans, Ovens

Have some tough cleaning jobs to tackle? Try **Scour Off** (formerly called At-Ease® Paste). This powerful, yet gentle scouring cleanser:

- Removes the toughest stuck-on messes without harsh chemicals.
- Great for challenging cleaning jobs, inside and out
- Nontoxic, biodegradable formula
- Wide-mouth jar makes it easy to use!

Countertops

Ready to cook that holiday turkey and all the trimmings? Keeping your countertops clean and sanitary while you create in the kitchen can sometimes be a challenge.

This year, use **Basic H²™ Wipes**. Now you can harness the power of **Basic H²** in a convenient and biodegradable wipe that won't leave any residue as it wipes out dirt, grease and grime.

- Super convenient with the cleaning power of **Basic H²**

- Strong and sturdy wipe to clean a large area
- Perfect for quick clean-ups
- Outperforms Pledge® Wipes and Windex® with Vinegar Wipes

Table Linens

You'll also want those special table linens fresh and clean to showcase parties and dinners. Shaklee has the answer! First use **Nature Bright® Laundry Booster and Stain Remover**.

Nature Bright uses natural enzymes and active oxygen to re-brighten laundry, de-stain upholstery, un-spot carpets and way more.

- Tackles the toughest organic stains and will effectively remove: wine, grape juice, blood, perspiration, grass, grease, food stains, coffee, mold & mildew stains and much more.
- Outperforms OxiClean® – 50% better on grass stains
- Convenient, Resealable Pouch comes with a measuring scoop
- Empty Refill Canister Available

Once your linens are pre-spotted, wash them in gentle, powerful **Fresh Laundry Concentrate Powder** (formerly called BasicL® and BasicL® Free)

This super concentrated powder uses enzyme activated natural ingredients to get your clothes really clean.

- Super Concentrated – 5 pound box cleans 88 loads.
- Hypoallergenic formula won't irritate sensitive skin
- Effective in hard or soft water and safe on all washable fabrics
- Fragrance or fragrance-free versions available
- Comes in 5 or 14 pound box easy-open box



from exercise. Strenuous exercise increases the body's production of free radicals, which, in turn, can cause muscle damage which manifests as swollen or painful muscles. While exercise increases the body's natural defense against free radicals, athletes who are doing intense training may benefit from the addition of antioxidant supplements, particularly Vitamin E, to their diets.

Food Sources

Vitamin E food sources include: Egg Yolks, Leafy Green Vegetables, Nuts, Seeds, Vegetable Oils, Wheat Germ Oil, and Whole Grains.

Shaklee Vita-E Supplements

All Shaklee Vita-E products contain

naturally occurring vitamin E... d-alpha tocopherol... from vegetable oil. Natural vitamin E is more biologically active than synthetic vitamin E and more easily assimilated and retained by the body. And that means more effective antioxidant protection.

A powerful fat-soluble antioxidant, vitamin E supports heart and prostate health and promotes lung, colon, and immune function.

Vita-E Complex

One softgel capsule of Vita-E Complex provides 400 IU of naturally-sourced (for more efficient use) vitamin E, selenium for prostate health, plus grape seed extract, a powerful



antioxidant, with naturally occurring polyphenols.

Vita-E® 400 IU

Free radicals may sound like a slogan from the 1960s, but in reality, they're damaging compounds that contribute to cellular aging. Fortunately, powerful antioxidants like vitamin E limit the harm to

cells these compounds can do. Vita-E contains naturally occurring vitamin E... d-alpha tocopherol... from vegetable oil, which is more easily absorbed and retained by the body than synthetic vitamin E. It also contains selenium, which compliments the activity of vitamin E.



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With Shaklee, It's Easy To...

- › **Enjoy the benefits of improved health!**
- › **Have more energy and vitality!**
- › **Enjoy natural beauty... inside and out!**
- › **Protect our fragile environment!**
- › **Achieve financial independence!**



Take Charge of your life today... with Shaklee!