

FREQUENTLY ASKED QUESTIONS

ARE THE SHAKLEE PRODUCTS GLUTEN FREE?

| Yes.

CAN I DO THE PROGRAM IF I AM PREGNANT?

Pregnant women should not be following a weight-loss program, however incorporating Life Energizing Shakes, 180® Snack Bars, and 180® Meal-in-a-Bar are great as part of a healthy diet. Discuss caffeine intake with your obstetrician; if they are okay with a cup or two of caffeinated beverages per day, you can also consume 180® Energizing Tea. As far as a daily supplement, Vitalizer Women is excellent as a prenatal and postnatal multivitamin.

CAN I DO THE PROGRAM IF I AM NURSING?

Yes, just make sure you're eating enough calories and drinking plenty of fluids so breast milk production isn't compromised. The 180® Metabolic Boost contains the herbal extract evodia, for which the safety of use in nursing women has not been studied, so replace with Vitalizer Women Multivitamin.

CAN I DO THE PROGRAM IF I AM A VEGETARIAN / VEGAN?

Lacto-ovo vegetarians can use the Shaklee products. The Life Energizing Shake can be mixed with nonfat milk or low-fat soy milk. For strict vegans, please note that some, not all, of the Life Energizing Shakes and Bars contain dairy ingredients.

CAN CHILDREN DO THE PROGRAM?

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

CAN I DO THE PROGRAM IF I AM DIABETIC?

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 sequelae. The 180® Turnaround has been well designed and should be appropriate for most people with diabetes. Simply follow the calorie level your doctor has recommended for you. The products are all low glycemic foods. We also have attempted to guide you towards choosing foods in your meal plan with a low to moderate glycemic index.

180® TIP! Strive for 7-8 hours of sleep each night

CAN I CONTINUE WITH MY CURRENT SHAKLEE SUPPLEMENTS?

Yes, you may continue with your daily Shaklee supplements throughout the program, adding in the 180® Turnaround products.

HOW OFTEN SHOULD I DO THE PROGRAM?

The program can be done 2-6 times throughout the year, especially for those who are more proactive and desirous of optimal health. We recommend 1-month off before repeating.

WILL I BE HUNGRY? AND WHAT IF I'M FEELING LOW IN ENERGY?

You shouldn't be hungry. If you are hungry or feeling low in energy, you may need to increase your water intake, volume of fruits and vegetables, and be sure you are eating at least every two-three hours.

I'M ON PRESCRIPTION MEDICATIONS, CAN I DO THIS PROGRAM?

If you are under the care of a physician and/or taking prescriptions, consult your physician before beginning.

I'M EXPERIENCING CAFFEINE WITHDRAWAL/HEADACHE, WHAT SHOULD I DO?

Add a little bit of caffeine back into your regimen- try a cup of 180® Energizing Tea.

IF I HAVE EXTRA PRODUCTS LEFTOVER, WHAT SHOULD I DO WITH THEM?

Continue taking your leftover products as designed in step two until you run out. Your HealthPrint Assessment will determine the proper maintenance plan to transition to for long-term optimal health.



180® TURNAROUND

28-DAYS THAT WILL
CHANGE YOUR LIFE

The beginning of your journey to a leaner, healthier, and more energized you!

For many of us, it all starts with getting to a healthy weight. That's why we designed the 180® Turnaround, combining the right nutrition and support tools to help you keep lean muscle while you burn fat, detoxify, lose inches, and reach your goals.

The 180® Turnaround helps you break the yo-yo dieting cycle and get on the fast track to looking and feeling your best.



“The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease.”

Thomas Edison

DISCLAIMER

The information presented in this program is not intended as medical advice, or as a substitute for medical counseling. This program is not designed to treat any diseases regardless of what the disease is called. It is designed to enhance your health. If you have any hesitations, check with your doctor before beginning this program. Avoid any foods, which you know you are intolerant or allergic. As you eliminate foods and increase the nutritional support that your body needs you may briefly experience some reactions. These may include sleep disturbances, changes in body temperature, light-headedness, mood swings, mild headaches, muscle aches, bloating, changes in body odor or breath, or changes in bowel habits. These reactions are generally minor and temporary as you detoxify. If you experience a response that is troublesome, communicate your concerns with us. We can then adjust your program to better suit your needs. Results are unique for each person and may vary. People following the program generally see an average of 4 pounds per week in fat loss.

BEFORE YOU START



- Go grocery shopping and stock up on raw vegetables and fruits – preferably organic. Wash, cut and prepare as many items as possible so they are readily available
- Find an accountability buddy who will partner with you – nice to have, not essential
- Complete your pre-180® Turnaround profile below
- Purchase a journaling notebook to track the next 28-days and beyond

PROFILE

	WEIGHT	CHEST	WAIST	HIPS	THIGH	ARM
PRE-180® TURNAROUND						
END WEEK-1						
END WEEK-2						
END WEEK-3						
POST-180® TURNAROUND						

	PRE-180® TURNAROUND	POST-180® TURNAROUND
ENERGY		
SLEEP		
STRESS		
CONCENTRATION		
DIGESTION		

RATE YOURSELF IN EACH CATEGORY AS: POOR FAIR GOOD GREAT

STEP 2: GET LEANER

Now it's time to re-introduce food groups that will fuel your body and create a foundation for a sustainable healthy lifestyle. The payoffs include skyrocketing energy, weight loss, better control over your appetite, improved mental acuity, and better looking skin.

DAYS 9-28

SUPPLEMENTS	AM	MID-DAY	PM	BEDTIME
Life Energizing Shake	2 scoops			
180® Energizing Tea	1 tea stick			
180® Metabolic Boost	1 tablet	1 tablet	1 tablet	
Liver DTX Complex	1 tablet		2 tablets	
Herb-Lax				2 tablets

Your eating plan consists of the same breakfast, a 180® Snack Bar and vegetables for your first snack, an additional protein source for lunch of either a 180® Meal-in-a-Bar and vegetables or protein and vegetables, fruits and vegetables for your second snack, and protein, vegetables, healthy carb, and healthy fat for dinner.

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Life Energizing Shake	180® Snack Bar and Vegetables	180® Meal-in-a-Bar and Vegetables	Fruits and Vegetables	Protein, Vegetables, a Healthy Carb and Fat



NATURALLY

YOUR RESOURCE FOR A HEALTHIER LIFE

For more recipes and other health insights, visit: go.shaklee.com/naturally

WHAT A HEALTHY MEAL LOOKS LIKE



1/2 TO 1 CUP HEALTHY CARB

4-6 OUNCES PROTEIN

UNLIMITED VEGGIES

PICK A HEALTHY FAT

STEP 3: OPTIMIZE HEALTH LONG-TERM



Your health goals are unique, which is why you need a plan designed specifically for you to achieve optimal health. As part of your program towards long-term health, we include a one-on-one HealthPrint Assessment.

HealthPrint is as individual as your fingerprint but a whole lot more revealing. We'll evaluate your biomarkers of health, identify major risks for disease, as well as opportunities for improvement. We'll then discuss a customized long-term maintenance program that fits your needs.

My HealthPrint Assessment Is: _____ at _____

42

54

Very High Risk

Moderately High

Moderate

Low

For best results, please schedule your HealthPrint Assessment between weeks 2 and 3 of your 180® Turnaround.

STEP 1:

HEALTHY CLEANSE

Restore, detoxify, and flood your cells with deep nourishment. This supports healthy digestion and helps to improve: focus, energy, sleep quality, and hunger management.

DAYS 1-7

SUPPLEMENTS	AM	MID-DAY	PM	BEDTIME
Life Energizing Shake	2 scoops			
180° Energizing Tea	1 tea stick			
180° Metabolic Boost	1 tablet	1 tablet	1 tablet	
Liver DTX Complex	1 tablet		2 tablets	
Herb-Lax				2 tablets

Your eating plan consists of Shaklee Life Energizing Shake for breakfast, then fruit and vegetables every 2-3 hours throughout the day, ending with a healthy dinner to include one additional protein source and vegetables. We recommend Eat the 80 for meals.

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Life Energizing Shake	Fruits and Vegetables	Fruits and Vegetables	Fruits and Vegetables	Protein and Vegetables

Kick-off your healthy cleanse with these delicious smoothie recipes:

TRANSITION DAY

On this day you will inundate your digestive system with nutrients and probiotics. This will maximize detoxification and provide the cells of your intestines with the absolute best nutrients for digestive health.

DAY 8

SUPPLEMENTS	AM	MID-DAY	PM	BEDTIME
Life Energizing Shake	2 scoops	2 scoops	2 scoops	
180° Energizing Tea	1 tea stick			
180° Metabolic Boost	1 tablet	1 tablet	1 tablet	
Liver DTX Complex	1 tablet		2 tablets	
Herb-Lax				2 tablets

Your eating plan will consist of Shaklee Life Energizing Shake for breakfast, lunch and dinner. Incorporate fruit and vegetables for snacks in-between.

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Life Energizing Shake	Fruits and Vegetables	Life Energizing Shake	Fruits and Vegetables	Healthy Meal



Outrageously Orange Shake

Taste the citrus-y freshness in this outrageous orange shake!

INGREDIENTS:

2 scoops Vanilla Life Energizing Shake™
6 oz. water
1 orange, small

DIRECTIONS:

Combine all ingredients in blender. Blend until creamy.



Coffee Delight Shake

Give your coffee, and your day, a boost with this recipe.

INGREDIENTS:

2 scoops Vanilla Life Energizing Shake™
6 oz. cold decaf coffee

DIRECTIONS:

Combine ingredients in blender. Blend until creamy.

PURITY AND SAFETY BEYOND ORGANIC

WHY SHAKLEE



Safe

Our products undergo a screening process that surpasses even the standards of the United States Pharmacopeia



Proven

Our products are backed by 71 patents and patents-pending, and over 120 published scientific papers and presentations



Guaranteed

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

180® TIP!

Exercise is especially important for fat loss and ongoing success. Strive for 30-minutes of weight-bearing exercise most days of the week



PRODUCTS THAT REALLY WORK

Shaklee's clinically tested products will accelerate your results and supplement nutritional gaps, which are found even when eating clean.

A LIFE ENERGIZING SHAKE

One shake that does it all
Packed with protein to curb hunger and increase energy. Contains 16 grams of ultra-pure-non-GMO protein, 6 grams of fiber, and a powerful combination of 1 billion colony-forming units of prebiotics and probiotics.

B 180® MEAL-IN-A-BAR

A complete meal in your pocket - *optional*
18-20 grams of protein and 6-7 grams of fiber to help you feel fuller longer.

C 180® ENERGIZING TEA

A natural energy lift
Helps enhance energy and alertness with an antioxidant-rich blend of four medicinal teas - green, white, red, and matcha teas. Enjoy hot or cold.

D 180® METABOLIC BOOST

Burn calories naturally
Special blend of chromium, vanadium, and banaba leaf extract to help keep your metabolism going strong and retain normal blood sugar levels.

E 180® SNACK BAR

A sweet, guilt-free treat
9-10 grams of protein and 3 grams of fiber to help you feel fuller longer.

F HERB-LAX

A natural laxative
Encourages a mild cleansing action to aid the body's natural processes and release toxins.

G LIVER DTX COMPLEX

Helps maintain normal liver function
Uniquely formulated to help maintain bile flow, an integral part of digestion and protects liver from toxins.

The shakes, bars, and tea come in a variety of flavors.

FOODS TO EMBRACE & AVOID

Below is your exact eating plan with approved foods during each step of the program, and includes foods to completely avoid altogether. The meals and food choices outlined intentionally don't provide amounts. This is so you get accustomed to relying on your hunger and fullness cues to tell you when to start and stop eating. Listen to your body. Eat when you're hungry and stop when you're satisfied, never full.

This program can be adapted to meet any dietary preference or requirement (vegan, vegetarian, paleo, gluten free, dairy free, etc.)

STEP 1: HEALTHY CLEANSE

STEP 2: GET LEANER (Additions to the Healthy Cleanse)

FRESH VEGETABLES

- 1 Eat unlimited fresh vegetables – preferably raw or lightly steamed, or very lightly sautéed in 1-2 tablespoons of olive oil. All leafy greens such as: arugula, bok choy, cilantro, collard greens, kale, mustard greens, parsley, spinach, sprouts, swiss chard, and watercress. Asparagus, broccoli, cabbage, carrots, cauliflower, celery, cucumber, eggplant, garlic, green beans, jicama, leeks, mushrooms, okra, onion, peppers, radishes, summer squash, and zucchini.
- 2 No more than one serving per day of starchy vegetables, such as beets, rutabagas, sweet potatoes, turnips, and yams.

⊗ **AVOID:** Canned vegetables, corn, and white potato.

FRESH FRUITS

- 1 Apples, apricots, berries, cherries, grapefruit, grapes, kiwi, lemons, limes, mango, oranges, papaya, peaches, pears, plums, nectarines, tangerines, and tomato. These are all better sugar options meaning low Glycemic Index (<55) AND low Glycemic Load (<10). Limit fruits to three servings per day.
- 2 Limit banana to one half per day.

⊗ **AVOID:** Dried and canned fruit.

PROTEIN

- 1 In addition to Shaklee Life Energizing Shake, you may have one extra serving of protein per day. One serving of protein equals: 4-6 oz. of chicken breast, turkey, seafood, or 1-2 hard-boiled eggs.

When possible, use organic or free-range chicken and eggs. Choose seafood that's shed or farmed in ways that have less impact on the environment, such as mackerel, sardines, sea bass, shrimp, trout, wild salmon (Based on recommendations from seafoodwatch.org and seafood.edf.org).
- 2 Shaklee 180® Meal-in-a-Bar and 180® Snack Bars, tofu, one serving of dairy per day and beef no more than 3 oz. per week.

⊗ **AVOID:** All meats with nitrates.

HEALTHY FATS

- 1 Extra virgin olive oil = 1 - 2 tablespoons for salad dressing or for sautéing. For a great salad dressing mix olive oil, fresh lemon juice, and a splash of balsamic vinegar. Limit avocado to one half per day.
- 2 Almonds, nut butters, and walnuts.

⊗ **AVOID:** Avoid all commercial salad dressings, other fats, and oils.

CONDIMENTS

- 1 All herbs and spices - fresh and dried, and pepper. Fresh salsa, horseradish, and mustard.

⊗ **AVOID:** BBQ sauce, ketchup, mayonnaise, relish, salt, and soy sauce.

SWEETENER

- 1 Stevia
- 2 Agave nectar, molasses (unsulfured), pure maple syrup, and raw honey.

⊗ **AVOID:** Artificial sweeteners and refined sugars.

HEALTHY CARBS

- 2 Beans, brown rice, bulgur, chickpeas, lentils, millet, oats, and wild rice. 100% whole grain bread, grains, flour, and rice.

⊗ **AVOID:** White processed foods.

SEEDS (RAW, UNSALTED)

- 2 Chia, flax, hemp, pumpkin, quinoa, sesame, and sunflower.

BEVERAGES

- 1 6 - 10 glasses of purified water each day, green or herbal tea, and fresh vegetable juice in moderation.

If you normally consume coffee, we advise you decrease by 50% or substitute with Shaklee 180® Energizing Tea - max 2 cups per day.

- 2 Unsweetened almond and coconut milk.

⊗ **AVOID:** Alcohol, caffeinated beverages, energy drinks, fruit juices, and soda.