

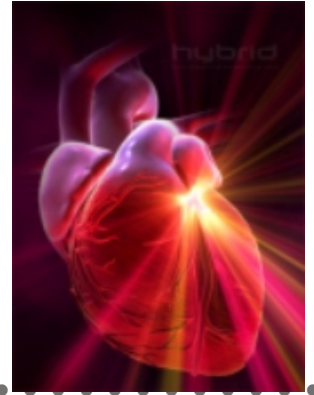


How giving can give back...

- ▶ Give Shaklee all year...
- ▶ A new view of the world...
- ▶ Shaklee gift ideas

The powerful heart enzyme...

- ▶ The CoQ₁₀ controversy...
- ▶ What is CoQ₁₀?
- ▶ Shaklee's CoQHeart...



Speed cleaning... with Get Clean shine and sparkle!

- ▶ Professional secrets...
- ▶ Fast finishes...

This email newsletter has been sent to you compliments of:

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Making a Difference!

Through Shaklee, we are all...

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You must share your life with others, for the more you share with others, the more valuable your share will become.

Dr. Forrest C. Shaklee Sr.

Shaklee gift ideas...

- Vivix Single Serve packets as stocking stuffers or small gifts
- BestWater Perfect Pitcher with filter
- Cinch Protein Bars Assortment for kids and adults on the go
- Shakleebaby Diaper Rash Cream, Gentle Wash, Massage Oil and Soothing Lotion for the new mother
- A Minerelles Beauty assortment for your favorite lady
- A bottle of Basic H₂ and Get Clean Spray Bottle 3-pack
- A New Member Kit for that go-getter



How giving can give back...

No matter what time of year it is, you have a unique opportunity to give something special to those you care about. What better gift than... good health, or... natural beauty, or... a toxin-free way to clean your home, or... a way to add another income stream to someone's life.

These are the gifts you can give to those you care about... for birthdays, anniversaries, during the holidays and all year long: Shaklee supplements for better health and a longer, more energetic life; natural Enfuselle skin and personal care products; Minerelles earth-based beauty items; economical Get Clean products to brighten someone's home while nurturing the Earth; or a Shaklee Gold Ambassador New Member Kit for that family entrepreneur looking for another income.

When you give a Shaklee gift, you're also introducing the recipient to a new way of viewing the world... through the time-tested lens of Shaklee. And... think of this... while you are giving valuable, meaningful gifts, you're increasing your volume and building your business. *That's giving that gives back!*

Product Ordering Guide

Item Code	Product	Item Code	Product
21212	Vivix Single Serve 30 pks	20411	Zinc 120s
82301	BestWater Pitcher & Filter	20653	CarotMax 90s
20379	Cinch Bars Assortment 10/box	20160	Alfalfa Complex 700s
30109	Shakleebaby Diaper Cream	20194	B-Complex 240s
30108	Shakleebaby Gentle Wash	20182	Lectithin 180s
30107	Shakleebaby Massage Oil	20625	MoodLift Complex 120s
30106	Shakleebaby Soothing Lotion	20656	Stress Relief Complex 30s
00015	Basic H ₂ 16 oz	20632	CorEnergy 90s
20647	CoOHeart 30s	20603	Gentle Sleep Complex 90s
20665	Energizing Soy Protein Van	30131	Meadow Blend Bar
20670	Energizing Soy Protein Cocoa	00430	Scour Off Paste 9 oz.
20095	Sust. Release Vita-C 180s	00322	Germ Off Wipes 35 wipes
20241	Immunity Formula 1 60s	00302	Basic H ₂ Wipes 35 wipes

Not all featured products listed due to space limitations.

The powerful enzyme that strengthens your heart...

CoQHeart... the Shaklee Difference

Provides a unique combination of two natural substances with potent antioxidant properties... Coenzyme Q₁₀ and Resveratrol... in a single, highly bioavailable soft-gel capsule. Just one CoQHeart capsule delivers up to 500% more CoQ₁₀ to the body than any solid form! Using a patented technology exclusive to Shaklee, it's clinically tested to have unprecedented bio-availability.

CoQHeart:

- ❖ Combines the power of CoQ₁₀ with resveratrol to promote heart health
- ❖ Prevents the oxidation of LDL cholesterol



- ❖ Provides energy at the cellular level
- ❖ Helps keep blood flowing freely through the arteries
- ❖ Patented technology provides superior bio-availability

Each CoQHeart capsule contains:

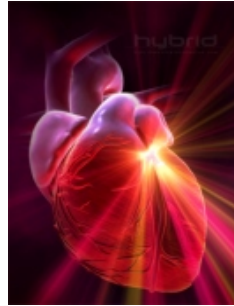
- ✓ 30 mg of Coenzyme Q₁₀
- ✓ 5 mg of mixed tocopherols
- ✓ 640 mcg of resveratrol (*Polygonum cuspidatum*) root

First discovered in 1957, few “nutrients” have faced the controversy that surrounded Coenzyme Q₁₀ (CoQ₁₀). Not technically a vitamin, Coenzyme Q₁₀ is an enzyme, a substance that enhances the action of other enzymes in facilitating the millions of chemical reactions occurring in the body. An enzyme is a protein that, while remaining unchanged itself, catalyzes chemical changes in other substances.

So what caused the controversy that originally surrounded CoQ₁₀? While the subject of many impressive studies in Japan and Europe (where it is routinely used in the treatment of heart disease, especially congestive heart failure), in the United States it was, at best, almost completely ignored by the American medical community and, at worst, was considered a worthless product. But now, the U.S. scientific community knows better and Coenzyme Q₁₀ has finally taken its rightful place as an invaluable aid to preventative health!

A compound found in

every cell in the body (with the exception of red blood cells), Coenzyme Q₁₀ has been described as a biochemical



spark plug. Peter Mitchess, Ph.D., won the Nobel Prize in chemistry when he discovered CoQ₁₀ and its

role in the energy metabolism of cells in the body. CoQ₁₀ is a naturally occurring substance that our body produces. It is instrumental in turning oxygen into pure energy and is also a uniquely powerful antioxidant... more powerful than vitamin E! According to Richard Firshein, D.O., in his book, *The Nutraceutical Revolution*, “Like vitamin E, CoQ₁₀ is astoundingly helpful in treating and preventing all kinds of cardiovascular problems, from arrhythmias to heart attacks, and even congestive heart failure.”

Karl Folkers, a scientist at the University of Texas at Austin until his death in 1997, is the father of CoQ₁₀ research. During his long career, through dozens of groundbreaking studies, he proved

that CoQ₁₀ protects the heart from failure by keeping its energy levels high. States Richard Firshein, “*This nutraceutical doesn’t just keep the heart pumping. Through its profound energizing ability, CoQ₁₀ can help treat illnesses as diverse as diabetes, chronic lung disease, and gum disease. One study even shows that the coenzyme can reduce tumors associated with breast cancer. For those of us who are in good health, CoQ₁₀ can improve fitness by increasing our exercise endurance.*”

Shaklee CoQHeart

The uniqueness of Shaklee CoQHeart comes from its highly bioavailable CoQ₁₀ delivery. Your body more readily accepts the softgel delivery form used in CoQHeart than it does solid powders. So you’ll get more energy from CoQHeart!

CoQHeart also includes the powerful antioxidant resveratrol, the most beneficial antioxidant compound in red wine. CoQHeart contains 640 mcg of resveratrol, equivalent to the amount in one glass of red wine.



Stressed out? Calm down... with Shaklee!

Stress kills... and the evidence is everywhere!

Medical scientists believe that many (if not most) illnesses begin with stress... stress that places such a burden on our organs that they can no longer fight its effects. That's when illness begins! According to Linda G. Rector-Page, N.D., Ph.D., "*The human body is designed to handle stressful situations. The goal should not be to avoid all stress, but to maintain a high degree of health so that one handles and survives stress well. Poor health cannot be blamed on stress. We fall prey to stress because of poor health.*"

The key is balance!

Keeping stress under control is a matter of balancing your life with a combination of a healthy diet, wise supplementation, exercise, good sleep habits, and a positive mental outlook.

Anti-Stress Supplements

Start with **Vitalizer** and **Energizing Soy Protein** for a solid foundation of cell-building, stress-fighting nutrients.

Since stress takes its toll on all vitamins and minerals, especially those that are water-soluble, be sure to supplement with:

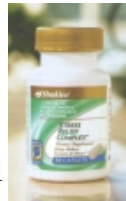
- Sustained Release Vita-C
- Immunity Formula 1
- Zinc
- CarotoMax
- OsteoMatrix
- Alfalfa
- B-Complex
- Lecithin



There are also several Shaklee Herbal Formulas that can help you fight stress:

MoodLift Complex... to fight the "blues" often caused by stress.

Stress Relief Complex...



helps your body adapt to stress and, in as few as 30 minutes, can lift it away... without the negative effect of

kava.

CorEnergy... helps you resist fatigue, replenish energy, and encourages more efficient oxygen utilization.

Gentle Sleep Complex... valerian, chamomile, and passion flower promote calm and restful sleep.

Natural feel... natural clean!

You can feel it. You're in the tub or shower, you've lathered up, and now, you're rinsing off. Does your skin feel slick, smooth and clean... or sticky and scummy? If you've used soap, you've just left a residue on your skin, sucking out the moisture, filling your pores, and coating your skin with scum! Not very appealing... and not the clean result you want.

The next time you bathe or shower, use a **Meadow Blend Soap-Free Cleansing Bar**. You won't believe how different it makes your skin feel! You'll emerge with silky soft skin that is clean, but not stripped of moisture or coated with an irritating residue you can't wash off. Why is **Meadow Blend** so different? It's a



unique combination of natural cleansing agents that include oatmeal, vitamin E and wheat germ oil. With a fresh, light citrus and lavender scent, **Meadow Blend Bars** contain no lye or tallow to irritate the skin.

The Shaklee Difference...Meadow Blend Soap-Free Bar

Scientifically formulated with natural, plant-derived ingredients, Meadow Blend Bars gently clean the face and effectively clean the body. Contains no harsh ingredients and no added color.

➤ Soothes.

Oat flour and wheat germ oil hydrate and calm skin.



➤ Softens.

Antioxidant vitamin E softens the skin.

➤ **Protects.** pH-balanced, plant-derived cleansers don't disturb the skin's essential, natural oil/moisture balance.

➤ Aromatherapeutic.

Light fragrance of citrus and lavender refreshes and calms as it cleanses.

➤ **Use in all types of water.** Lathers and rinses well, even in hard water.

➤ No worries about the environment.

Biodegradable cleansing agents can go safely down the drain without polluting waterways.

➤ **Saves you money.** Long-lasting bar lathers freely but won't turn to mush in the soap dish.

➤ **Many uses.** Perfect for whenever you require a cleansing bar: the kitchen, bath sink, tub or shower.



Speed cleaning... with Get Clean shine and sparkle!

Fast Finishes...

- Carry an old pillow case from room to room to collect items that are out of place, such as toys, magazines and odds and ends.
- Pile clutter in one location in the room, clean the rest of the room, then put the "clutter pile" items where they belong.
- Carry two trash bags... one for trash, one for charity.
- Place a few folded wastebasket liners into the bottom of the wastebasket before you line it. The next time you empty the wastebasket, a new liner is there. A real time-saver!

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This time of year is hectic... work, shopping, entertaining family and friends. You don't have endless hours to deep-clean, shine and polish your home. Fortunately, there are secrets that professional housekeepers use to make speed cleaning possible for all of us. And since you have hard-working Get Clean products at your disposal, the job can be done in half the time!

Here are some professional tips to help you



zip through the house:

☑ Start with the kitchen, wiping down cupboards, counter-tops and appliances with **Basic H² All-Purpose Spray** (1/4 tsp. in 16 oz. water). If the floor is tile, mop it using 1 Tbsp. **Basic**

H² in a gallon of water.

☑ Move to the bathrooms and scrub showers, tubs, sinks and toilets with **Scour Off Heavy Duty Paste** on a **Get Clean Microfiber Sponge** with lots of water then follow with **Germ Off Wipes**. If the shower stall, doors,

toilets or sinks are coated with soap scum, spray first with **All-Purpose Spray**, then tackle with **Scour Off**. Clean all other surfaces with **Germ Off Wipes**. Wash and shine mirrors and fixtures with



Basic H² Wipes.

☑ Dust all wood furniture and surfaces in the house with **Basic H² Wipes**, then oil or wax.

☑ Clean and shine glass and mirrored surfaces with 2 drops **Basic H²** in 16 oz. water (also great for ceramic or marble).

☑ Vacuum last.

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... forever!



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