



SHAKLEE 180[®] SUCCESS STORIES

Real Change. Real People.



SHAKLEE 180® HAS HELPED ME MAINTAIN MY HEALTHY WEIGHT EVEN AFTER FIVE KIDS.

**LOST
72 POUNDS
AND HAS KEPT
IT OFF*†**

“Shaklee 180 has helped me be in the best shape of my adult life. The program helped me lose 72 pounds. It also helped me maintain a healthy weight despite another pregnancy. I’m a busy mom of five and use the shakes and Metabolic Boost daily to keep me going. I’ve also gotten certified to teach group fitness classes and continue to teach aquatics, intervals, boot camps, etc. I have energy (and a smile!) to spare, even though my classes are tough!”

Rachael

BEFORE



*Results and experiences from the Shaklee 180 Program are unique for each person, so results may vary. People following the weight-loss portion of the Shaklee 180 Program can expect to lose 1-2 pounds a week.

†The Westcott study consisted of six months of weight loss, including replacing two meals a day with Life Shake™, along with a 40-minute exercise program twice weekly and calorie targets and six months of maintenance, including one Life Shake per day and 40 minutes of exercise twice a week with no calorie targets. See full details of the Westcott clinical studies at healthresource.shaklee.com.

**LOST 54
POUNDS**†**

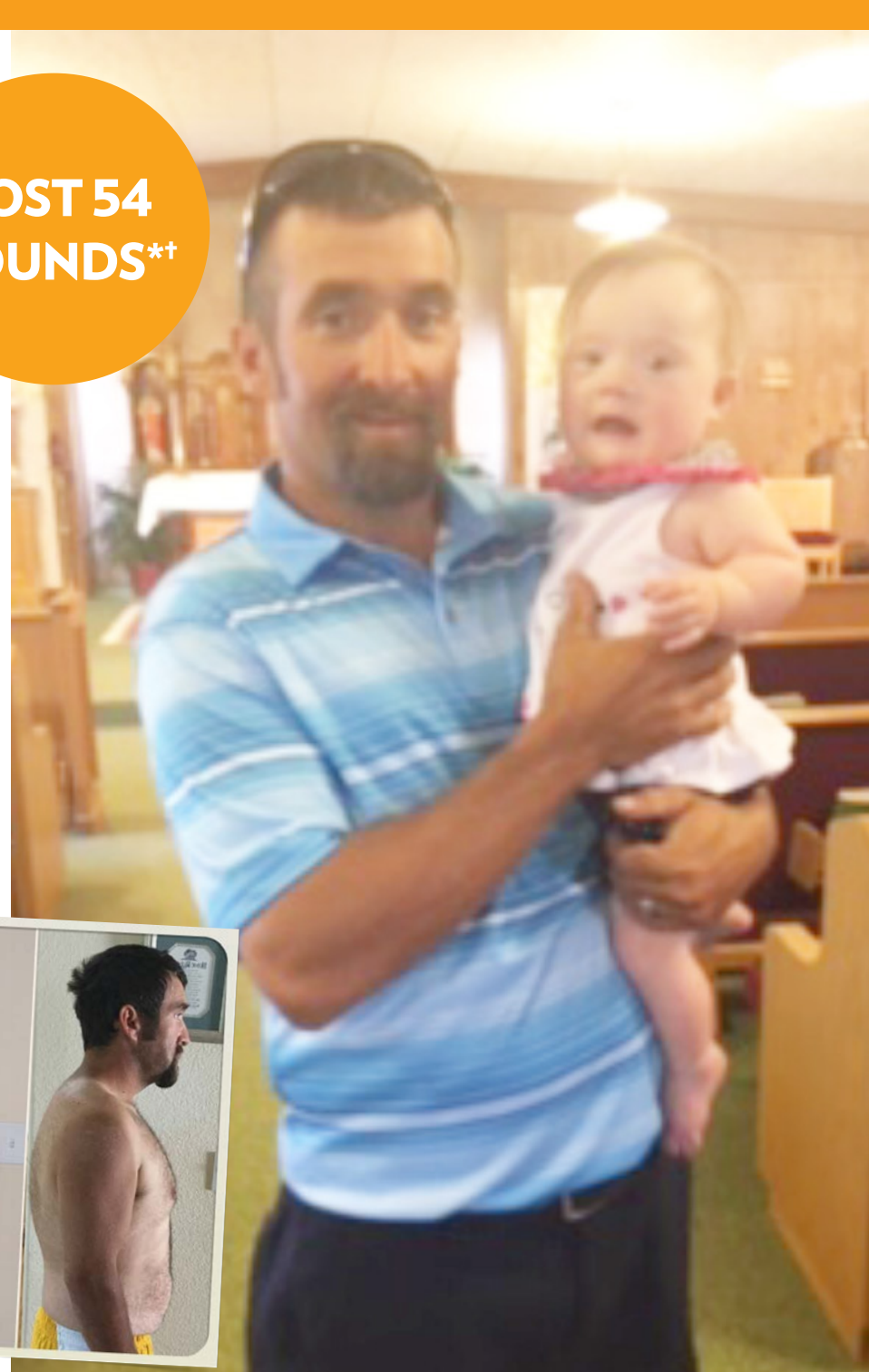
SHAKLEE 180® IS ONE OF THE EASIEST AND HEALTHIEST PROGRAMS I'VE EVER TRIED.

“With Shaklee 180, I’ve learned how to eat correctly and have never felt better. I went from being the guy with bad eating habits to drinking two Life Shakes™, eating healthy dinners, and feeling satisfied and full.

“I no longer have to worry about my weight, and have energy to enjoy the time I spend with my four daughters. The best part is that the Shaklee 180 Program is so easy and sustainable that I’ve been able to share my experience with so many people, and they’re seeing great results as well now.”

Charles

BEFORE



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I FEEL BETTER THAN EVER
AND I HAVE MORE ENERGY
THAN I COULD EVER IMAGINE.

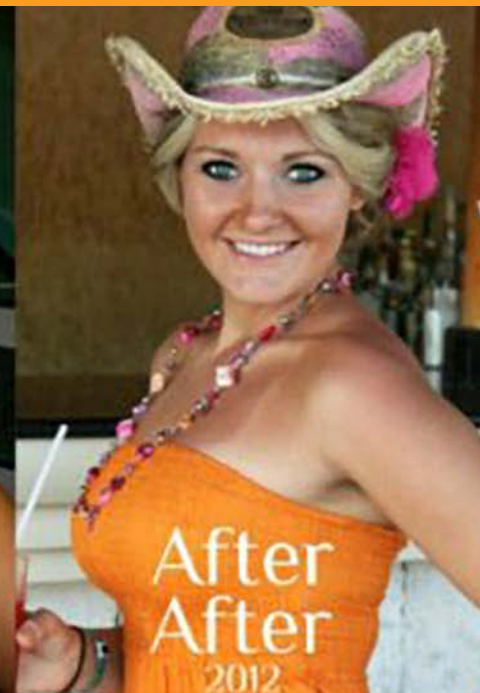
"After a year of not being able to lose the weight and trying many different kinds of diets, I decided to try out Shaklee 180. In just five months of using the Shaklee 180 Program, I ended up losing a total of 28 pounds and 19-1/2 inches! I went from a size 16 down to a 6! Thanks to Shaklee 180, my life has been changed forever! I love that Shaklee focuses on not only your before and after but your after-after as well! I feel better than ever and I have more energy than I ever could imagine."

Elisabeth

BEFORE



LOST
28 POUNDS
AND HAS KEPT
IT OFF**†



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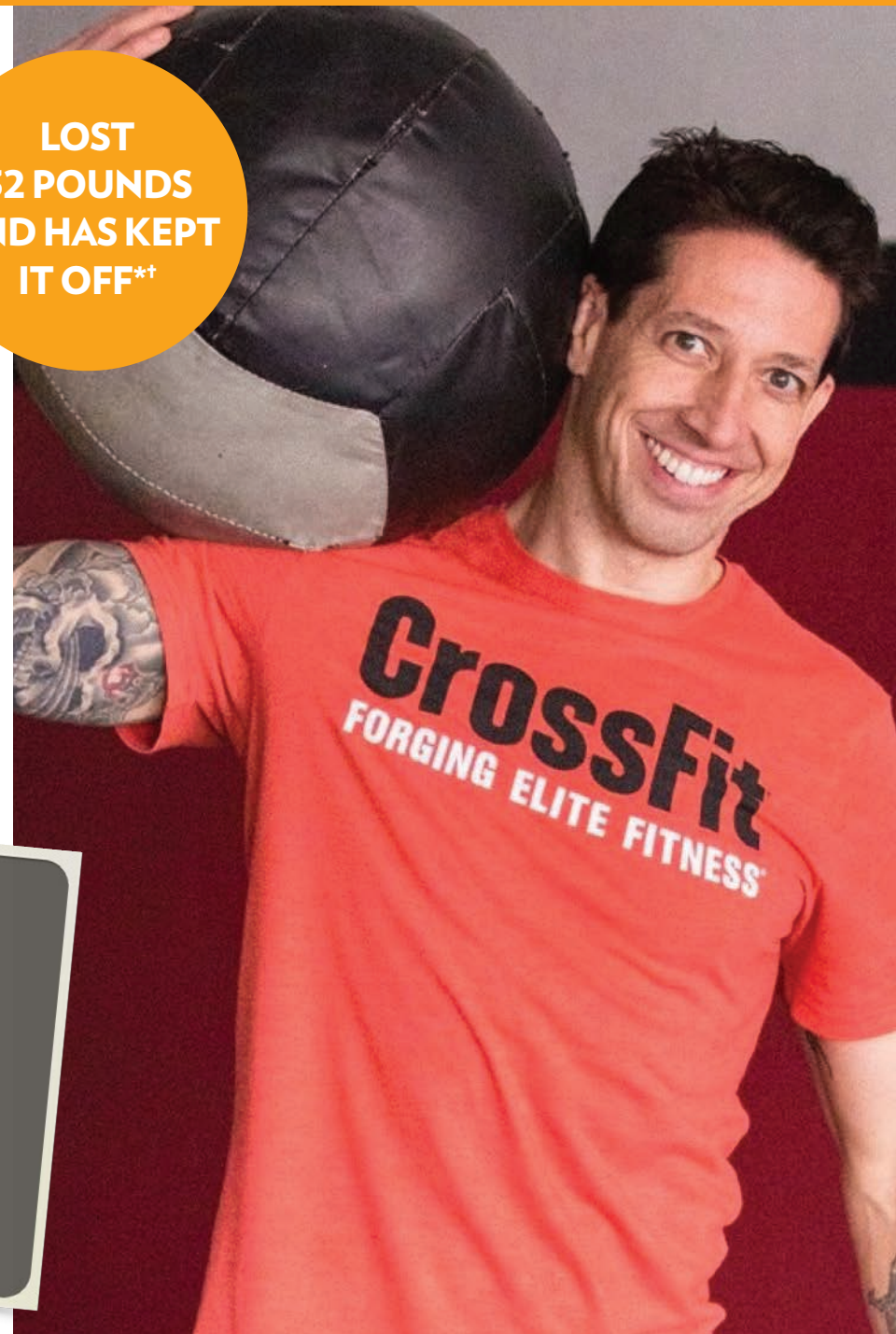
**LOST
32 POUNDS
AND HAS KEPT
IT OFF*†**

A COMPLETE TURNAROUND WITH SHAKLEE 180® – FROM BEING TOO TIRED TO BEING A CROSSFIT® FITNESS TRAINER.

“Shaklee 180 has changed my lifestyle immensely. I start my day with a Life Shake™, with snack bars from time to time. I believe in being consistent with my nutrition and exercise. As a fitness trainer, I advise that Shaklee 180 is the perfect lifestyle change if you want sustainable results.”

Matt

BEFORE



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**LOST
62 POUNDS
COMBINED**†**

WHILE WE'RE THANKFUL FOR
THE LOSS OF THE EXCESS FAT,
WE'RE MORE THANKFUL FOR THE
HEALTHY LIFE WE'VE GAINED!

"Wayne and I started our Shaklee 180® journey together. To date we've lost a combined 62 pounds and a lot of inches! While I'm thankful for the loss of the excess fat, I'm more thankful for the life we've gained! We have more energy than we can ever remember having in our lives. Our five children have benefited from our lifestyle change and our whole family is becoming healthier."

Justine and Wayne

BEFORE



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AARON LEFT HIS UNHEALTHY HABITS IN THE DUST AND NOW HE'S LEADING THE PACK.

**LOST
75 POUNDS
AND HAS KEPT
IT OFF*†**

“My lifestyle during high school changed the most with Shaklee 180®. In middle school, my diet was out of control with fast food, poor habits, and a lot of soda. The change for me happened when I ran the mile in high school. I did finish that mile, but I was in so much pain both physically and mentally. That day I decided to change my life forever. My lifestyle now is extremely active and positive. I've continued my lifestyle from high school into college. I keep myself active by staying in the gym and centring myself around others who make me better.”

Aaron

BEFORE



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SUCCESS WITH SHAKLEE 180® HAS MOTIVATED ME TO CONTINUE TO FOCUS ON LOOKING AND FEELING GOOD.

“Within two weeks of using Shaklee 180, I noticed the difference in my energy levels. It reduced my cravings and, within the last five months, I lost 20 pounds and reduced my dress size from size 8 to size 6. I feel more confident, focused, and disciplined. I’m motivated to stay fit and healthy. I’m energized during my workouts and can even see some definition in my abs now.”

Chantha

BEFORE



LOST
20 POUNDS
AND HAS KEPT
IT OFF**



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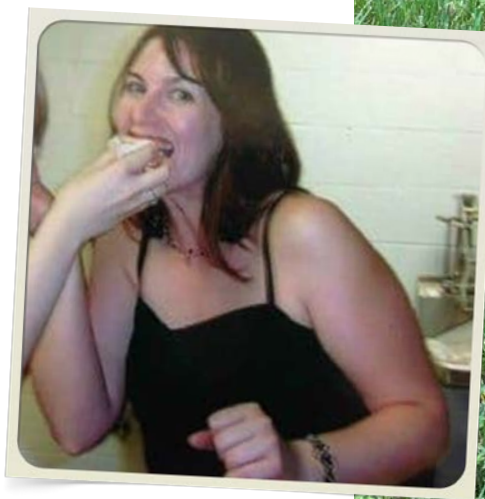
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SHAKLEE 180® HELPED ME IMPROVE MY RELATIONSHIP WITH FOOD AND MAKE POSITIVE CHANGES TO MY LIFESTYLE.

“The Shaklee 180 Program has helped me form a healthy relationship with food, and I recognize its value in building health. I still drink a Life Shake™ every morning and LOVE travelling with both the shakes and the meal bars for easy, affordable meals on the go. My advice to all those who want to lose weight with Shaklee 180: don’t try to do everything at once. Be slow and steady and don’t be afraid to ask for help. Give the program time to work and believe in yourself!”

Kristina

BEFORE



**LOST
20 POUNDS
AND HAS KEPT
IT OFF****



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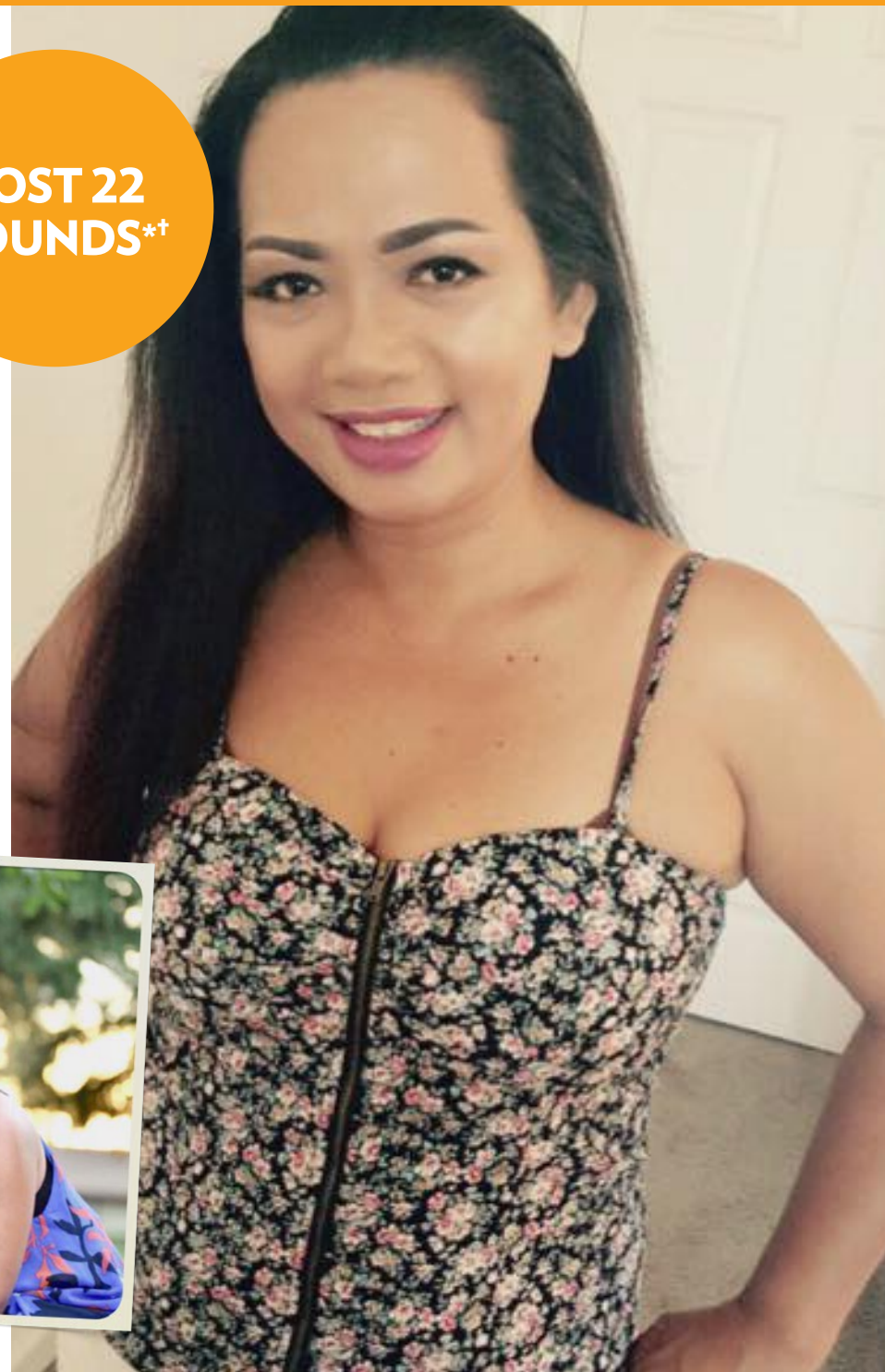
**LOST 22
POUNDS*†**

MAKING HEALTHY CHOICES IS JUST EASIER NOW.

“I was struggling with my weight, lacked energy, and would feel tired all the time. I tried the Shaklee 180® Program and within a couple of days noticed a shift in my energy and my craving for food was slowing down. I lost 22 pounds within a few months and am loving my new self.”

Chinda

BEFORE



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OUR WHOLE OUTLOOK ON LIFE HAS CHANGED FOR THE BETTER WITH SHAKLEE 180®. IT WORKS AND FITS OUR LIFESTYLE WELL.

“Shaklee 180 products have absolutely changed our lives! After reaching our goal weights, we’ve had great success maintaining our weight for several years by continuing with Shaklee 180. We have more energy and more zest for life.”

Janeen and Dan



BEFORE

**LOST
62 POUNDS
AND HAS KEPT
IT OFF*†**

**LOST
56 POUNDS
AND HAS KEPT
IT OFF*†**



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I FEEL SO GRATEFUL FOR SHAKLEE 180®, AS IT HELPED ME GAIN CONTROL OF MY LIFE. I FEEL HEALTHIER, HAPPIER, AND STRONGER THAN I'VE EVER FELT IN MY LIFE.

“Before Shaklee, I'd been struggling with weight and had an unhealthy relationship with food. I didn't believe that I was capable of losing weight and getting healthy. My partner encouraged me to start the Shaklee 180 Program. Within a few days, I saw a shift in my energy levels, started feeling better, got the motivation to exercise, and soon started losing weight as well. The ease of the program, the delicious shakes, and the tangible results I was seeing encouraged me to keep going and now it's a part of my lifestyle. I feel healthier, happier, and stronger than I've ever felt in my life.”

Ellen

BEFORE



LOST
73 POUNDS
AND HAS KEPT
IT OFF**



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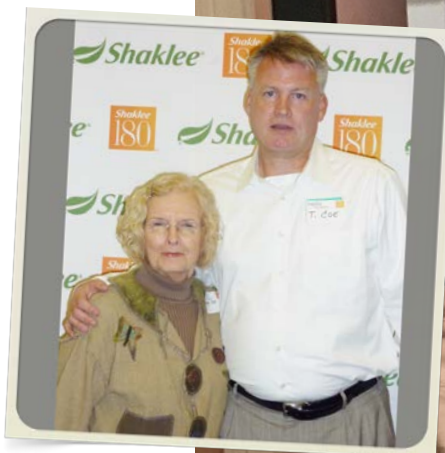
THE 83-POUND WEIGHT LOSS IS WONDERFUL BUT EQUALLY COMPELLING IS THE PERSON YOU BECOME WHEN YOU GO THROUGH SOMETHING LIKE THIS.

**LOST
83 POUNDS
AND HAS KEPT
IT OFF****

"After a routine doctor visit, I learned I had diabetes. My A1c was 7.1. It scared the heck out of me. I went on the Shaklee 180® plan immediately and followed it to a T. I never felt like I missed out on anything. Once the metabolism got going with the weight lifting and exercise, I felt like I'd built a calorie-burning machine. So, I kept going and going and the weight kept coming off. I got down to 195 pounds from 278 and have stayed there! I saw my doctor six months later and – due to my weight loss – my A1c had dropped from 7.1 to 5.1, not even close to pre-diabetes levels!† My doctor said she'd never seen such a dramatic drop. I couldn't help but just start to cry. She called me the poster child for what one should do when diagnosed with diabetes. The 83-pound weight loss is wonderful! At least equally, if not more, compelling is the person you become when you go through something like this."

Thomas

BEFORE



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**The Shaklee 180® Program is not a treatment for diabetes. However, being overweight increases the risk of Type 2 diabetes, and losing weight decreases the risk.

AFTER STRUGGLING WITH MY WEIGHT MOST OF MY LIFE, I NEEDED TO MAKE A CHANGE – AND SHAKLEE HELPED MAKE THAT HAPPEN.

**LOST
75 POUNDS
AND HAS KEPT
IT OFF**†**

“I started with the Shaklee 180® Turnaround Kit and am so glad I did! The convenience of the meal and snack bars helped me make healthy choices even on the go! The shakes gave me the energy I needed to be my best, for myself and family. With patience, hard work, consistent exercise, and healthy choices, I lost over 13 inches and 75 pounds. I’m more confident now and am setting a healthy example for my daughters.”

Emily

BEFORE



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THE CHANGE WE'VE EXPERIENCED IS PRICELESS. THIS PROGRAM HAS HELPED US BECOME A BETTER US.

"To have been able to lose more than 70 pounds combined and maintain that has been an amazing success, and we owe that to Shaklee. Shaklee 180® has changed our lifestyle for the better since we started it years back (roughly eight years or more) by giving us our daily boost to get through the day and by maintaining our weight."

Amber and Jeff

**LOST
52 POUNDS
AND HAS KEPT
IT OFF*†**

**LOST
24 POUNDS
AND HAS KEPT
IT OFF*†**

BEFORE



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