

# TAKING CHARGE OF YOUR HEALTH

## Interest Indicator

Yes, I am interested in learning more about the Shaklee products that support women's and children's health through the following life stages:

### Women's Health

**General Supplementation**—ideal for preconception nutrition all the way through menopause and beyond

- Multivitamin-Multimineral—nutritional foundation**  
Antioxidants [carotenoids, vitamins C (500 mg) and E (200 IU)\*]  
Omega-3 fatty acids (EPA and DHA)  
Probiotic for digestive and immune support\* } **Vita-Lea® without iron, Vita-Lea with Iron, Vita-Lea Gold®; or Shaklee Vitalizer + Iron™, Shaklee Vitalizer™, or Shaklee Vitalizer Gold™**
- Healthful breakfast** ..... **Cinch® Shake Mix**

### Targeted Needs

- Pregnancy\*\*/Breast-feeding\*\***  
Multivitamin-Multimineral—nutritional foundation with folic acid ..... **Vita-Lea without iron or Vita-Lea with Iron**  
Healthful source of calories and high-quality protein ..... **Cinch® Shake Mix (soy and whey protein options), Cinch® Meal-in-a-Bar, Cinch® Snack Bar, Energizing Soy Protein**  
Extra fiber—for digestive support, occasional constipation ..... **Shaklee Fiber Plan®**  
Additional iron as needed. .... **Iron + C**
- Perimenopause and Menopause**  
Phytoestrogens for menopausal transition ..... **Menopause Balance Complex\*, Cinch Shake Mix, Cinch Meal-in-a-Bar, Cinch Snack Bars, Energizing Soy Protein**
- Weight Management**  
Meal-replacement drinks, snack bars, meal bars, dietary supplement, and tea mix ..... **Cinch® Inch Loss Plan**
- Heart Health\***  
Omega-3s, coenzyme Q<sub>10</sub>, fiber, soy phospholipids ..... **OmegaGuard®, CoQHeart®, Shaklee Fiber Plan, Cholesterol Regulation Complex\***
- Stress\***  
Botanicals, L-theanine, B vitamins ..... **Stress Relief Complex\*, B-Complex (also consider MoodLift® Complex\*/ Gentle Sleep Complex\*)**
- Bone Support\***  
Calcium, magnesium, vitamin D, and trace minerals ..... **OsteoMatrix®**
- Cellular Anti-aging\***  
Resveratrol, muscadine, elderberry, purple carrot ..... **Vivix™**
- Immune Support\***  
Botanicals, vitamins C and E, carotenoids, flavonoids ..... **Nutriferon®, Sustained Release Vita-C®, Vita-E®, CarotoMax®, FlavoMax®**
- Joint Health\***  
Glucosamine, omega-3s, botanicals ..... **Joint Health Complex\*, OmegaGuard, Pain Relief Complex\***
- Memory Support/Brain Health\***  
Botanicals, omega-3s ..... **Mental Acuity Plus®\*\*, OmegaGuard, Memory Optimizer®\*\***

### Children's Health

- Multivitamin-Multimineral**  
Nutritional foundation ..... **Shakleebaby™ Multivitamin & Multimineral Powder for Infants and Toddlers, ShakleeKids™ Incredivites™**
- Healthful Breakfast or Protein-Rich Snack** ..... **Cinch Shake Mix (soy and whey protein options), Cinch Meal-in-a-Bar, Energizing Soy Protein, Meal Shakes**
- Added Immune Support\*** ..... **Chewable Vita-C**
- Digestive Support\***  
Pre- and probiotics ..... **Optiflora® Two-Product System**
- Brain Health**  
Omega-3s (DHA and/or EPA) ..... **ShakleeKids Mighty Smart™ DHA Chews, OmegaGuard (for older children)**

Yes, I know others who would like to learn more. Please contact:

Name \_\_\_\_\_ Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Area of Interest \_\_\_\_\_

\*\*Women who are pregnant or breast-feeding should discuss their use of supplements with a physician.

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