

## FREQUENTLY ASKED QUESTIONS

# Shaklee 180



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### WHAT IS THE SHAKLEE 180® WEIGHT MANAGEMENT PROGRAM?

For weight loss that lasts, it isn't just about food and exercise alone—you need the right nutrition and the right support tools. Powered by Leucine®, our clinically proven Shaklee 180 program helps you keep muscle you have, burn fat you don't need, and lose inches you don't want.† Real science with real results.

We give you a simple, step-by-step program guide, along with healthy meal and shake recipes, exercise programs, meal plans, shopping lists, lifestyle tips, and more.

People who have used the Shaklee 180 Program have not only lost weight but learned how to keep the weight off. Because this plan is designed to work in real life. Perfection isn't necessary. Just desire and perseverance.

You'll see and feel the difference. This is the beginning of a new you—fit for life. Together with us, you will succeed.

### HOW IS THE SHAKLEE 180® PROGRAM DIFFERENT FROM OTHER WEIGHT MANAGEMENT PROGRAMS?

Shaklee 180 is a clinically proven program to help you lose the weight and keep it off. It has helped people lose more than 2 million pounds and over 1 million inches and counting!\*\*\*

It's not a diet that restricts you to certain foods for quick, short-term improvements that are often hard to maintain. Instead, it is a safe, holistic program offering the right nutrition and support tools combined with healthy cooking and regular exercise for weight loss that lasts. Powered by Leucine®, our clinically tested products help you keep lean muscle you have, burn fat you don't need, and lose inches you don't want.

The Shaklee 180 Program has been clinically proven in recent studies conducted by Dr. Wayne Westcott, a leading nutrition researcher from Quincy College. Dr. Westcott's 6-month study, published in the peer-reviewed Journal of Exercise Physiology,

February 2017, showed significant results: Participants lost an average of 14 pounds of body fat, gained on average 4 pounds of lean muscle, and dropped their body fat from 29.5% to 23.75%.

In a 6-month follow-up study, published in the Journal of Clinical Exercise Physiology, June 2018, participants showed improvements in % body fat, lean muscle mass, and waist and hip circumference while maintaining their weight.

### WHY IS SHAKLEE LIFE SHAKE™ PART OF SHAKLEE 180®?

Life Shake is a delicious, clinically proven meal replacement and the foundation of the clinically proven Shaklee 180 Program. It's packed with protein to curb hunger and increase energy.

- Contains 20 grams of ultra-pure, non-GMO protein with precise ratios of all 9 essential amino acids and no added sugar.
- Easy to digest and promotes regularity and digestive comfort, with a proprietary prebiotic from an ancient grains blend and added digestive enzymes for improved protein absorption.
- Includes 200 mg of calcium plus ALA, an essential omega-3 fatty acid, and 23 essential vitamins and minerals clinically proven to support heart, brain, vision, bone, immune, and overall health.
- Low glycemic and available in Plant Protein and Soy Protein formulas. Also available in a Stevia Free Soy Protein formula.
- Life Shake is suitable for everyone in the family.

†As part of the Shaklee 180 Program. Clinical study participants replaced two meals with Shaklee Life Shakes daily and followed a 45-minute exercise program twice weekly. See full details of Life Shake clinical studies at [www.healthresource.shaklee.com](http://www.healthresource.shaklee.com).

\*\* Based upon cumulative sales of Shaklee 180 shakes and the expected average weight loss.

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# Shaklee 180



## The Shaklee 180® Program and Special Diet Needs

### WHICH SHAKLEE 180® PRODUCTS ARE KOSHER CERTIFIED?

The following shakes and Shaklee 180 products are certified as Star-K: Life Shake™ (all nondairy flavors), Shaklee 180 Blueberry & Almond Crisp Meal-in-a-Bar, Shaklee 180 Snack Bars (Crunchy Peanut Butter; Cherry & Almond), Shaklee 180 Metabolic Boost\*, and Shaklee 180 Energizing Tea (both flavors).

The Shaklee 180 Peanut Butter & Chocolate Chip and White Chocolate Cinnamon Meal-in-a-Bars, Shaklee 180 Snack Crisps (both flavors), and Shaklee 180 Toffee & Chocolate Crunch and Chocolate & Coconut Snack Bars are certified as kosher dairy.

### ARE THE SHAKLEE 180® PRODUCTS GLUTEN FREE?

Shaklee 180 products are gluten free.

### CAN I USE THE SHAKLEE 180® PROGRAM IF I AM PREGNANT?

Pregnant women should not be following a weight loss program, nor do we suggest that Metabolic Boost\* be used. Discuss caffeine intake with your obstetrician; if they are okay with a cup or two of caffeinated beverages per day, you can use our Energizing Tea as one serving. Pregnant women can use the Life Shake™, bars, and snacks as part of a healthy diet. Additional calories, protein, and fiber are essential for a healthy pregnancy and a great way to get additional calories each day is to add a Life Shake.

### CAN I USE THE SHAKLEE 180® PROGRAM IF I AM NURSING?

You can follow the Shaklee 180 Program while nursing your baby, but make sure you're eating enough calories and drinking plenty of fluids so breast milk production isn't compromised. We recommend starting with the 1,800-calorie meal plan. We also recommend that you discuss the use of Energizing Tea with your doctor, as it contains naturally occurring caffeine in about the same amount as that found in 2/3 cup of coffee or black tea.

Replace the Metabolic Boost\* supplement with Vita-Lea® Women formula, because Metabolic Boost\* contains the herbal extract evodia, for which the safety of use in nursing women has not been studied. If at any time you notice a change in your breast milk production, you may want to check your calorie and fluid intake or consider discontinuing the program until you've finished nursing your baby.

### I AM VEGETARIAN/VEGAN. CAN I BE ON THE SHAKLEE 180® PROGRAM?

Lacto-ovo vegetarians can use the Shaklee 180 Program. For strict vegans, please note that Life Shake is vegan, but some of the bars contain dairy ingredients, as does the Shaklee 180 Whey Smoothee.

### CAN CHILDREN USE THE SHAKLEE 180® PROGRAM?

This program is not designed for children under the age of 12. However, overweight teenagers (ages 13 to 18) can follow the Shaklee 180 Program, supervised by their parents to assure they are following the program as it is designed. We would also urge that teens see their physician once or twice over the course of their weight loss program.

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# Shaklee 180



## CAN A DIABETIC USE THE SHAKLEE 180® PROGRAM?

All diabetics should be under the care of a medical doctor and should discuss any weight loss program with their doctor. If you have Type 2 diabetes, calorie control and weight loss tend to be critical to the prevention of potential long-term health conditions. Your doctor should evaluate you over time as you lose weight to assess whether your medications need adjustment. The Shaklee 180 Program has been well designed and should be appropriate for most people with diabetes. Simply follow the calorie level your doctor has recommended for you. Life Shake™, Meal-in-a-Bars, and Snack Bars are low-glycemic foods. We also have attempted to guide you toward choosing foods in your meal plan with a low to moderate glycemic index.

## I AM ALLERGIC TO SOY. CAN I BE ON THE SHAKLEE 180® PROGRAM?

The Shaklee 180 Program offers a variety of shakes, including plant or soy protein, and whey formulas. The only other recommended modification to the plan is making appropriate food choices to replace the Snack Bar, which is also a soy protein-based product.

Here are some soy-free alternatives to eating a Snack Bar:

- 1 cup nonfat yogurt, or
- ½ cup nonfat cottage cheese with 1 cup raw vegetables, or
- 1 oz. low-fat cheese with 5 small whole wheat crackers

## About Shaklee Life Shake™ and Shaklee 180® Meal-in-a-Bars

### WHAT ARE THE KEY FEATURES OF THE LIFE SHAKE™?

Life Shake:

- 20 grams of leucine-enriched, energizing protein to help retain your muscle and 6 grams of fiber to help keep you feeling full
- Zero added sugar
- Non-GMO Plant Protein and non-GMO Soy Protein

- Easy to digest and promotes regularity and digestive comfort with a new prebiotic fiber blend of four organic ancient grains, including amaranth, buckwheat, millet, and chia—plus digestive enzymes for improved protein digestion
- Low glycemic
- No artificial flavors, sweeteners, or preservatives added
- Gluten free
- Kosher certified
- Vegan
- Keto-friendly

### WHAT IS LEUCINE AND WHY IS IT AN IMPORTANT INGREDIENT?

Leucine is the most effective branched chain amino acid for preserving muscle mass. It helps you build lean muscle and burn fat. Preserving muscle helps keep your metabolism strong, so you are less likely to regain the weight you lose.

### ARE SHAKLEE 180® PRODUCTS LOW GLYCEMIC?

All Shaklee 180 food products are low glycemic.

### CAN I MIX MY LIFE SHAKE™ WITH WATER?

Yes. However, we recommend nonfat milk or unsweetened soy milk for the best nutritional profile.

### CAN I USE LIFE SHAKE™ FOR ANY TWO MEALS?

Yes. You may use Life Shake as a meal replacement for two meals per day, breakfast, lunch, or dinner, and have one healthy meal per day as well.

### HOW DOES THE SHAKLEE 180® MEAL-IN-A-BAR FIT INTO THE SHAKLEE 180 PROGRAM?

The Shaklee 180 Meal-in-a-Bar is designed to be used as a meal-replacement alternative to the Life Shake™. If you are looking for an on-the-go alternative to the shakes, feel free to substitute one Life Shake a day with a Shaklee 180 Meal-in-a-Bar.

### CAN I USE A SHAKLEE 180® MEAL-IN-A-BAR AS A SNACK?

You may use a half-serving of a Shaklee 180 Meal-in-a-Bar as a snack.

# Shaklee 180



## About Shaklee 180® Energizing Tea

### WHAT IS THE PURPOSE OF SHAKLEE 180® ENERGIZING TEA?

It is not uncommon for all of us to experience occasional dips in energy level, especially when you are reducing your calories to lose weight. Energizing Tea is a great alternative to high-calorie coffee drinks or sodas. Enjoy the tea hot or cold—it will help naturally boost your energy level without sabotaging your success. The Green Matcha flavor has 5 calories. The Pomegranate flavor has 15 calories. Plus, the T-Lift® blend in Shaklee 180 Energizing Tea provides catechins, which have potent antioxidant properties.

### HOW MANY SERVINGS PER DAY OF SHAKLEE 180® ENERGIZING TEA MAY I HAVE?

Each tea stick delivers 70 mg of caffeine, which is roughly the amount found in <sup>2</sup>/<sub>3</sub> of a cup of coffee—so you can consume about the same number of servings of Shaklee 180 Energizing Tea as you would coffee or tea. However, if you are sensitive to caffeine, you may want to try a half-serving of the tea and see how you do with it. If you have been told to eliminate caffeine, do not take the tea.

### WHAT IS WHITE TEA EXTRACT?

White tea is green or black tea that is harvested before the leaves are fully open (baby tea leaves). At that time, the tea leaf buds are still covered with fine white hair, which provides the name “white tea.” The tea leaf buds are steamed to prevent oxidation and then dried. White tea contains more antioxidants than regular green tea.

### WHAT IS MATCHA GREEN TEA POWDER?

Matcha green tea is a special form of green tea and a traditional ceremonial tea in Japan. It is produced from the finest fresh leaves that are handpicked at the earliest harvest and prepared using the whole powder, rather than steeping and discarding the tea leaves, so as to get the full benefit of all of the nutrients in the leaves, including fiber, minerals, and antioxidants.

### WHAT IS ROOIBOS RED TEA?

Red tea is made from the herb rooibos, a native plant from South Africa. It provides antioxidants, including flavonoids such as aspalathin, a unique polyphenolic compound.

## About Shaklee 180® Snacks

### WHAT CAN I SUBSTITUTE FOR SHAKLEE 180® SNACK BARS?

We strongly suggest the Shaklee 180 Snack Bar as your snack. With 120-130 calories, it provides 9-10 grams of protein and three grams of fiber. It’s a great way to add protein to your day and to get some extra leucine to help preserve lean muscle. If you can’t eat the bar, here are some alternatives:

- 1 cup nonfat yogurt, or
- ½ cup nonfat cottage cheese with 1 cup raw vegetables, or
- 1 oz. low-fat cheese with 5 small whole wheat crackers
- 100-calorie package of roasted almonds

### HOW DO I USE SHAKLEE 180® SNACK CRISPS IN THE SHAKLEE 180 PROGRAM?

Shaklee 180 Snack Crisps provide 100 calories and 6 grams of protein per serving. They are a great, savory-tasting alternative to consuming a Shaklee 180 Snack Bar in the context of the Shaklee 180 meal plan guidelines.

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### CAN MY FAMILY CONSUME SHAKLEE 180® SNACK CRISPS?

Yes. Shaklee 180 Snack Crisps are a healthy snack option for all members of your family, including children age 2 and older.

### CAN I CONSUME THE SHAKLEE 180® SNACK CRISPS IF I'M BREASTFEEDING?

Yes. Shaklee 180 Snack Crisps are safe to consume if you are breastfeeding.

### CAN PEOPLE WITH DIABETES CONSUME SHAKLEE 180® SNACK CRISPS?

Yes. However, each serving of Shaklee 180 Snack Crisps contains 13 grams of carbohydrates. We highly suggest consuming the snack crisps in the context of our Shaklee 180 meal plan guidelines and that you monitor your blood sugar as recommended by your doctor.

## About Shaklee 180® Metabolic Boost\*

### SHOULD I TAKE SHAKLEE 180® METABOLIC BOOST\* WITH FOOD OR A LIFE SHAKE™?

Yes. Ideally, you should take one tablet with each Life Shake and one with your prepared meal for a total of three tablets a day.

### CAN I TAKE ALL THREE METABOLIC BOOST\* TABLETS AT THE SAME TIME?

For best results, we recommend you take one supplement three times daily: one with each shake and one with your one meal of the day.

### WHAT IS EVODIA EXTRACT?

Evodia is a natural herbal extract with a history of use in traditional Chinese medicine and has been shown in a number of laboratory studies to have anti-obesity potential.

### WHAT IS PURPLE CORN EXTRACT?

Purple corn, also known as blue corn, is a natural herbal extract that has been shown in a number of laboratory studies to have weight loss potential. It is also a source of anthocyanins, a type of flavonoid known for its powerful antioxidant properties.

### WHAT IS EGCG?

EGCG (epigallocatechin gallate) is a polyphenol and a component of green tea that can help maintain metabolic health. EGCG is one of the key ingredients in Shaklee 180® Metabolic Boost\*.

### CAN I CONTINUE TO TAKE OTHER SHAKLEE SUPPLEMENTS WHILE ON THE SHAKLEE 180® PROGRAM?

It is fine to continue taking other targeted-solution products such as OmegaGuard®, Advanced Joint Health Complex\*, Life-Strip®, Vitalizer™, Vita-Lea®, etc. However, because the ingredients in Glucose Regulation Complex\* (GRC) are included in Metabolic Boost\*, we do not recommend using GRC while on the Shaklee 180 Program.

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# Shaklee 180



## Caffeine in Shaklee 180® Products

### HOW MUCH CAFFEINE IS IN THE SHAKLEE 180® METABOLIC BOOST\*?

Metabolic Boost\* contains green tea extract, which contains a low level of caffeine.

### HOW MUCH CAFFEINE IS IN THE SHAKLEE 180® ENERGIZING TEA?

The tea contains approximately 70 mg of caffeine, about the same as  $\frac{2}{3}$  cup of coffee.

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