

FREQUENTLY ASKED QUESTIONS

Shaklee 180



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WHAT IS THE SHAKLEE 180® WEIGHT-LOSS PROGRAM AND WHY IS IT DIFFERENT FROM OTHER WEIGHT-MANAGEMENT SYSTEMS AND DIETS?

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 tested products help you keep muscle you have, burn fat you don't need and lose inches you don't want. Real science with real results.

With the Shaklee 180 Program, 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 Shaklee 180 have not only lost weight but also kept up their energy and kept down their stomach rumbling. Because this plan is designed to work in real life. Perfection isn't necessary. Just desire.

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

WHY IS SHAKLEE LIFE ENERGIZING SHAKE PART OF SHAKLEE 180?

The heart of Shaklee 180® is the Shaklee Life Energizing Shake. This delicious meal shake contains nutrients clinically proven to help create the foundation for a longer, healthier life. It is designed to provide increased energy, help you achieve a healthier weight, and includes incredible digestive and immune support from fiber and probiotics. It is available in soy and non-soy versions, suitable for everyone in the family.

The Shaklee 180® Program and Special Diet Needs

WHICH SHAKLEE 180® PRODUCTS ARE KOSHER CERTIFIED?

The following Shaklee 180® products are certified as Star K: the Life Energizing Shake (all non-dairy flavors), the Shaklee 180® Blueberry & Almond Crisp Meal-in-a-Bar, the Shaklee 180® Snack Bars (two flavors), the Shaklee 180® Metabolic Boost*, and the Shaklee 180® Energizing Tea (both flavors).

The Shaklee 180®, Peanut Butter & Chocolate Chip Meal-in-a-Bar, Shaklee 180® Snack Crisps (two flavors), and Shaklee 180® Toffee & Chocolate and Chocolate & Coconut Snack Bar are certified as kosher dairy.

ARE THE SHAKLEE 180® PRODUCTS GLUTEN-FREE?

Shaklee 180® products are gluten-free.

CAN I USE THE SHAKLEE 180® WEIGHT-LOSS PROGRAM IF I AM PREGNANT?

Pregnant women can use the Life Energizing 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 obtain that additional 300 calories per day is by having a Life Energizing Shake. 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.

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CAN I USE THE SHAKLEE 180® WEIGHT-LOSS PROGRAM IF I AM NURSING?

You can follow the Shaklee 180® Weight-Loss 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 the Energizing Tea with your doctor, as it contains naturally occurring caffeine in the amount found in a $\frac{2}{3}$ cup of coffee or black tea. Replace the Metabolic Boost* supplement with Vita-Lea® Iron 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® WEIGHT-LOSS PROGRAM?

Lacto-ovo vegetarians can use the Shaklee 180® Weight-Loss Program. The Life Energizing Shake can be mixed with nonfat milk or low-fat soy milk. For strict vegans, please note that some of the Life Energizing Shakes and Bars contain dairy ingredients.

CAN CHILDREN USE THE SHAKLEE 180® WEIGHT-LOSS 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® Weight-Loss 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 A DIABETIC USE THE SHAKLEE 180® WEIGHT-LOSS 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 sequelae. Your doctor should evaluate you over time as you lose weight as to whether your medications need adjustment. The Shaklee 180® Weight-Loss 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 Energizing Shake, Meal-in-a-Bars, and Snack Bars are low glycemic foods. We also have attempted to guide you towards 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® WEIGHT-LOSS PROGRAM?

The Shaklee 180® Weight-Loss Program offers a variety of Shaklee Life Energizing Shakes including soy, non-soy and whey versions. The only other recommended modification to the plan is making appropriate food choices to replace the Shaklee Snack Bar which is also a soy protein based product.

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

- 1 cup nonfat yogurt, or
- $\frac{1}{2}$ cup of nonfat cottage cheese with 1 cup raw vegetables, or
- 1 oz. low-fat cheese with 5 small whole wheat crackers

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About Shaklee Life Energizing Shake and Meal-in-a-Bars

WHAT ARE THE KEY FEATURES OF THE SHAKLEE LIFE ENERGIZING SHAKE?

Life Energizing Shakes provide:

- 24 grams* of leucine-enriched protein to help retain your muscle and 6 grams of fiber to help keep you feeling full.
- Non-GMO soy protein, or non-GMO plant protein, or whey protein
- Powerful combination of prebiotics and one billion CFU of patented probiotics to support digestive and immune health
- Low glycemic
- No artificial flavors, sweeteners, or preservatives added
- Gluten-free
- Kosher certified

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

Leucine is an essential amino acid that signals your muscles to stimulate protein synthesis. It helps your body preserve muscle mass while you lose weight. Keeping muscle helps keep your metabolism strong so you are less likely to regain the weight you lose.

WHAT IS THE GLYCEMIC INDEX (GI) OF THE SHAKLEE LIFE ENERGIZING SHAKE AND BARS?

The Glycemic Index is a measure used to assess the rate at which carbohydrates in the foods you eat raise blood sugar. Foods with a GI value of less than 55 are considered to be “low glycemic.” All Shaklee 180® products are low glycemic.

CAN I MIX MY LIFE ENERGIZING SHAKE WITH WATER?

We recommend nonfat milk or unsweetened soy milk for the best nutritional profile and to provide you with the full amount of protein and leucine you need in the Shaklee 180® Weight-Loss Program. If desired, you may mix the Shaklee Life Energizing Shake with water, using THREE scoops of powder in eight ounces of water. This provides about the same amount of protein and calories as when prepared with nonfat milk or low-fat soy milk.

CAN I USE THE TWO LIFE ENERGIZING SHAKES FOR ANY TWO MEALS?

Yes. You may use the Life Energizing Shakes 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® WEIGHT-LOSS PROGRAM?

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

*When Prepared as directed with 1 cup of nonfat milk

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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 plain Energy Tea has 5 calories. The Pomegranate flavored version has 10 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 mgs of caffeine, which is about $\frac{2}{3}$ the amount found in a typical cup of brewed coffee—so you can consume a similar amount of servings of Shaklee 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 then dried. It 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
- $\frac{1}{2}$ cup of nonfat cottage cheese with 1 cup raw vegetables, or
- 1 oz. low-fat cheese with 5 small whole wheat crackers

HOW DO I USE SHAKLEE 180® SNACK CRISPS IN THE SHAKLEE 180® WEIGHT-LOSS 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 BREAST FEEDING?

Yes. Shaklee 180® Snack Crisps are safe to consume if you are breast feeding.

CAN PEOPLE WITH DIABETES CONSUME SHAKLEE 180® SNACK CRISPS?

Yes. However, each serving of Shaklee 180® Snack Crisps contains 13 grams of carbohydrates. If you use diabetic exchanges, a serving of Shaklee 180® Snack Crisps is equivalent to one starch/bread exchange plus 1 lean protein/meat. We also 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 ENERGIZING SHAKE?

Yes. Ideally you should take one tablet along with each of your two Life Energizing Shakes a day 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 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 component of green tea. Green tea containing EGCG has been shown in clinical studies to increase metabolic rate, increase the calories burned over a 24-hour period, and increase the percentage of calories burned from fat. A clinical study has been conducted using 270 mg of EGCG, the same amount that Shaklee provides in the 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 Shaklee OmegaGuard®, Advanced Joint Health Complex®, Life-Strip™, Vitalizer™ and Vita-Lea®, etc. However, because the ingredients in Glucose Regulation Complex* (GRC) are included in the Metabolic Boost*, we do not recommend using GRC while on the Shaklee 180® Weight-Loss Program.

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Caffeine in Shaklee 180® Products

HOW MUCH CAFFEINE IS IN THE CHOCOLATE LIFE ENERGIZING SHAKE MIX?

The caffeine content of the Shaklee Chocolate Life Energizing Shake Mix is less than 2 mg per serving.

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

The Metabolic Boost* contains green tea extract, which contains a low level of caffeine. A full serving of the Metabolic Boost* will provide less than 10 mg of caffeine.

HOW MUCH CAFFEINE IS IN THE SHAKLEE 180® ENERGY TEA?

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

IS THERE CAFFEINE IN THE SHAKLEE CAFÉ LATTE LIFE ENERGIZING SHAKE MIX?

The Shaklee Café Latte Life Energizing Shake Mix contains a trace amount of caffeine from the natural flavors used. It has less than 1 mg of caffeine per serving.

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