

READY • SET • WELLNESS

BOOKLET



READY

to have more energy,
sleep better, live healthier,
and feel younger?

SET

your personalized path
to true wellness and
healthy habits.

WELLNESS

is in reach with clinically
proven products from the
pioneers of wellness.

Take a few minutes to read through
this short booklet. You'll learn the
importance of proper nutrition, the
science, and proven results of our
products, and how simple it is to start
your wellness journey with the
Ready Set Wellness Bundle
for a special price of \$189
(up to \$325 value).

Ready
· Set ·
Wellness



WHOLE-BODY WELLNESS STARTS FROM WITHIN

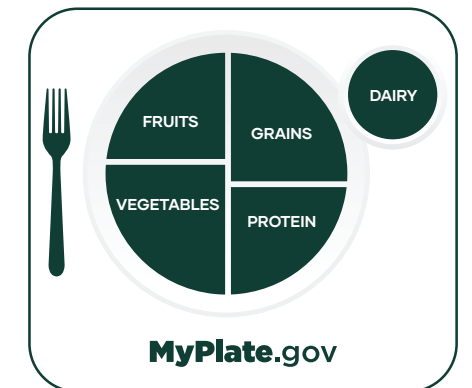
Good nutrition is the foundation of good
health but eating healthy isn't always easy.

Most People Do Not Get the Micronutrients They Need From Diet Alone

Almost 60% of Canadians are not getting the
recommended daily amount of at least one nutrient.

Over half of adults (59.6%) eat fewer than five
servings of vegetables and fruit each day.

Canada's Food Guide recommends 5 servings of
vegetables and fruit per day, for children aged 4 to
8 years, and 7 to 10 servings per day for adults.



LANDMARK HEALTH STUDY

TWO STUDIES, A LIFETIME OF PROVEN RESULTS

The Landmark Health studies comprise the first multi-study, comprehensive look at the health impacts of long-term usage of dietary supplements. They compared long-term Shaklee adherents with a control group of US adults who took either no supplements or two or fewer supplements. The results were truly remarkable.^{1,2}

SHAKLEE USERS HAD HEALTHIER BIOMARKERS AND HIGHER BLOOD NUTRIENT LEVELS

32%

LOWER LEVELS OF TRIGLYCERIDES²

a critical biomarker for heart health

36%

LOWER LEVELS OF C-REACTIVE PROTEIN²

a key biomarker for long-term biological stress

13%

LOWER LEVELS OF HOMOCYSTEINE²

an indicator of brain and cognitive health

32%

HIGHER HDL²

"good" cholesterol associated with a lower risk of heart disease

1. Block et al., "Usage patterns, health and nutritional status of long-term multiple dietary supplement users – a cross-sectional study" Nutrition Journal 2007, 6:30-41.

2. Jacques et al., A beneficial cardiometabolic health profile associated with dietary supplement use: A cross-sectional study. Int J Vitam Nutr Res. 2021 Mar 1:1-11.



A biomarker (biological marker) is an objective measure that captures what is happening in a cell or an organism at a given moment.

Scientifically Proven Supplementation

Increased energy, physical strength, mental clarity, and emotional well-being come from a solid nutritional foundation. This is where supplementation comes into play. While supplements should never replace a healthy diet, they fill the gaps in your nutrition. **It's proven: the Landmark Health studies showed that people who regularly take Shaklee supplements have significantly better biomarkers of health compared to people who take no supplements at all.**



THE SHAKLEE DIFFERENCE



SAFE

Our products are Beyond Organic
3x US Pharmacopeia standards
350+ harmful contaminant tests
Over 100K quality tests are run annually

PROVEN

70+ patents/pending
110+ published clinical studies on our products
Millions of healthy and happy customers

100% GUARANTEED. EVEN IF IT'S 100% USED UP.

We stand behind our products with a 100% money-back guarantee – no questions asked.

HISTORY OF FIRSTS



First to invent multivitamins in the U.S.



First in the world to obtain Climate Neutral Certification



First to introduce an Earth Day product



First long-term proof of supplement benefits

The Landmark Health Study





LET US HELP YOU LIVE WELL

With so many obstacles to proper nutrition including, diet, stress, and busy schedules, taking steps to improve your wellness is critical. The Ready Set Wellness Bundle is the best way to get started.

Create Your Personalized Bundle in 3 Simple Steps



STEP 1

Choose your vitamins

Get advanced nutrition with a full spectrum of clinically supported vitamins, minerals, antioxidants and more in one convenient Vita-Strip®.

STEP 2

Choose your Life Shake™ to replace one meal every day

A delicious protein shake that tastes like a treat with 20 g protein, 6 g fibre, and 24 essential vitamins and minerals per serving.

Pick your plant protein source and flavours

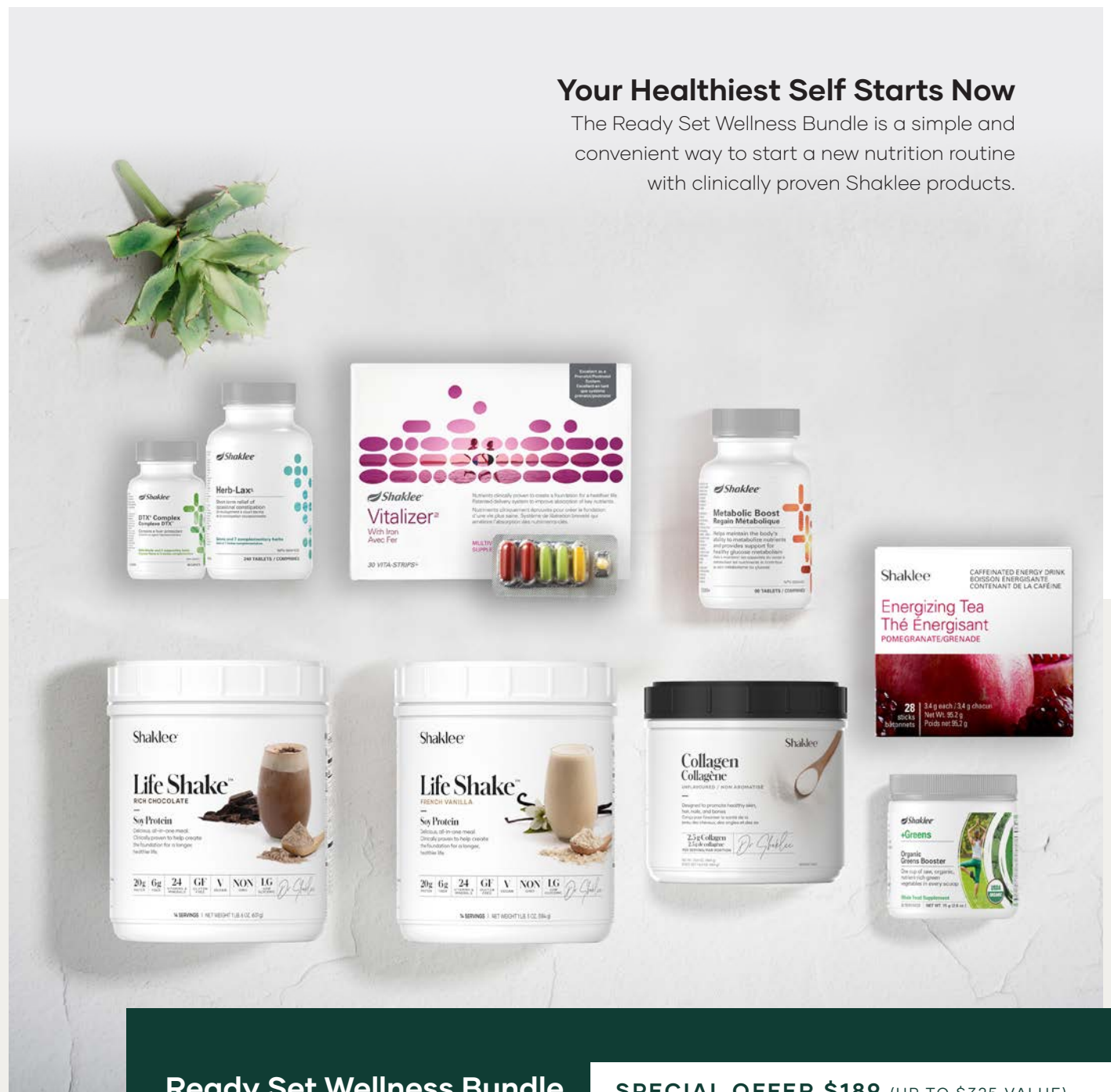
STEP 3

Choose your Boost to enhance your wellness routine

Pick one of our best sellers for a boost of energy, cleanse, organic greens, beauty or reduced food cravings.

Your Healthiest Self Starts Now

The Ready Set Wellness Bundle is a simple and convenient way to start a new nutrition routine with clinically proven Shaklee products.



Ready Set Wellness Bundle

SPECIAL OFFER \$189 (UP TO \$325 VALUE)

Contains 30-day vitamins, 2 Life Shakes, and a bonus product of your choice.

Whether you want more energy, a boost to your beauty routine, or a complete system reset, this bundle helps you make healthy choices each day and meet your personal health goals.

Instantly unlock FREE Membership, free shipping, and 25 Loyalty Points* with purchase.

*For complete rules, visit www.ca.shaklee.com/current-offers

STEP 1

COMPREHENSIVE VITAMINS



Advanced nutrition in one convenient Vita-Strip®.

Vitalizer With Iron

Ideal for women; excellent as a prenatal/postnatal multivitamin

Vitalizer Without Iron

Ideal for men

Vitalizer Gold

Ideal for active adults over 50; available with or without vitamin K (for those taking blood-thinning medications)

Vitalizer is based on 12 clinical studies and the Landmark Study: one of the largest studies ever done on long-term supplement users. It showed that people who took multiple Shaklee supplements had markedly better health than those who took no supplements at all.

Vitalizer uses **Shaklee Micronutrient Advanced Release Technology™ (S.M.A.R.T.)**: a unique, patented delivery system designed to dramatically improve absorption of key nutrients, ensuring the right nutrients get to the right place at the right time.

VITA-LEA®

Designed to dissolve in less than 30 minutes in the stomach and to enhance absorption of folic acid from the patented micro coating.

B+C COMPLEX

Provides up to 198% greater absorption of B vitamins over 12 hours, as shown in a clinical study, through sustained-release delivery to the small intestine.

CAROTO-E-OMEGA

Enteric coating helps reduce fishy aftertaste by delivering omega-3 fatty acids, carotenoids, vitamin E, and other fat-soluble nutrients to the upper intestine.

OPTIFLORA® PROBIOTIC

Delivers healthy microflora to the lower intestine through triple-layer encapsulation technology, protecting them from stomach acid.



STEP 2

CHOOSE YOUR LIFE SHAKE™



Life Shake

A Convenient and Delicious Meal Substitute

- Boosts energy and satiety with 20 g ultra-pure protein containing precise ratios of all 9 essential amino acids
- Supports heart, brain, vision, immune, bone, and overall health with 24 essential vitamins and minerals
- Promotes healthy digestion and regularity with 6 g dietary fibre and a proprietary prebiotic from an ancient grains blend
- Available in 4 delicious flavours, Rich Chocolate, French Vanilla, Strawberry, and Café Latte

Powered By Leucine®

Leucine is the best, most effective branched chain amino acid used in the biosynthesis of proteins.

Clinically proven to help you:*

- Build lean muscle
- Burn fat
- Support metabolism

Key Ingredients



PLANT-BASED PROTEIN

Plant protein obtained from high-quality, non-genetically modified soybeans. Also available - Plant-based protein obtained by extracting protein from yellow peas.



LEUCINE

Leucine is one of 20 amino acids – the building blocks of all proteins in our body – and is among the nine essential amino acids that must be obtained via food.



ORGANIC CHIA AND PUMPKIN SEED PROTEIN

Chia seeds are a good source of protein, fibre, and omega-3s. And pumpkin seeds are an excellent source of protein, fibre and other nutrients.



Contains 9 Essential Amino Acids

All the essential amino acids that your body cannot make and must get from food.

STEP 3

CHOOSE YOUR BOOST

Your daily routine deserves a boost. Enhance your nutrition routine with the targeted solution that works best for you.



Cleanse Products

For a clean start

For Healthy Liver Function

- DTX® Complex**
Daily support for your body's detoxifier

DTX Complex is uniquely formulated with milk thistle extract standardized to 80% silymarin, a natural bioflavonoid complex that exerts powerful protective effects within the liver. This proprietary botanical blend also contains reishi mushroom, schisandra, dandelion, artichoke, and turmeric extracts.

For Those Times You Need Relief

- Herb-Lax®**
Natural, gentle laxative to cleanse the digestive system

Herb-Lax offers gentle help for those infrequent periods of irregularity. An original Dr. Shaklee formula, Herb-Lax contains an enhanced proprietary blend including senna leaf plus several complementary herbs, which encourages a mild cleansing action to aid the body's natural processes.

DTX® Complex Key Ingredients

SCHISANDRA
(*Schisandra chinensis*) (fruit)

MILK THISTLE
(*Silybum marianum*) (seed)

DANDELION
(*Taraxacum officinale*) (root and leaf)

REISHI MUSHROOM
(*Ganoderma lucidum*) (cap and stalk)

TURMERIC
(*Curcuma longa*) (rhizome)

Herb-Lax® Key Ingredients

SENNOSIDES FROM SENNA
(*Cassia angustifolia*) (leaf)

LICORICE
(*Glycyrrhiza glabra*) (root)

ANISE
(*Pimpinella anisum*) (seed)

SWEET FENNEL
(*Foeniculum vulgare*) (seed)

STEP 3 CHOOSE YOUR BOOST



Shaklee Collagen

Your Daily Beauty Booster

Designed to include all 9 essential amino acids needed to support the synthesis of protein, including collagen. Also contains biotin and vitamin C.

- Supports collagen and protein synthesis
- Supports healthy hair, skin, and nails
- Supports healthy joints
- Protects against damage caused by free radicals

Why are all 9 essential amino acids required to synthesize collagen when collagen contains only eight essential amino acids?

Shaklee Collagen contains all 9 essential amino acids, thanks to a combination of collagen and pea protein. Collagen contains detectable amounts of only eight essential amino acids, but all nine are required to support protein synthesis. So, we combined 2.5 g of collagen plus 1 g of pea protein to create Shaklee Collagen. This blend of collagen and pea protein provides all nine essential amino acids, vitamin C, and biotin to support the production of all proteins, including collagen.

Key Ingredients

HYDROLYZED COLLAGEN TYPES I AND III

Hydrolyzed collagen is digested, absorbed quickly, and dissolves easily in your favourite drink.

BIOTIN

Biotin, also known as vitamin B₇, is an essential water-soluble vitamin that supports healthy hair, skin, and nails.

VITAMIN C

Vitamin C is an essential water-soluble vitamin, and it's required by enzymes that help make collagen. It also has antioxidant properties, protects against damage caused by free radicals, and helps with immune function. It also helps prevent skin damage caused by UV light exposure.^{1,2}

1. McArdle F, Rhodes LE, Parslew R, Jack CI, Friedmann PS, Jackson MJ. UVR-induced oxidative stress in human skin in vivo: effects of oral vitamin C supplementation. *Free Radic Biol Med.* 2002 Nov 15;33(10):1355-62. PMID: 12419467.

2. Fuchs J, Kern H. Modulation of UV-light-induced skin inflammation by D-alpha-tocopherol and L-ascorbic acid: a clinical study using solar simulated radiation. *Free Radic Biol Med.* 1998 Dec;25(9):1006-12. PMID: 9870553.

STEP 3 CHOOSE YOUR BOOST



Metabolic Boost

Helps maintain the body's ability to metabolize nutrients and provides support for healthy glucose metabolism. It contains a proprietary thermogenic blend with calorie-burning, clinically proven EGCG (from green tea). It also helps provide support for healthy blood glucose levels, which, in turn, may help keep your energy up and your food cravings down.

Benefits

- Helps burn calories naturally
- Helps provide support for healthy blood glucose levels
- Helps your body metabolize carbohydrates and fats

Key Ingredients

GREEN TEA
(*Camellia sinensis*)
leaf extract

EVODIA
(*Euodia ruticarpa*)
fruit extract

BANABA
(*Lagerstroemia speciosa*)
leaf extract

CHROMIUM
(chromium polynicotinate)

VANADIUM
(sodium metavanadate)

STEP 3 CHOOSE YOUR BOOST



Energizing Tea

Energizing Tea is an antioxidant-rich blend of green, white, and red teas that provides a natural way to head off the slumps when you need a quick pick-me-up. Enjoy morning or afternoon, hot or cold. No artificial flavours, sweeteners, colours, or preservatives added.

Available in earthy Green Matcha, juicy Pomegranate, immune-supporting Elderberry

How much caffeine is in a serving of Energizing Tea?

All flavours contain approximately 70 mg of caffeine: about the same as 2/3 of a cup of coffee.

Why We Love It

- Non-GMO
- Gluten free
- Delicious hot or cold
- Star-K kosher

Key Ingredients

GREEN MATCHA

Made from the leaves of an evergreen shrub native to East Asia. To make matcha green tea, the leaves from the tea shrub are protected from sunlight for several weeks. The leaves are then handpicked, steamed, dried, and ground to a very fine powder.

WHITE TEA

Made from the leaves of an evergreen shrub native to East Asia. It is made from the young, immature tea leaves of the tea shrub that are picked right before the buds have fully opened.

ROOIBOS RED TEA

Made from a tea plant native to the Cederberg Mountain region of South Africa. It is made from the leaves and stems of the plant. The leaves and stems are cleaned, extracted, and then concentrated and dried. Rooibos red tea is rich in polyphenols and has a mild, sweet fruity taste.

ELDERBERRY

Prepared from the ripe, black berries of the black elder, a tall shrub native to Europe. Elderberries are rich in immune-supporting antioxidants.

STEP 3 CHOOSE YOUR BOOST



Organic Greens Booster

One Cup of Raw, Organic, Nutrient-Rich Green Vegetables in Every Scoop

A whole food supplement that packs the goodness of one cup of raw, organic, nutrient-rich green vegetables in every scoop, making it easy to get the vegetables often missed in meals.

- Contains dehydrated kale, spinach, and broccoli in their purest forms, with all the fibre intact
- An excellent source of vitamin K; also contains other vitamins and minerals, along with the phytonutrients lutein and zeaxanthin
- Only 10 calories per serving
- Gluten free, Vegan, Non-GMO and Kosher

1 scoop
EQUALS
**1 cup kale,
spinach, and
broccoli**



**Add Organic Greens
Booster to:**

**YOUR
FAVOURITE
LIFE SHAKE™**

**SMOOTHIES
OR OTHER
BEVERAGES**

**SOUPS,
STEW, AND
PASTAS**

**BREADS,
CAKES, AND
MUFFINS**

**ANYTHING
YOUR KIDS
WILL EAT**

START YOUR WELLNESS JOURNEY WITH US

It's easy to enjoy the life-changing benefits of Shaklee. Your Ready Set Wellness Bundle includes free lifetime Membership, giving you perks you can use again and again. You can also upgrade to Ambassador to get paid daily just by sharing products you know and love with others.

Two Ways to Get Started with Shaklee

Become an Ambassador

Make wellness your business and earn extra income by sharing Shaklee with others.

PERKS

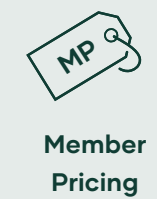


Become a Member

Free With the Ready Set Wellness Bundle

Living healthier just got a whole lot easier. Shaklee Membership gives you more benefits to enjoy on your wellness journey.

PERKS



Best Way to Get Started

Your Healthiest Self Starts Now



SPECIAL OFFER \$189
UP TO \$325 VALUE

Ready Set Wellness Bundle

Includes multivitamins, 2 Life Shake™ in your favourite flavours, and a nutritional booster of your choice. **Unlock free Membership, free shipping, and earn 25 Loyalty Points on your next purchase (1 Point = \$1)**

SHARE YOUR JOURNEY

#SHAKLEE #READYSETWELLNESS

@shakleehq



Want to elevate all areas of your life?

Learn how to make wellness your business

Ready
· Set ·
Wellness