Shaklee
Creating Healthier Lives®

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June Feature

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Nutrition SPORTS

at MyShaklee.com

HEALTH SCIENCES BULLETIN Go

Summer is Here!

The long, warm days are inviting us to get outside and get active. Now is the time to kick your fitness regimen into high gear whether you are an experienced athlete or a weekend warrior. And Shaklee is here to support you every step of the way with tips and product suggestions. Put on your tennis shoes and get ready for a healthy, fit, and active summer!

Five Tips to Maximize Your Workout

1 Optimize Your Workout by Staying Hydrated

Did you know that 46% of exercisers are likely to go to the gym dehydrated? This is according to a study published in 2006 in Applied Physiology, Nutrition, and Metabolism. Dehydration reduces aerobic endurance and can result in increased body temperature, increased heart rate, disorientation, and even physical collapse.

Learn More

Whether you are going for a long bike ride or are simply gardening for the day, the best way to stay hydrated this summer is to drink Shaklee Performance®. Shaklee exclusive OptiCarb® formula contains carbohydrates for endurance and electrolytes for quick hydration.

2 Eat a Light Meal ***Before*** Your Workout

Learn More

Eating a large meal prior to a workout may leave you feeling sluggish or with cramps because your muscles and digestive system are competing for energy sources. On the other hand, not eating can cause low blood sugar levels leaving you feeling weak or faint.

For optimal performance, try a Cinch™ Snack Bar or Meal-in-a-Bar one to two hours prior to your workout. The nutrients are rapidly absorbed and Cinch Bars are powered by Leucine™ to help preserve muscle.

3 Replace Protein ***After*** a Workout

Learn More

Have you ever strayed from an exercise regimen because you didn't recover quickly enough from a workout? Most of us have. But you can enhance recovery by replenishing your body with protein and carbohydrates immediately after a workout to replenish glycogen stores that are depleted during exercise.

Stick to your exercise regimen by drinking Shaklee Physique® immediately after your workout. Physique contains Bio-Build® to give you the nutrients you need to rapidly recover and repair muscle tissue.

Shaklee Cinch Whey Shakes are also a perfect post-workout option. Whey protein is a complete protein and is one of the richest known sources of naturally occurring branched-chain amino acids, including leucine which plays a critical role in muscle protein synthesis and muscle growth.

4 Keep your Joints Healthy

Learn More

Getting that last mile in, struggling for that last weight-lifting rep, or playing that extra set of tennis can be tough on joints. Joints, the junction where one bone meets the other, are protected by cartilage, a resilient shock absorber. Joint health can be affected by many factors, including exercise and simple day-to-day activities.

Help put the spring back in your step with Joint Health Complex . Joint Health Complex* contains glucosamine, a key building block for larger molecules such as proteoglycans, which give cartilage elasticity, strength and resiliency. And when you overdo a workout

5 Daily Nutrition is Key to Every Workout

Learn More

Athletes need to make sure that their bodies are in top form and that means getting important vitamins, minerals, and other nutrients every single day. For example, antioxidants are critical to prevent free radical damage caused by increased oxygen utilization during exercise and the B vitamins convert the food you eat into fuel for working muscles.

Shaklee Vitalizer™ is the perfect supplement for daily nutritional support. Vitalizer contain more than 20 antioxidant compounds and essential vitamins in it's comprehensive approach to health, wellness, and vitality.

this summer, try rubbing Shaklee's Joint and Muscle Pain Cream into the affected area to provide temporary relief for occasional joint and muscle pain.

For other tips and suggestions, click here.

Dean Karnazes

ULTRA MARATHONMAN

Shaklee is proud to announce its partnership with the Ultra Marathon Man, Dean Karnazes. Karnazes is an endurance runner extraordinaire and has been saluted by Outside magazine as "America's Greatest Runner". He has also been hailed as one of the "Top 100 Most Influential People in the World" by TIME magazine and Men's Fitness says Karnazes may be the "fittest man on the planet". Karnazes is also author of the best-selling autobiography *Ultramarathon Man: Confessions of an All-Night Runner*.

Here are just a few of Dean's accomplishments: Winning the Atacama Crossing, a brutal 6-day race across Chile's most inhospitable desert; winning the Badwater Ultramarathon, 135 miles through the bowels of Death Valley in July; running a hellish minus-40-degree race through the South Pole (in running shoes); running 50 marathons in 50 states in 50 consecutive days and finishing with the NYC Marathon (which he completed in 3 hours flat); swimming across the San Francisco Bay; climbing Yosemite's Half Dome; mountain-biking for 24 hours straight; and surfing the monstrous waves off Hawaii's coast.

Learn more about how Dean relies on Shaklee products to train and compete in endurance running! Click here to read Dean's bio

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Peak Performers

Shaklee has sponsored a number of other world class athletes like Craig Blanchette (Handcyclist - Wheelchair Racer) Kent Bostick; (Cyclist) Eli Bremer (Pentathlete); Bethany Hart (Bobsledding and Hammer throw); Carla Overbeck (Soccer Player); Carly Piper (Swimmer); Shannon Porges (Triathlete); Carl Rundell (Marathon Runner); Darin Shapiro (Water Skier and Wakebaorder); Michelle Simpson (Water Skier); U.S. Ski and Snowboarding Team.

The Shaklee Difference

The Shaklee difference begins with exhaustive research performed by our in-house team of over 70 professional scientists including experts in chemistry, medicine, nutrition, and human performance. That's why leading athletes, world-class explorers, and millions of people rely on Shaklee everyday to achieve great things.

- Fifty-four (54) gold medalists have been powered by Shaklee

Check out the complete list of Shaklee partner athletes here

- Seven (7) of TIME-LIFE BOOKS' 25 Greatest Adventures of All Time have been powered by Shaklee
- Elite world-class explorers like Will Steger, Sir Edmund Hillary, and Jacques Cousteau have used Shaklee on their expeditions.

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* 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.