



INTRODUCTION TO SHAKLEE 180®



LOST
30 lbs*



HEATHER



Take your shape in a whole new direction™



Shaklee 180 is clinically tested weight-loss products*—and a program that takes you beyond Before & After to your happily ever After-After®.

Are you ready for a Turnaround™?



*The weight-loss portion of the Shaklee 180 Program was tested in a 12-week preliminary study. The Lean and Healthy portion of the Shaklee 180 Program was tested in a 9-month study along with exercise. †Results and experiences from the Shaklee 180 Program are unique for each person, so results may vary. Heather lost 30 pounds in 4 months and is now a Shaklee 180 Specialist. In the clinical study, participants on average lost 15.4 pounds and 6.7 inches in 12 weeks.

Complete success starts with a complete program

1

Clinically tested products

Whether you want to lose weight, or you're simply looking to stay leaner and get healthier, these Leucine-powered products are scientifically designed to provide the nutrition you need to improve your shape, get healthier, and feel better.



Shaklee 180® is designed to burn fat, not muscle*

Most fad diets will ultimately fail you. But the Shaklee 180 program is different from anything you've tried before.

The secret is "Leucine"

The secret to Shaklee 180 products is Leucine—an amino acid that signals your body to retain muscle, so you lose the right kind of weight. On conventional diets you lose muscle along with the fat. But the **Shaklee 180 program is designed so that nearly every pound you shed is fat.** That's right, almost all fat. So your metabolism can power on as the inches come off. And that's the skinny... on you.



Typical Diets
LOSE FAT
AND MUSCLE



**Shaklee 180
With Leucine**
LOSE ALMOST
ALL FAT

2

Your tools and support

The Shaklee 180 Program provides you with the tools to help change your habits, such as the Shaklee 180 mobile app.



3

Your workouts

Looking for a convenient way to add exercise to your day? Get easy access to our highly effective Shaklee 180 workouts on the go, or on your computer.



4

Your rewards**

We've created a fantastic rewards program that encourages your success all along the way.

Daily entries, weekly prizes (like Bose® headphones and gift cards) **and a once-in-a-lifetime experience** (a trip to San Francisco) will keep you motivated and help you reach your weight-loss and lean & healthy goals.

A dream vacation



*In a 9-month study, the use of Shaklee Energizing Smoothees post exercise plus daily use of Vitalizer improved lean body mass and markers of health better than exercise alone. **NO PURCHASE NECESSARY. A purchase will not increase your chances of winning. Legal residents of the 50 United States & D.C. and Puerto Rico, 18 years and older and who did not purchase any equipment or products for purposes of entering the promotion. Void where prohibited. Begin 180-day Shaklee program by 5/6/14; upload submission by 3/31/15. For official rules, and prize descriptions, visit www.Shaklee.com. Sponsor: Shaklee Corporation, 4747 Willow Road, Pleasanton, CA 94588. †All trademarks are the property of their respective owners.

Elisabeth went beyond before and after to happily ever After-After[®]

BEFORE & AFTER:

"I used to not be able to do basic tasks without being tired all the time. Now, I've totally changed the way I look at food and really my whole life. I've had a complete lifestyle change!"



*Results and experiences from the Shaklee 180 Program are unique for each person, so results may vary. People following the weight-loss portion of the Shaklee 180 Program can expect to lose 1-2 pounds a week. Elisabeth is a Shaklee 180 Specialist.

BEFORE

AFTER



ELISABETH'S HAPPILY EVER AFTER-AFTER®

"I feel like I'm the person that I was always meant to be! And I'm so excited that my husband and I are starting our journey together in such a healthy place. I truly married the man of my dreams."

Elisabeth

Healthy Rewards winner

Heather went from being too tired to play with her kids to being a super mom

BEFORE & AFTER:

"I was just so tired all the time...even with eight hours of sleep, it was a chore to get out of bed in the morning. Now, I just have so much more energy, which I need to chase after my kids. I even have muscles that I didn't know existed!"



*Results and experiences from the Shaklee 180 Program are unique for each person, so results may vary. People following the weight-loss portion of the Shaklee 180 Program can expect to lose 1-2 pounds a week. Heather is a Shaklee 180 Specialist.

BEFORE

AFTER



HEATHER'S HAPPILY EVER AFTER-AFTER®

"My health and really my whole life has transformed, and not just mine, but my family's too."

Heather



Happily ever After-After®

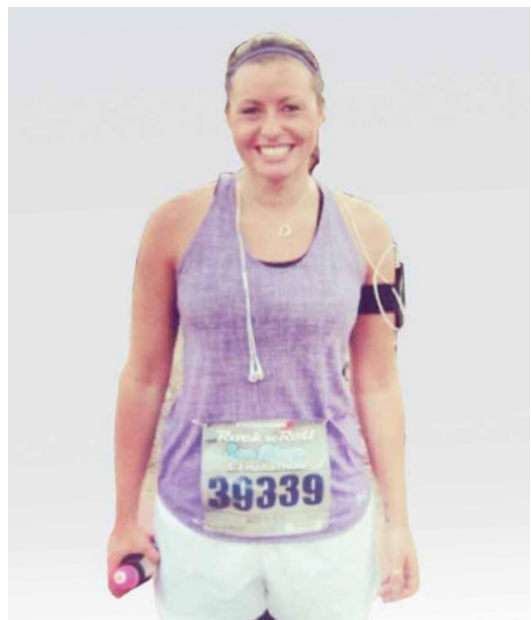
Get inspired with these empowering
Shaklee 180® success stories.



ASHLEY

Before & After "I was so self-conscious about my body that I didn't even feel comfortable in front of my boyfriend. And I was frustrated; I put a lot of hard work into losing weight, and no matter how active I was I just didn't see any changes. Now, I've gained so much muscle, and I've slimmed down in all the places that I was embarrassed about."

Happily ever After-After® "Now, I use my own story to help encourage others."



[!\[\]\(de95854c7ee024cfadc48187bbb781b2_img.jpg\) Watch Ashley's story](#)



SOPHIA

Before & After "I had taken my health for granted, until all of a sudden it was like, "boom", train wreck. Now I feel amazing and I look and feel 100% better than I did 10 years ago!"

Happily ever After-After® "I started my Turnaround™ because I was inspired by someone else's story, so I pay it forward by inspiring and empowering others to take charge of their health."



AARON

Before & After "I used to feel like an outsider. Now, I'm finally able to go out for sports, and I'm president of my high school intramural club!"

Happily ever After-After® "My After-After is my ability to actually enjoy life. I'm no longer in the shadows; I'm living my life!"

*Results and experiences from the Shaklee 180 Program are unique for each person, so results may vary. People following the weight-loss portion of the Shaklee 180 Program can expect to lose 1-2 pounds a week. All the people are Shaklee 180 Specialists.

You've got goals. We've got choices.

Do you need to lose weight?



Shaklee 180® Turnaround™ Kit

Go from Before to After with clinically tested weight-loss products*—and a program designed to burn fat, not muscle.

*The weight loss-portion of the Shaklee 180® Program was tested in a preliminary 12-week clinical study. Meal-in-a-Bars were not included in this study.

To order your kit,
contact your
Shaklee 180®
Specialist today.

Shaklee
180®

Or get Lean & Healthy?



Shaklee 180® Lean & Healthy Kit

Embrace your After-After®
with these clinically tested
products**—and a program
designed to create a leaner,
healthier you.

**In a 9-month study, the use of Shaklee Energizing Smoothies post exercise plus daily use of Shaklee Vitalizer™ improved lean body mass and other markers of health better than exercise alone.

A typical Shaklee 180[®] day

This Shaklee 180[®] Turnaround™ Kit has clinically tested products† to help you reach your weight-loss goals. It starts with healthy products from the #1 natural nutrition company in the U.S. and adds daily feedback, fun incentives, and a vibrant community—everything you need to **Take your shape in a whole new direction™!**

BREAKFAST



LUNCH



Get creative with your Energizing Smoothies by adding your fruit serving. Check out recipes on the mobile app. If you find a good one, share it with the community!

With some schedules it's easier to eat a healthy meal at lunch and have an Energizing Smoothie at dinner. That's perfectly fine!

What are guilt-free foods?

They are snacks that contain fewer than 20 calories per serving, and you can eat 1-2 servings a day. 1 serving is about one cup for veggies.

Celery

Leafy greens

Pickles/cucumbers

Bean sprouts

Raw broccoli

Raw mushrooms

Onion/green onion

Garlic

1-2 tablespoons of condiments

Coffee and tea (black)

†The weight-loss portion of the Shaklee 180 Program was tested in a preliminary 12-week clinical study. The Meal-in-a-Bars were not part of the clinical study.

‡This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

SNACKS



To help get the Leucine you need, make sure to eat a Snack Bar each day. Add in 1-2 servings of guilt-free foods throughout the day to kick the munchies to the curb.

DINNER



With some schedules it's easier to eat a healthy meal at lunch and have an Energizing Smoothie at dinner. That's perfectly fine as long as you stick to the guidelines.



What does a healthy meal look like?

4 oz. of lean protein food

Skinless chicken, pork tenderloin, or lean beef

1 cup of vegetables

Summer squash, broccoli, or asparagus

A small serving of starch

Small baked potato, $\frac{1}{3}$ cup brown rice, or 6" tortilla

A smart salad

Healthy leafy greens, veggies, and our low-calorie salad dressing recipe

Sensational Shaklee 180® Energizing Smoothies

Sip your way to better health and a slimmer shape

Here's why a Shaklee 180 Energizing Smoothie helps you succeed where other products leave you flat:

Packed with protein.

Protein curbs hunger and helps maintain energy. Our Smoothies contain **24 grams of protein***—as much as four eggs. Enough to keep you satisfied and feeling great.

Burn fat, not muscle.

The essential amino acid Leucine helps build and maintain lean muscle mass. One Smoothie contains as much Leucine as a 5 oz. chicken breast.

Fiber-rich.

Six grams per serving—as much as one cup each of broccoli, cauliflower, and pineapple—to help with digestion and promotes intestinal health.

Plus

Calcium*—as much as two cups of milk.
Vitamin D*—as much as 10 oz. of fresh tuna.

And,

NO GMO soy protein

NO cholesterol

NO gluten

NO artificial flavors

NO artificial sweeteners

NO artificial preservatives



FOR LESS THAN
\$3 PER MEAL

*Prepared as directed with
1 cup of nonfat milk

Super nutrition at a super value

One Shaklee 180® Turnaround™ Kit gives you two meals a day for a month for \$269.95. To get the same healthy nutrients, you'd spend more than \$1,200 at the store.

Protein



20 dozen eggs

Fiber



192 cups broccoli



192 cups pineapple



192 cups cauliflower

Calcium



8 gallons of nonfat milk

Vitamin D



83 8 oz. steaks of fresh tuna

Leucine



33 4 oz. chicken breasts

or



\$1,200

\$269.⁹⁵

The nutrient content of Shaklee 180 products is not the same as the amount of nutrients found in the foods shown. Detailed nutritional values for Shaklee 180 products can be found on product labels. The foods listed above were purchased at national grocery stores. Every food provides nutrients beyond those listed in the chart.

It's simple to get started

Lose weight or
get Lean & Healthy

Viki

Healthy Rewards winner
Shaklee 180 Specialist



*Results and experiences from the Shaklee 180 Program are unique for each person, so results may vary. People following the weight-loss portion of the Shaklee 180 Program can expect to lose 1-2 pounds a week. Viki is a Shaklee 180 Specialist.

Become a Shaklee 180[®] Specialist and earn income



"With Shaklee 180, we took our business to the next level. My wife and I were already successful with Shaklee, but the Shaklee 180 Program really helped us grow dramatically. By following their simple steps we've built a solid business that generates a six-figure income. We've also traveled the world—to places like Bora Bora, the Bahamas, and the Mayan Riviera. Thank you, Shaklee 180!"

Nathan
Shaklee 180 Specialist



Learn more about
becoming a Specialist

"Becoming a Shaklee Specialist just happened naturally.

I used Shaklee 180 myself, and as my body got leaner everyone wanted to know how I did it, and how they could, too. And just like that I was making a lot of extra income—more than I ever imagined—helping other people get the same results I did.

Now I have tons of customers, teams of other Specialists, and a brand new car. But even better, I've been able to continue being a stay-at-home mom! It's definitely one of the best things that's ever happened to me and my family."

Tasha
Shaklee 180 Specialist



*The average annual income in 2013 for the Business Leader ranks ranged from \$10,065 for Directors to \$49,731 for Executive Coordinators to \$650,919 for Presidential Master Coordinators. Average annual income by rank is based on the average monthly income as reported on Form 1099-MISC, for all U.S. Business Leaders who held the rank that month and added for the 12 months of 2013. Results will vary with effort. Shaklee Corporation does not guarantee that any particular income level will be achieved. Full details concerning the plan can be found at MyShaklee.com.