




 SHAKLEE®

# KOSHER PRODUCTS



Dear Shaklee Member,

It gives me great pleasure to share with you another remarkable aspect of Shaklee that, once again, truly makes us a pioneer in the industry. In respect for our richly diverse Member base, Shaklee is proud to offer the highest-quality, kosher-certified nutritional and home care products available.

Earning kosher certification is not an easy accomplishment. Shaklee kosher-certified products are routinely and rigorously evaluated by the world-renowned Star-K Certification Organization of rabbis, food technologists, and field supervisors with the expertise and resources to execute the Laws of Kashrus. Before a Shaklee product receives the esteemed Star-K emblem , which ensures that the product follows the highest standards of Kashrus, it must pass high standards, based on the ingredients used in our products and the equipment used to produce them.

In appreciation of our Members who are committed to keeping kosher, please accept this exclusive catalog, featuring more than 40 kosher-certified Shaklee products. Whether you practice the Laws of Kashrus or live a vegetarian lifestyle, take a moment to browse through these pages. I am positive that Shaklee has a product that will meet your standards.

I also invite you to try our Kosher Starter Packs, in which you will find some of our most popular Star-K nutritional products. Ask your Shaklee Independent Distributor how to order yours.

Thank you for being part of the Shaklee Family.

With warm regards,

A handwritten signature in black ink that reads "Roger Barnett". The signature is written in a cursive, flowing style.

Roger Barnett, Chairman and CEO, Shaklee Corporation



## Why Is Shaklee the Perfect Company? It's Called "The Shaklee Difference"

In 1956 vitamin pioneer Dr. Forrest C. Shaklee founded a company based on unshakable values. Those values still hold true today:

### Highest-Quality, Most Effective Products

- **Shaklee products contain the most effective natural ingredients.** As Dr. Shaklee said, *"The road to health, happiness, and fulfillment is found in Nature. Our only task is to follow it, stopping along the way to learn Nature's secrets and enjoy her fruits."*
- **Our product performance is backed by extensive scientific research**, and each product is developed to provide the exact mix of ingredients for promoting optimal health. Shaklee has invested over \$250 million in research and development, backed by independent clinical studies conducted by top researchers.
- **Shaklee products have fueled world record-breakers** in physical endeavors for many of the 20th century's leading achievements, including Mt. Everest and Arctic expeditions and the Daedalus and Voyagers projects.

### Highest-Testing Standards for Purity and Safety

- **Shaklee has the highest standards for the quality of our ingredients.** We conduct as many as 83,000 separate tests annually for purity, freshness, potency, and safety.

- **We only offer products that are scientifically proven to work** — not to capitalize on fads.
- **The Shaklee Scientific Advisory Board includes internationally known physicians and scientists.**

### Uncompromising Commitment to the Environment

- **Shaklee became the nation's first Climate Neutral™ certified enterprise in 2000** by completely offsetting its greenhouse emissions, resulting in a net-zero impact on global warming. Our innovative approach to protecting the environment has received numerous awards.
- **We created one of the first biodegradable cleaners, Basic-H®**, which was chosen as an "Official Earth Day" product in 1990.
- **Our award-winning, environmentally state-of-the-art world headquarters** is a testament to our commitment to the environment.

### Satisfaction Guaranteed

- **All Shaklee products are backed by a 100% satisfaction guarantee.** (BestWater® and AirSource® are covered by their own appliance warranties.)

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### Kosher Certification

The Hebrew word "kosher" means proper or fit. Kosher foods must meet all the requirements of kosher dietary laws as specified in the Bible and rabbinical law. Foods may be rendered non-kosher for a variety of reasons: the species of animal, the improper slaughter or processing of meat, the mixing of meat and dairy ingredients, the use of ingredients from non-kosher sources, the preparation (manufacture) of foods with utensils, or equipment previously used for non-kosher food.

**For a complete list of Shaklee kosher-certified products, see page 17.**

Shaklee Products are certified kosher by Star-K Kosher Certification and Star-D Dairy by the National Council of Young Israel in affiliation with Star-K Kosher Certification. You may obtain actual letters of certification by visiting the Star-K Web site at [www.star-k.org](http://www.star-k.org), calling the Kosher Hotline at 1.410.484.4110, or writing to Star-K Kosher Certification, 122 Slade Avenue, Suite 300, Baltimore, MD 21208. These same letters of certification are also available from Shaklee Field Communications, 4747 Willow Road, Pleasanton, CA 94588-2740.

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We stand behind each and every one of our products. The ingredients, purity, safety, and performance of all our Nutrition, Healthy Home, and Personal Care products are 100% guaranteed.



## Shaklee® Kosher Starter Pack — Star-K Certified Products with the Shaklee Guarantee of Quality

The perfect start for your nutritional program. Here are four favorite Shaklee products packaged together for your convenience. Pure and effective, scientific and proven, each one satisfies kosher standards for certification and provides a wide range of support for lifelong health. The supplements in this solid nutritional base promote healthier hearts,

stronger bones, better lung, breast, colon, and prostate health.\*

Our uncompromising standards for product integrity — ingredient quality, purity, and efficacy — includes a commitment to meeting the rigorous standards of kosher certification important to our valued Members.



**Vita-Lea® Multivitamin/Multimineral with Iron Formula** provides 23 essential vitamins and minerals at clinically proven levels. No more, no less, for optimal health.

**Energizing Soy Protein** is a convenient way to fuel the body with heart-healthy soy protein\* and is offered in two delicious flavors.

**B-Complex** includes all eight B vitamins and promotes a healthy cardiovascular system.

**Herb-Lax®** is a gentle yet fast-acting laxative supplement for occasional use that encourages the body's natural cleansing.\*

**Kosher Starter Pack, Natural Vanilla** ☆  
#80841 30 servings SRP: \$95.60 MN: \$81.25 PV: 63.75  
Contains: one Vita-Lea® with Iron (120),  
one Energizing Soy Protein Natural Vanilla,  
one B-Complex (120), and one Herb-Lax® (60)

**Kosher Starter Pack, Creamy Cocoa** ☆ (not shown)  
#80842 30 servings SRP: \$95.60 MN: \$81.25 PV: 63.75  
Contains: one Vita-Lea® with Iron (120),  
one Energizing Soy Protein Creamy Cocoa,  
one B-Complex (120), and one Herb-Lax® (60)

\*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.



## Shaklee® Kosher Starter Pack Plus — Star-K Certified Products with the Shaklee Guarantee of Quality

Here is a comprehensive nutritional starter program specially designed to support long-term health and well-being with seven powerful products packaged together. In addition to all the critical vitamins, minerals, nutrients, and protein your body needs — in perfect proportions — it includes the all-important protective antioxidants and supplements that provide bone-building and digestive benefits.\*

This solid nutritional base is good news for every BODY at every age. It can mean healthier hearts, stronger bones, better lung, breast, colon, and prostate health.\*

Our uncompromising standards for product integrity — ingredient quality, purity, and efficacy — includes a commitment to meeting the rigorous standards of kosher certification important to our valued Members.



**Vita-Lea® Multivitamin/Multimineral with Iron Formula** provides 23 essential vitamins and minerals at clinically proven levels. No more, no less, for optimal health.

**Energizing Soy Protein** is a convenient way to fuel the body with heart-healthy soy protein\* and is offered in two delicious flavors.

**B-Complex** includes all eight B vitamins and promotes a healthy cardiovascular system.

**Sustained Release Vita-C®** delivers antioxidant power of vitamin C hour after hour, supporting heart and immune health, and more.

**OsteoMatrix™ (120)** A unique matrix of critical nutrients with calcium, vitamins D and K, magnesium, and more to build and maintain strong bones.

**Vita-E® 400 IU plus Selenium** is a naturally occurring vitamin E — easily absorbed and retained for heart health.

**Herb-Lax®** is a gentle yet fast-acting laxative supplement for occasional use that encourages the body's natural cleansing.\*

### Kosher Starter Pack Plus, Natural Vanilla ☆

#59086 30 servings SRP: \$163.95 MN: \$139.35 PV: 109.30  
Contains: one Vita-Lea® with Iron (120), one Energizing Soy Protein Natural Vanilla, one B-Complex (120), one Sustained Release Vita-C®, one OsteoMatrix™ (120), one Vita-E® 400 IU plus Selenium, and one Herb-Lax® (60)

### Kosher Starter Pack Plus, Creamy Cocoa ☆ (not shown)

#59087 30 servings SRP: \$163.95 MN: \$139.35 PV: 109.30  
Contains: one Vita-Lea® with Iron (120), one Energizing Soy Protein Creamy Cocoa, one B-Complex (120), one Sustained Release Vita-C®, one OsteoMatrix™ (120), one Vita-E® 400 IU plus Selenium, and one Herb-Lax® (60)

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### The Perfect Multi— More Nutrients in Perfect Balance

A formula that provides 23 essential vitamins and minerals at clinically proven levels. No more, no less, for optimal health. Plus, the patented Bioactivated Absorption System™ exclusive to Shaklee means enhanced absorption of folic acid, a critical component of complete nutrition. Taken daily,

Vita-Lea® promotes overall health and wellness, supports long-term colon, heart, and eye health, and strengthens the immune system! It's the perfect multi — for perfect health.

#### Vita-Lea® Multivitamin/Multimineral with Iron Formula ☆

#20302 120 tablets/60 servings SRP: \$24.75 MN: \$21.05 PV: 16.50  
#20303 240 tablets/120 servings SRP: \$43.55 MN: \$37.00 PV: 29.05

#### Vita-Lea® Multivitamin/Multimineral without Iron Formula ☆

#20216 120 tablets/60 servings SRP: \$24.75 MN: \$21.05 PV: 16.50  
#20217 240 tablets/120 servings SRP: \$43.55 MN: \$37.00 PV: 29.05



### The Perfect Multi for Adults 50+

Vita-Lea Gold™ is a carefully designed multivitamin/multimineral that contains 23 essential nutrients at clinically proven levels and addresses the four key health concerns for people over 50 — longevity, bone health, vision, and energy.

Vita-Lea Gold is the only multi for people 50+ that offers a choice of formulas: with vitamin K for its bone-building benefits or without vitamin K for those

taking a blood-thinning medication (anticoagulant).

#### Vita-Lea Gold™ with Vitamin K Formula ☆

#20008 120 tablets/60 servings SRP: \$29.95 MN: \$25.45 PV: 19.95

#### Vita-Lea Gold™ without Vitamin K Formula ☆

#20011 120 tablets/60 servings SRP: \$29.95 MN: \$25.45 PV: 19.95



### Think Health, Think Energy

And think taste, too! Energizing Soy Protein is a delicious way to fuel your body with high-quality, heart-healthy soy protein.\*

Energizing Soy Protein is a plant-based, biologically complete protein source that's naturally low in fat, low glycemic, cholesterol free, and replete with all essential amino acids.

As part of a healthy diet, it helps build muscle, skin, and hormones; supports the immune system; helps retain normal cholesterol

levels; and promotes heart and prostate health.\*

#### Energizing Soy Protein Natural Vanilla ☆

#20665 30 oz. (850 grams)/30 servings SRP: \$37.95 MN: \$32.25 PV: 25.30

#### Energizing Soy Protein Creamy Cocoa ☆

#20670 30 oz. (850 grams)/30 servings SRP: \$37.95 MN: \$32.25 PV: 25.30



### For Healthier Baking

Shaklee Instant Protein® Soy Mix can be added to favorite recipes to help make soy a part of your family's diet. Each serving contains 16 grams of protein and only one gram of carbohydrates.

#### Instant Protein® Soy Mix ☆

#20661 22 oz. (629.4 grams)/30 servings.  
SRP: \$37.95 MN: \$32.25 PV: 25.30



### Healthy Hearts, Healthy Babies, And Still More

Our patented B-Complex — with all eight B vitamins — promotes a healthy cardiovascular system. This unique Shaklee product is formulated so that the hard-to-absorb but critical B vitamin called folic acid is readily absorbed.

Plus, adequate amounts of folic acid in healthful diets have been shown to reduce a woman's risk of having a child with brain or spinal cord birth defects.

#### B-Complex ☆

#20186 120 tablets/60 servings SRP: \$24.95 MN: \$21.20 PV: 16.65  
#20194 240 tablets/120 servings SRP: \$46.95 MN: \$39.90 PV: 31.30



### All Natural Sustained Release Vita-C®

As a powerful antioxidant, vitamin C is a do-everything nutrient, supporting heart health, immune health, and more.

But as important as C is, our bodies can't store it. To make it available, we need it at regular intervals. Shaklee Sustained Release Vita-C® was the first C on the market to offer natural, sustained-release vitamin C protection, using all natural plant extracts. Hour after hour, Vita-C is clinically proven to perform.

#### Sustained Release Vita-C® 500 mg ☆

#20095 180 tablets/180 servings SRP: \$24.95 MN: \$21.20 PV: 16.65

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▼ Understanding the Glycemic Index — See page 14.



### A Natural Choice for Heart And Immune System Health

Free radicals may sound like a slogan from the 1960s, but in reality, they're damaging compounds that contribute to cellular aging. Fortunately, powerful antioxidants like vitamin E limit the harm these compounds can do to cells. Vita-E® contains

naturally occurring vitamin E — d-alpha tocopherol — from vegetable oil, which is more easily absorbed and retained by the body than synthetic vitamin E. It also contains selenium, which complements the activity of vitamin E.

Vita-E® 400 IU with Natural Vitamin E and Selenium★  
 #20109 90 tablets/90 servings SRP: \$26.95 MN: \$22.90 PV: 17.95



### Help Your Body Fight the Good Fight

A healthy immune system is your body's most powerful weapon in its daily battle against smog, smoke, poor diet, and other environmental assaults. Vitamin C enhances immune function by supporting the body's natural antioxidant defenses. It helps maintain cell integrity, as well as the health of your eyes, teeth, gums, and the structure of bone, muscles, and

blood vessels. Our chewable Vita-C® has a fresh citrus flavor, making it ideal for anyone who has trouble swallowing tablets.

Chewable Vita-C® 100 mg vitamin C 🌱  
 #20085 90 tablets/90 servings SRP: \$8.95 MN: \$7.60 PV: 5.95  
 #20091 500 tablets/500 servings SRP: \$37.95 MN: \$32.25 PV: 25.30



### Make Daily Supplementation A Snap

Of the many reasons to take CitriBoost™ — 12 health-promoting vitamins, 11 strength-promoting minerals, 50% Daily Value of calcium, and acidophilus and prebiotics to support intestinal health\*

— the one you're most likely to appreciate is that it's so easy to take. Simply stir it into your morning glass of orange juice or your favorite Shaklee soy drink. And voilà, you have a delicious, tablet-free way to get essential vitamins, minerals, and acidophilus and prebiotics.

Shaklee CitriBoost™ Dietary Supplement Powder 🌱  
 #20635 4.8 oz. (137 grams)/30 servings SRP: \$34.95 MN: \$29.70 PV: 23.30



### Clinically Proven Absorption — Helps Reduce the Risk of Osteoporosis\*\*

Protect your bones with OsteoMatrix™. You need more than just calcium to build strong bones. OsteoMatrix provides a unique matrix of critical nutrients including calcium, vitamins D and K, magnesium, and more to build and maintain strong bones. It's clinically proven to increase calcium absorption, and its small, coated caplets are easy to swallow.

OsteoMatrix™ ★  
 #20681 120 tablets/30 servings SRP: \$16.45 MN: \$14.00 PV: 10.95  
 #20682 360 tablets/90 servings SRP: \$40.75 MN: \$34.65 PV: 27.15



### Because Drinking Your Milk Isn't Enough

Osteoporosis. It's responsible for 1.5 million bone fractures every year. Do your hips (and all your other body parts) a favor by slowing down the natural decline in bone mass that happens as we age. Chewable Cal Mag Plus provides 1,000 mg of elemental calcium to help build bones, optimize peak bone mass,

maintain bone density, and slow bone breakdown, reducing the risk of osteoporosis later in life.\*\* And its chewable, tasty berry formula makes it easy to add this unique combination of nutrients and trace elements to your daily regimen. For those with a preference, this formula does not contain vitamin K.

Chewable Cal Mag Plus ★  
 #20126 120 tablets/30 servings SRP: \$18.95 MN: \$16.10 PV: 12.65



### A Time-Tested Calcium Classic

Chewable tablets combine cool, minty flavors and provide 750 mg of naturally sourced, highly absorbable calcium. This popular formulation offers calcium with vitamin D and phosphorus to build healthy bones and teeth.\* Vita-Cal™ is easy to digest

for those with a sensitivity to magnesium. Convenient and delicious, it's the perfect way to give your body the calcium it needs.

Vita-Cal™ Chewable ★  
 #20134 180 capsules/60 servings SRP: \$24.95 MN: \$21.20 PV: 16.65

\*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.  
 \*\*Adequate calcium intake is important, but daily intake above 2,000 mg is not likely to provide additional benefit.



### Gel-Diffusion Delivery System for Easy Digestion

VitalMag — for the 80% who don't get enough magnesium. Magnesium is vital for maintaining normal muscle and nerve function, supporting healthy heart rhythm, and helping to retain normal blood pressure.

With its special gel-diffusion delivery system, VitalMag slowly releases nutrients into your system, which helps prevent gastrointestinal upset commonly associated with other magnesium supplements.

#### VitalMag™ ☆

#20683 30 tablets/30 servings SRP: \$11.70 MN: \$9.95 PV: 7.80



### As Essential as the Air We Breathe

Take a deep breath. Feel the oxygen surge throughout your body? You can thank iron for that.

Iron is a structural component of the hemoglobin found in blood, which delivers oxygen from the lungs to other body tissues. A deficiency in iron can cause anemia — which affects 240,000 toddlers and 3.3 million women in the United States and can lead to fatigue, impaired concentration, and compromised immune function. More than 90% of women ages 12 to 50 don't get the recommended daily amount. Teens (both boys and girls) need it to help them grow strong. Shaklee adds vitamin C for better iron absorption.

#### Iron Plus C Complex ☆

#20491 90 tablets/90 servings SRP: \$9.95 MN: \$8.45 PV: 6.65



### Over 200 Reasons to Add Zinc to Your Diet

That's the number of different enzymes in your body that depend on zinc. Their functions range from making the genetic materials DNA and RNA to helping with the metabolism of fatty acids. Zinc promotes normal growth and development, and maintains normal immune function. In fact, zinc is clinically proven to help optimize immune function. Our Zinc Complex is formulated with zinc gluconate, an easily absorbable and tolerated form of zinc in a vegetarian base of alfalfa and roasted barley.

Zinc Complex is formulated with zinc gluconate, an easily absorbable and tolerated form of zinc in a vegetarian base of alfalfa and roasted barley.

#### Zinc Complex ☆

#20411 120 tablets/120 servings SRP: \$6.95 MN: \$5.90 PV: 4.65



### Deeply Rooted Nutrition

As a product and a plant, alfalfa has deep roots. Alfalfa Complex, developed in the 1950s, was one of Dr. Shaklee's original formulations. A half-century later, it continues to be a Shaklee top seller.

Reaching as deep as 20 feet into the soil, the roots of the alfalfa plant, a.k.a. the "father of all foods," bring forth minerals in their

most natural form. Recognized for centuries for its healing properties, alfalfa offers a wide range of nutrients: calcium, phosphorus, iron, magnesium, chlorophyll, bioflavonoids, trace minerals, and vitamins.

#### Alfalfa Complex ☆

#20153 330 tablets/33 servings SRP: \$18.95 MN: \$16.10 PV: 12.65

#20160 700 tablets/70 servings SRP: \$34.95 MN: \$29.70 PV: 23.30



### Cholesterol Buster\*

A diet high in fiber (25 grams a day) helps keep cholesterol levels where they should be. Americans typically eat only half of what's recommended. Clinically studied Shaklee Fiber Plan® has a proprietary blend of four natural soluble fibers, including psyllium seed husk, which binds to cholesterol,

preventing its absorption, thereby helping retain normal cholesterol levels.\*

Shaklee Fiber Plan® Unflavored ☆

#20307 10.6 oz. (337 grams)/60 servings SRP: \$39.95 MN: \$33.95 PV: 23.99

<b>UNFLAVORED</b> 2 teaspoons	<b>4 GRAMS OF FIBER</b>
	4 grams Soluble Fiber
	psyllium grain, fruit pectin, guar bean, locust bean
	<b>20 CALORIES</b>
	Stir into water, juice, or your favorite Shaklee beverage.



### The Fiber You Need, The Taste You Enjoy

It sounds too good to be true. A supplement that promotes both heart and colon health while aiding good digestion and regularity — and tastes good, too! The natural soluble fiber in Shaklee Fiber Plan® Daily Crunch™ helps retain normal cholesterol levels by binding to

cholesterol so it can't be absorbed. At the same time, the insoluble fiber aids colon health by assisting digestion and promoting regularity. Its tasty, crunchy formula packs a high-fiber punch with five grams per serving.\*

Shaklee Fiber Plan® Daily Crunch™ ☆

#20262 15.8 oz. (450 grams)/30 servings SRP: \$22.95 MN: \$19.50 PV: 13.77

<b>DAILY CRUNCH</b> 1/4 cup	<b>5 GRAMS OF FIBER</b>
	2.5 grams Soluble Fiber 2.5 grams Insoluble Fiber
	soy, acacia, oats, psyllium, grain, fruit pectin, guar bean
	<b>50 CALORIES</b>
	Perfect for topping yogurt, salads, soups, baking with, by itself, or adding to recipes and to blender drinks.



### Mix in the Goodness of Fiber, Drink to Your Health

What's the best way to toast to your health? With a glass of your favorite juice blended with five grams of healthy fiber. Two tablespoons of Shaklee Fiber Plan® Daily Mix makes juice (or your favorite recipe) a heart- and colon-healthy snack. Its unique formula

combines both soluble and insoluble fiber, helps retain normal cholesterol levels, and aids in good digestion and promoting regularity.\* It's an easy way to add fiber to your diet.

Shaklee Fiber Plan® Daily Mix ☆

#20261 8 oz. (225 grams)/15 servings SRP: \$11.65 MN: \$9.90 PV: 6.98

<b>DAILY MIX</b> 2 tablespoons	<b>5 GRAMS OF FIBER</b>
	2.5 grams Soluble Fiber 2.5 grams Insoluble Fiber
	soy, acacia, oats, psyllium, grain, fruit pectin, guar bean
	<b>50 CALORIES</b>
	Stir into water, juice, or your favorite Shaklee beverage.



### Helps Retain Normal Blood Pressure\*

Studies show that garlic promotes cardiovascular health by helping to retain normal blood pressure and cholesterol levels when used as part of a diet low in fat and cholesterol. Garlic Complex also provides the antioxidant properties of spearmint and rosemary.\*

Garlic Complex ☆

#20083 60 tablets/30 servings SRP: \$12.95 MN: \$11.00 PV: 8.65

#20084 240 tablets/120 servings SRP: \$40.95 MN: \$34.80 PV: 27.30

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### The Fiber You Need On a "Regular" Basis

Let's face it: We don't always do what's best for us. While the FDA recommends that we eat 25 grams of fiber a day for a 2,000 calorie diet, most Americans typically consume half of that amount. And yet the benefits are clear: a healthier colon as well as better digestion and

regularity.\* How can you get the fiber you need on a "regular" basis? Each serving of Shaklee Fiber Plan® Tablets provides three grams of dietary fiber with just five calories — making it simple to do what's good for you.

#### Shaklee Fiber Plan® Tablets

#20376 75 tablets/15 servings SRP: \$12.95 MN: \$11.00 PV: 8.65



### Feed the Friendly Bacteria To Support Colon Health\*

The first step in colon health is to provide a welcome atmosphere for the friendly, beneficial bacteria that live and work there. Optiflora® Prebiotic Complex provides fructooligosaccharides (FOS) and inulin, "food" for the beneficial bacteria. Because it enhances the growth of those bacteria, they're more likely to survive and do their job supporting your colon health. This

pleasant-tasting powder also provides gamma tocopherol, a nutrient associated with colon health.\*

#### Optiflora® Prebiotic Complex

#20638 4.2 oz. (120 grams)/30 servings SRP: \$12.95 MN: \$11.00 PV: 8.65



### Constipated? No Longer!

This gentle yet fast-acting natural laxative supplement encourages the body's natural cleansing processes. Herb-Lax® includes senna leaf, which has been used for thousands of years as a natural laxative, plus other complementary herbs.\* Recommended for occasional use.

#### Herb-Lax®

#20144 60 tablets/15 servings SRP: \$7.95 MN: \$6.75 PV: 5.30  
#20141 240 tablets/60 servings SRP: \$24.95 MN: \$21.20 PV: 16.65



IMMUNE SUPPORT  
To Help Strengthen the  
Body's Immune Function\*



### Protect Yourself Every Day

A patented blend of four plant extracts, NutriFeron™ is the only dietary supplement in the U.S. created by the discoverer of interferon that naturally increases the production of your body's interferon — critical to healthy immune function. Proven by four human clinical studies, this product is a Shaklee exclusive!

#### NutriFeron™

#20960 60 caplets/30 servings SRP: \$45.00 MN: \$38.25 PV: 30.00



### Seasonal Immune Support\*

When you first feel that tickle, get the protection you need with Defend & Resist Complex. It gives you not one but four clinically proven immune-supporting ingredients: echinacea, black elderberry, larch tree, and zinc. Each supports, enhances, and promotes a healthy immune response.\*

#### Defend & Resist Complex

#20613 90 tablets/15 servings SRP: \$19.95 MN: \$16.95 PV: 13.30

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**For a Good Night's Rest\***  
 There's a wonderfully restful alternative that falls between counting sheep and a prescribed medication. It's called Gentle Sleep Complex. It contains a complementary blend of herbs — valerian, chamomile, and passion flower — that promotes calm and restful sleep. For centuries these herbs have been used safely for occasional sleeplessness.\*

Gentle Sleep Complex\* ☆  
 #20603 90 tablets/30 servings SRP: \$23.95 MN: \$20.35 PV: 15.95



**Ease Stress in 30 Minutes\***  
 Nearly half of all Americans between the ages of 18 and 49 experience everyday stress. And the impact is huge. The Centers for Disease Control estimates that 75–90% of all doctor visits are stress related. Stress Relief Complex helps relax body and mind — without using kava — while promoting alertness. It also helps your body adapt to everyday stress, and in as few as 30 minutes, can lift away stress.\*

Stress Relief Complex\* ☆  
 #20656 30 caplets/30 servings SRP: \$31.75 MN: \$26.95 PV: 21.15



**PAIN RELIEF**  
 Nature's Answer to Painful, Overworked Joints



**Nature's Pain Reliever for Occasionally Overworked Joints\***  
 Pain Relief Complex contains a proprietary, patent-pending combination of safflower extract and *Boswellia serrata*, an Indian herb used for thousands of years that's also clinically proven to not only provide pain relief in occasionally overworked joints but also promote comfortable joint movement. Use this

natural, gentle-on-the-stomach formula for results in just a few weeks.\*

Pain Relief Complex\* ☆  
 #20667 90 caplets/30 servings SRP: \$34.95 MN: \$29.70 PV: 23.30



**CHILDREN'S HEALTH**  
 To Give Kids the Nutrition They Need To Develop Their Minds and Bodies



**Help Infants Say Yes to Good Nutrition**

Are they getting enough food? More importantly, are they getting enough of the right foods? Ensuring your infant's nutrition can be a challenge, especially if they're picky eaters.

Vita-Lea® Infant Mix is an easy way to guarantee they get the nutrition their growing bodies need. It mixes easily into juice, water, or food, providing

23 essential vitamins and minerals — more than most children's vitamins on the market. And the pleasant-tasting powder means they'll always say yes to good nutrition.

Vita-Lea® Infant Mix (powder) ☆  
 #20073 4.2 oz. (120 grams)/30 servings SRP: \$13.95 MN: \$11.85 PV: 9.30

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### Why Snack When You Can Munch?

Multi-Munch® supplies a serious nutritional snack with 15 grams of healthy proteins, four grams of fiber, and 21 essential vitamins and minerals. And it does it all in just 200 tasty calories.

Current research suggests that foods with the right blend of protein, carbohydrate, and fiber can help maintain stable blood sugar levels. And stable blood sugar levels are what help keep your energy levels up while also preventing runaway hunger between meals.

Honey Peanut Multi-Munch contains all-natural ingredients, is very low in saturated fat, high in fiber, and low glycemic adding up to one healthy snack.

Multi-Munch® Nutrition Energy Bar — Honey Peanut sProtein Boost

#20224 1.6 oz. (45 grams) bar/12 bars per box SRP: \$31.75 MN: \$27.00 PV: 19.04



### “Get Up and Go” Energy In Only 180 Calories

An afternoon snack, a lunch on the run, even a quickie breakfast — when you’re looking for both immediate and sustained energy to keep you on the go, Carbo-Crunch® with Pro-Carbo Complex® has the power

to turn you on. In fact, it’s clinically proven. Packed with nine grams of protein, 18 essential vitamins and minerals, and only 20% of its calories coming from fat, Carbo-Crunch bars are the snack of choice for your busy life. Over 99% lactose free.

Carbo-Crunch® Peanut Butter

#20162 1.6 oz. (45 grams) bar/12 bars per box SRP: \$23.40 MN: \$19.80 PV: 14.04

Carbo-Crunch® Cocoa

#20161 1.6 oz. (45 grams) bar/12 bars per box SRP: \$23.40 MN: \$19.80 PV: 14.04



### Enough Nutrients to Finish the Race

Shaklee Performance® provides an optimized electrolyte ratio and rehydrates faster than water (for more energy). Plus, its three different kinds of specialized carbohydrates optimize your body’s refueling process (for still more energy).

Shaklee Performance® Orange

#20350 19 oz. (539 grams)/19 servings SRP: \$12.95 MN: \$11.00 PV: 7.79

Shaklee Performance® Lemon Lime

#20351 19 oz. (539 grams)/19 servings SRP: \$12.95 MN: \$11.00 PV: 7.79



### Fast Food, Smart Nutrition

Lunch is served — in minutes — with these delicious and nutritious shakes. Blended with low-fat milk for a creamy taste, they turn any meal or snack into a nutritional powerhouse. In fact, they provide 35% or more of the Daily Values for 19 essential vitamins and minerals and are a rich source of calcium — the basics that growing kids

and teens need to stay strong and healthy. They’re also an excellent source of dietary fiber and protein, and weigh in at just 240 calories per serving when mixed with low-fat milk.

Shaklee® Meal Shakes French Vanilla

#20321 19.2 oz. (544 grams)/16 servings SRP: \$24.95 MN: \$21.20 PV: 14.99

Shaklee® Meal Shakes Bavarian Cocoa

#20322 19.2 oz. (544 grams)/16 servings SRP: \$24.95 MN: \$21.20 PV: 14.99



### Keeps Working Even After Your Workout

Shaklee Physique® maximizes your ability to produce more lean muscle mass. By optimizing the carb-to-protein ratio for maximum muscle recovery and growth, and by providing amino acids for lean muscle repair and growth, Physique

helps athletes of all types get that extra workout advantage.

Physique® Natural Banana

#20306 30 oz. (900 grams)/15 servings SRP: \$34.95 MN: \$29.70 PV: 20.97

▼ Understanding the Glycemic Index — See page 14.

GLYCEMIC INDEX 14



### Delicious Satisfying Smart Shake

Though its milkshake-like taste is the first thing customers mention, the real genius lies in its many nutritional benefits. Eight grams of soluble fiber and healthy fats keep you feeling full. Thirty-five percent of the RDA for 23 vitamins and minerals keeps you fortified with essential nutrients. Your energy stays high, thanks to the balance of carbohydrates and

12 grams of soy protein. This patent-pending shake has been clinically proven to help avoid wide swings in blood sugar that can lead to food cravings and snacking between meals. All this for just 200 calories and a low glycemic index of 14.

**Shaklee Slim Plan Gold™ Creamy Vanilla**   
 #20382 26.4 oz. (750 grams)/15 servings SRP: \$39.95 MN: \$33.95 PV: 23.99

**Shaklee Slim Plan Gold™ Rich Chocolate**   
 #20381 26.4 oz. (750 grams)/15 servings SRP: \$39.95 MN: \$33.95 PV: 23.99



### Satisfy Your Cravings While Boosting Your Metabolism and Energy\*

A well-functioning metabolism is the key to any weight management program, but many factors, including lifestyle, environment, and aging, can actually hinder your body's natural ability to

regulate weight. Metabolic Boosting Bites\* combine theobromine, a natural ingredient from cocoa beans that's clinically proven to stimulate metabolism, and taurine, an energizing amino acid that boosts your energy levels. Each Metabolic Boosting Bite has a rich chocolate taste that lets you satisfy your desire for chocolate and sweets. So go ahead and take a bite out of your cravings.\*

**Metabolic Boosting Bites\***   
 #20385 60 bites/30 servings SRP: \$29.95 MN: \$25.45 PV: 17.96

### Understanding the Glycemic Index

The glycemic index ranks carbohydrates based on their impact on your blood sugar level. Carbohydrates that break down quickly, such as cookies and white bread, have the highest glycemic indices (G.I.) while carbohydrates such as vegetables, whole grains, and many fruits have low G.I. because they break down slowly, releasing glucose into your system. Keeping your blood sugar levels low is a key ingredient to both weight loss and long-term health. Choosing low-G.I. foods can help improve diabetes control, keep you feeling full longer, and prolong your physical endurance.

**Low G.I.** = 55 or less

**Medium G.I.** = 56 – 69

**High G.I.** = 70 or more

### PERSONAL CARE Daily Care



### A Reason to Smile

For those who prefer to clean and brighten teeth without a lot of additives or artificial sweeteners, Organic Dentifrice is the perfect natural alternative. Its highly concentrated formula removes stains and leaves breath minty fresh.

**New Concept® Organic Dentifrice Spearmint**   
 #31780 2.7 oz. SRP: \$7.95 MN: \$6.75 PV: 5.30

**New Concept® Organic Dentifrice Wintergreen**   
 #31779 2.7 oz. SRP: \$7.95 MN: \$6.75 PV: 5.30

\*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.



## World's Most Versatile Cleaner

Back in 1960, Basic-H® was one of the first environmentally safe household cleaners on the market. Today, millions of bottles later, it's more loved than ever.

Efficient, powerful, safe, biodegradable, and economical, Basic-H is the world's most versatile cleaner — period. Sixteen ounces make up to 80 gallons to clean hard surfaces, woodwork, walls, floors, glass, mirrors, even cars. Just about anything you can clean with water, you can clean with Basic-H. No wonder it was named an “Official Earth Day” product.

### Basic-H® ☆

#00011 16 fl. oz. SRP: \$6.95 MN: \$5.90 PV: 3.02  
 #00021 1 Qt. SRP: \$10.95 MN: \$9.30 PV: 4.75  
 #00033 1 Gal. SRP: \$38.95 MN: \$33.10 PV: 16.87  
 #00042 5 Gal. SRP: \$149.95 MN: \$127.45 PV: 64.97  
 #00051 30 Gal. SRP: \$749.95 MN: \$637.45 PV: 325.00



## Tough on Germs, Gentle on The Earth

Bacteria, fungi, and viruses can wreak havoc on your family's health and safety. Used as directed, Basic-G® tackles over 40 of these pesky microbes in the kitchen, bathroom, or pet area. In addition to being economical — one quart makes up to 64 gallons — it's also EPA registered.

### Basic-G® Concentrated Germicide ☆

#00525 1 Qt. SRP: \$19.95 MN: \$16.95 PV: 8.65  
 #00544 1 Gal. SRP: \$49.95 MN: \$42.45 PV: 21.65



## Grease-Cutting Powerhouse

Intense cleaning agents penetrate, emulsify, and remove gritty grime without environmental damage. No phosphates, chlorine, borates, nitrates, dyes, or nasty caustic smell. Highly concentrated, one quart makes up to 32 gallons of hardworking cleaner. Rinses away easily and safely.

### Basic-I® ☆

#00081 1 Qt. SRP: \$13.95 MN: \$11.85 PV: 6.05  
 #00093 1 Gal. SRP: \$36.95 MN: \$31.40 PV: 16.02



## Scour without Scratching for A Bright, Clean Shine

Protect your tub, sinks, and countertops from scratching with this nonabrasive natural grease-cutting cleanser. And because it cleans without ammonia, chlorine, or toxic fumes, your nose will appreciate it as well. Leaves behind a clean, fresh citrus scent.

### At-Ease® Liquid Cleanser ☆

#00425 28 oz. SRP: \$13.95 MN: \$11.85 PV: 6.05



## Heavy-Duty Jobs Require A Heavy-Duty Cleanser

Dirty ovens and sinks, messy stovetops, charred barbecues, and baked-on casseroles require a heavy-duty cleanser.

But that doesn't mean it has to be filled with harmful chemicals in order to perform. This hardworking cleanser uses natural abrasives to get the job done without ammonia, chlorine, or other toxic fumes. Its tough cleaning paste quickly and safely scours greasy dirt and hard-to-clean surfaces.

### At-Ease® Heavy-Duty Scouring Cleanser ☆

#00411 9 oz. SRP: \$7.95 MN: \$6.75 PV: 3.45



## Makes Dishwashing Fast And Easy

Dishwashing becomes a chore when baked-on food and greasy pans won't come clean. That's not the case with Satin Sheen®. It removes heavy grease and stubborn food easily. Yet its phosphate- and nitrate-free formula is as gentle on your hands as it is on the environment. It's also free of fragrances and dyes.

Satin Sheen® Concentrated Dishwashing Liquid ☆

#00253 22 fl. oz. SRP: \$8.95 MN: \$7.60 PV: 3.87



## Stop Washing the Dishes Before You Put Them in The Dishwasher

Basic-D®'s patented, phosphate-free dishwashing concentrate cuts through baked-on food and grease so all you have to do is put your dishes straight into the dishwasher for sparkling-clean results. Best of all, its economical formula is

environmentally friendly because it contains no phosphates, chlorine, borates, or nitrates.

Basic-D® Automatic Dishwashing Concentrate ☆

#00288 50 oz. SRP: \$14.95 MN: \$12.70 PV: 6.47



## No Chemical Fumes or Odors, So You Can Breathe Easy about Your Drains

Because what you put down the drain can end up in our oceans, lakes, and rivers, it makes sense to prevent clogged drains in a safe, biodegradable, nonpolluting way. Biodegreat® uses naturally effective enzymes to devour organic sludge and odor hiding out in your drains. Using it just once a month keeps drains open and flowing, helping to avoid expensive plumber's bills. It's safe for all types of plumbing, including septic tanks. With a highly concentrated formula, Biodegreat is also ideal for cabins, boats, and motor homes.

Biodegreat® Concentrated Drain Build-Up Remover ☆

#00570 7.4 oz. SRP: \$16.95 MN: \$14.40 PV: 7.35



## Absolutely the Best Liquid Laundry Performer

Power Formula Liquid-L® rivals or outperforms best-selling detergents and stain removers on the market. It cleans, brightens, and removes tough stains, so your clothes keep that just-bought look.

One bottle of hardworking, highly concentrated Liquid-L washes 32 loads of laundry. And it spot-cleans your worst nightmare stains like

grass, blood, and coffee. Gentle on your fabrics, skin, and our planet, Liquid-L works in all water temperatures.

Liquid-L® Laundry Concentrate ☆

#00126 32 oz./32 loads SRP: \$13.95 MN: \$11.85 PV: 6.05

#81295 1 Gal./128 loads SRP: \$53.05 MN: \$45.05 PV: 22.98



## Clean Clothes and a Clean Environment

This concentrated powdered formula tackles tough stains with natural, organic enzymes that leave laundry clean and bright without the use of phosphates, chlorine, borates, or nitrates. As a result, it gets your clothes clean and helps keep the environment green. The hypoallergenic, dust-free

formula is gentle on sensitive skin, yet it provides powerful performance to get your laundry clean and bright.

Power Formula™ Basic-L® Laundry Concentrate ☆

#00134 9 lb. SRP: \$29.95 MN: \$25.45 PV: 12.97

#00143 19 lb. SRP: \$52.95 MN: \$45.00 PV: 22.95

Power Formula™ Basic-L® Free Laundry Concentrate ☆

#00144 9 lb. SRP: \$29.95 MN: \$25.45 PV: 12.97



## Brighten Your Laundry

Energize colors and dazzle whites with this gentle, all-fabric, all-natural laundry brightener. Wrestles away tough stains like coffee and cocoa, berry, and gravy, without toxic chlorine.

Powered by environmentally safe natural enzymes and active oxygen, Nature Bright® works in all water temperatures to help your clothes look newer longer.

Nature Bright® Laundry Brightener ☆

#00603 3 lbs. 2 oz. SRP: \$13.95 MN: \$11.85 PV: 6.05

**All nutritional and herbal products listed below bearing the Star-K symbol are certified Kosher Pareve:**

- Alfalfa Complex
- B-Complex
- Chewable Cal Mag Plus
- Defend & Resist Complex
- Energizing Soy Protein, Creamy Cocoa
- Energizing Soy Protein, Natural Vanilla
- Garlic Complex
- Gentle Sleep Complex\*
- Herb-Lax®
- Instant Protein® Soy Mix
- Iron Plus C Complex
- NutriFeron™
- Optiflora® Prebiotic Complex, Powder
- OsteoMatrix™
- Pain Relief Complex\*
- Shaklee® Fiber Plan® Daily Crunch™
- Shaklee® Fiber Plan® Daily Mix™
- Shaklee® Fiber Plan® Unflavored
- Shaklee Performance®, Lemon Lime
- Shaklee Performance®, Orange
- Stress Relief Complex\*
- Super Cal Mag Plus
- Sustained Release Vita-C® 500 mg
- Vita-Cal™ Chewable
- Vita-E® 400 IU, Plus Selenium Tablets
- Vita-Lea® Multivitamin/Multimineral
- Vita-Lea Gold™
- Vita-Lea Infant Mix (powder)
- VitalMag™
- Zinc Complex

**All household and dentifrice products listed below bearing the Star-K symbol are certified Kosher Pareve:**

- At-Ease® Heavy Duty Scouring Cleanser
- At-Ease® Liquid Cleanser
- Basic-D® Automatic Dishwashing Concentrate
- Basic-G® Highly Concentrated Germicide
- Basic-H® Concentrated Organic Cleaner
- Basic-I® Industrial Strength Concentrated Cleaner
- Biodegreat® Concentrated Drain Build-Up Remover
- Nature Bright® All Fabric Laundry Brightener
- New Concept® Organic Dentifrice, Spearmint
- New Concept® Organic Dentifrice, Wintergreen
- Power Formula™ Basic-L® Free Laundry Concentrate
- Power Formula™ Basic-L® Laundry Concentrate
- Power Formula™ Liquid-L® Laundry Concentrate
- Satin Sheen® Dishwashing Liquid

**All nutritional products listed below bearing the Star-D symbol are Kosher Dairy\*\* :**

- Carbo-Crunch® Bar, Cocoa
- Carbo-Crunch® Bar, Peanut Butter
- Chewable Vita-C®, 100 mg\*\*\*
- CitriBoost™ Dietary Supplement Powder\*\*\*
- Meal Shakes, Bavarian Cocoa
- Meal Shakes, French Vanilla
- Metabolic Boosting Bites\*
- Multi-Munch® Nutrition Energy Bar, Honey Peanut Protein Boost
- Physique®, Natural Banana
- Shaklee® Fiber Plan® Tablets
- Slim Plan Gold™, Rich Chocolate
- Slim Plan Gold™, Creamy Vanilla

\*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.

\*\* It is the Star-K policy to certify products only if they are *Cholov Yisroel*. These products are non-*Cholov Yisroel*.

\*\*\* The amount of dairy in these products is less than 1/60<sup>th</sup> *Batel Beshishim*.

