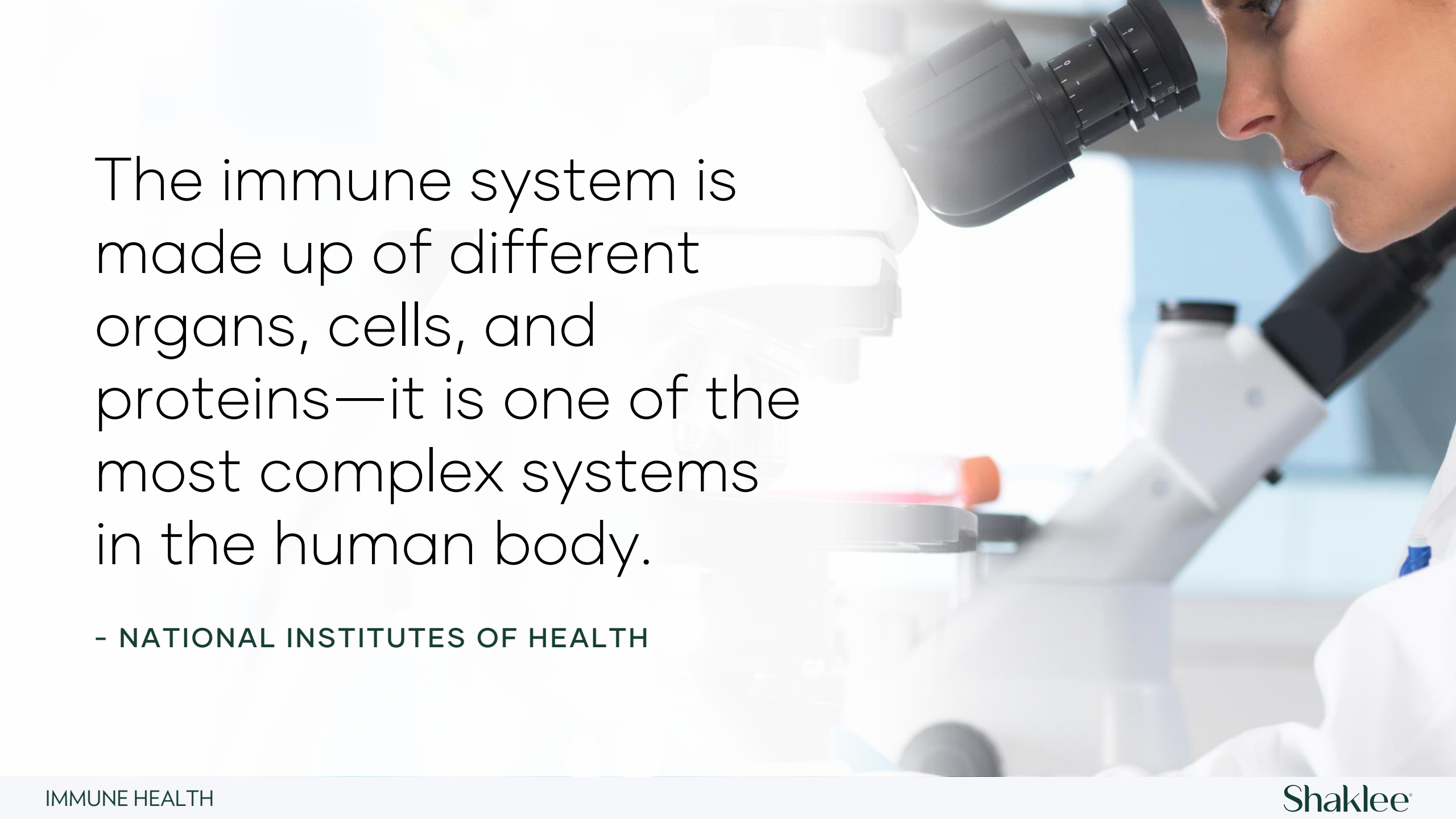


Health Chat

IMMUNE HEALTH

Shaklee®





The immune system is made up of different organs, cells, and proteins—it is one of the most complex systems in the human body.

- NATIONAL INSTITUTES OF HEALTH

The immune system protects the body like a guardian from harmful influences from the environment and is essential for survival.

- NATIONAL INSTITUTES OF HEALTH



Help Support Your Immune System

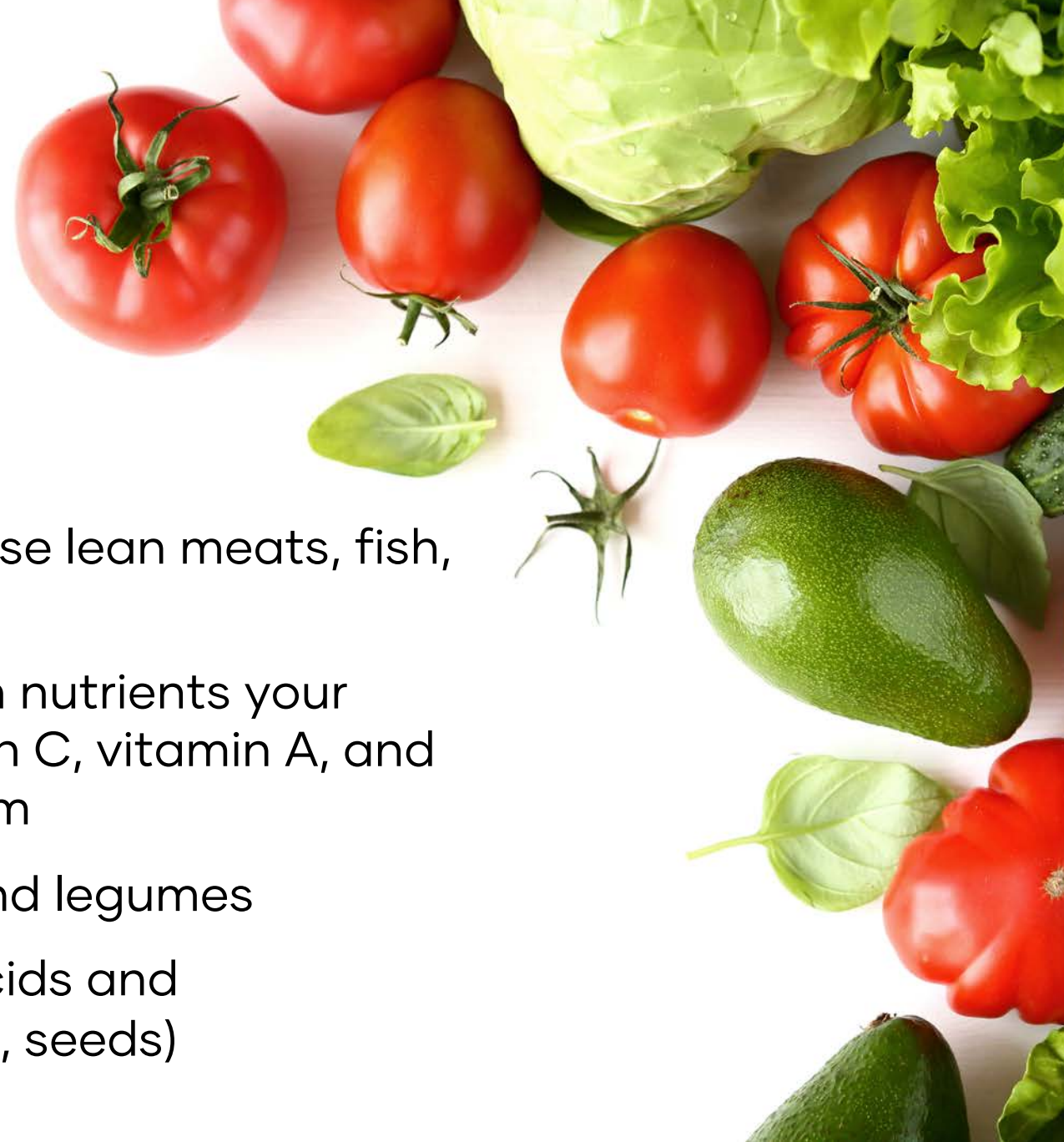
- Good Nutrition
- Getting to a Healthy Weight
- Good Sleep
- Stress Reduction
- Exercise and Rest



Optimum Nutrition Is the Key

To maintain a healthy immune system

- Protein is especially important. Choose lean meats, fish, poultry, and nonfat or low-fat dairy
- Fruits and vegetables. These contain nutrients your body needs, like antioxidants, vitamin C, vitamin A, and minerals such as zinc and magnesium
- Get plenty of whole grains, beans, and legumes
- Eat "healthy fats"—omega-3 fatty acids and monounsaturated fats (olive oil, nuts, seeds)



Getting to a Healthy Weight

To maintain a healthy immune system

- Many struggle to lose weight and look for the latest diet, but losing weight with dieting can often lead to loss of lean muscle, resulting in a slower metabolism.

Which is why diets fail.

- The key is losing the right kind of weight—fat—while preserving muscle to help maintain your metabolism.
- And with a higher metabolism, you can burn more calories whether you are active or at rest.

As an added benefit, you'll see a difference in your shape.



Sleep Helps Support a Healthy Immune System

Lack of sleep can weaken the body's immune system

- Go to bed and get up at the same time daily—turn off electronics an hour before going to sleep
- No caffeine at least six hours before bed
- Avoid alcohol—you may feel tired and fall asleep faster, but it often causes nighttime waking
- Exercise—your mind relaxes easier when your body is tired

Stress Affects Your Immune System

Stress can suppress your immune system

Ways to manage stress:

- Exercise
- Meditate
- Unplug
- Stay positive



Moderate Exercise Can Boost Your Immune System

Provides a boost to immune cells in your body

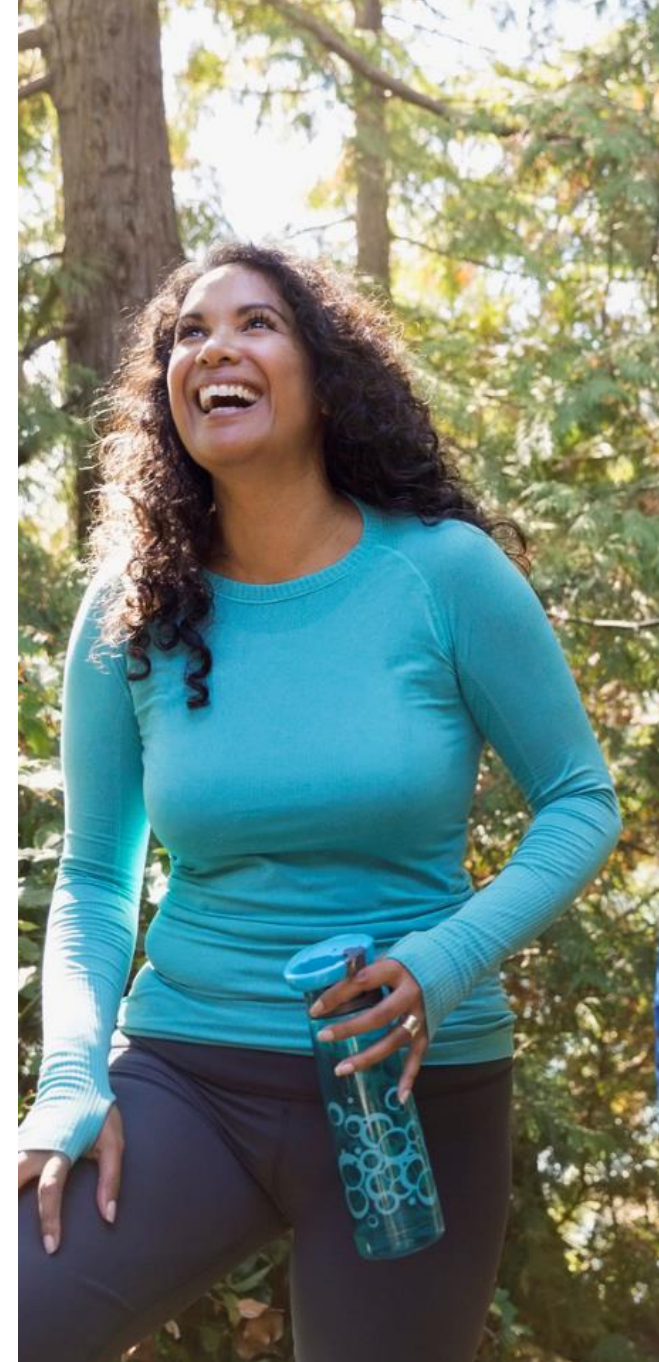
Stay consistent: Choose exercises you enjoy and will continue

Exercise enough: 2-1/2 hours per week is recommended

Increase your heart rate: Choose exercises to increase heart rate

Lift weights: Helps build lean body mass and supports bone mass

Start slow and build slow: Make it a habit



Making Healthy Food Choices Every Single Day Can Be Challenging

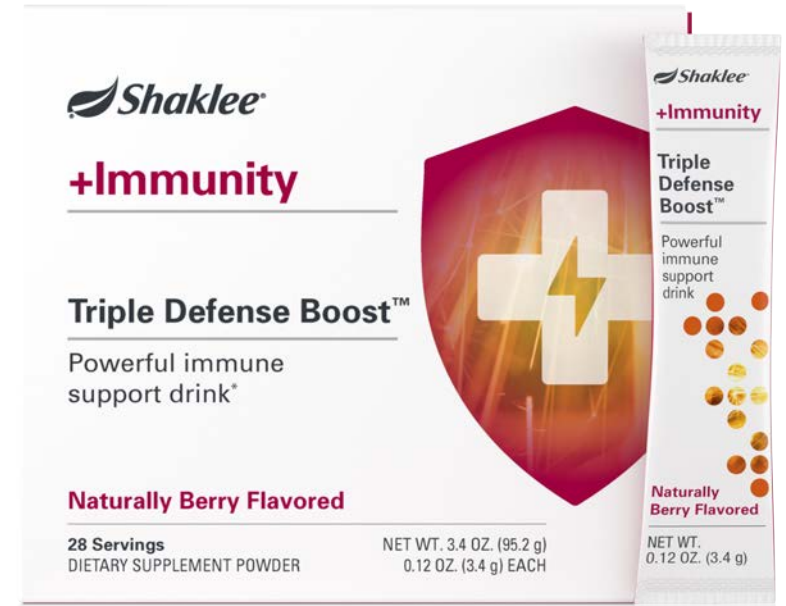


Shaklee Makes It Simple

- Customize to suit your needs
- A healthy meal and essential nutrients



Powering Up Your Immunity*



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

NutriFeron[®]

Patented breakthrough in immune system science

Designed for: Anyone looking for specialized daily support to help maintain healthy immune function.*

What it does: Patented phytonutrient blend shown in laboratory studies to naturally increase interferon at the cellular level.* Take 2 caplets daily.

The Shaklee Difference[®]: The only dietary supplement in the United States created by the discoverer of interferon, world-renowned immunologist Dr. Yasuhiko Kojima, who spent decades screening hundreds of botanicals to identify natural interferon boosters.



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For Times of Greater Immune Challenges – Newest Shaklee Powerhouse



Triple Defense Boost

Give your immune system a Triple Boost*

1. Immune Supporting
2. Immune Boosting
3. Immune Defending

Boosts natural killer cell activity 3x[†]

Increases proliferation of other critical immune cells 5.8x[†]

Packed with vitamin C, zinc, vitamin D, plant-based adaptogens, elderberry, and more

Great-tasting berry flavor in convenient stick packs

[†]In laboratory studies compared to control.

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Triple Defense Boost

Why We Love It

- Provides Triple Immune Support with a powerful, comprehensive blend of immune-supporting, patent-pending immune-boosting, and immune-defending ingredients*
- Great-tasting berry-flavored powder in convenient stick packs
- Gluten free, dairy free, soy free, non-GMO, Star-K kosher
- No artificial flavors, sweeteners, or preservatives added

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Other Products to Support Your Health



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Vitamin C

Vitamin C plays a critical role in the body's antioxidant defenses that protect cells and enhance immune function.* Vitamin C is not manufactured or stored in the body and must be replenished through diet. Shaklee offers numerous ways and dosages for daily vitamin C support.



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Sustained Release Vita-C® 500

High-potency vitamin C

Proprietary sustained-release system
clinically shown to raise blood levels of
vitamin C for 12 hours*

Proprietary Rose Hip and Bioflavonoid Blend

Helps maintain natural antioxidant defenses,
cell integrity, and the health of eyes, teeth,
gums, bones, muscles, and blood vessels*



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Vitalized Immunity™

As much vitamin C as 16 oranges

Designed for: An occasional boost when you're facing environmental stress, poor nutrition, pollution, or a busy schedule.*

What it does: Delicious effervescent drink provides foundational, broad spectrum immune support via a blast of 1,000 mg of vitamin C*—as much as 16 oranges.

The Shaklee Difference®: Blend of vitamins, minerals, and a proprietary herbal formula—sweetened naturally with monk fruit.



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Chewable Vita-C®

Cellular antioxidant and immune support*

Perfect for the whole family (ages 4+)

Enhances immune function*

High-potency vitamin C - 250 mg per tablet

Provides the vitamin C of 3½ oranges per tablet

Delicious, natural lemon cream flavor

Gluten free, soy free, kosher dairy

No artificial flavors, sweeteners, or preservatives added



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Defend & Resist Complex

When you feel that first tickle*

Designed for: Intermittent and occasional use when you want extra immune support.*

What it does: Designed to stimulate the body's natural resistance during seasonal challenges.* For occasional use. Swallow, chew, or drink as a tea.

The Shaklee Difference®: A unique combination of traditional herbal immune support—echinacea, larch tree, and elderberry.*



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Not to Forget About Our Kids



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Shakleekids™ Incredivites®

To help your kids stay healthy

Designed for: Kids ages 4-12

What it does: A comprehensive multivitamin with 23 essential vitamins and minerals for healthy development, in an all-natural grape flavor.*

The Shaklee Difference®: Each serving features 100% of the Daily Value of all eight B vitamins, as well as vitamins C and E, which play crucial roles in supporting immune function and more.*



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Shakleekids™ Super Immunity Gummies

Super immunity for your lil' superhero

Formulated for children 4 years and up

Provides immune system support*

Packed with vitamins C & D, zinc, and elderberry extract

Delicious, natural cherry-flavored gummies in a cool bear shape

Tooth friendly

Sugar free, GMO free, gluten free, soy free, vegan

No artificial flavors, sweeteners, or preservatives added

Zero corn syrup. Made with pectin.



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Foundation for a Healthier Life



Fuel Your Immune System with These Powerful Products*

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Get Started Today

