



START YOUR JOURNEY TO A LEANER, HEALTHIER YOU!

Shaklee
180[®]

*Take your shape in
a whole new direction[®]*

SHAKLEE 180 PROGRAM



**JEFF LOST 52 LBS
& AMBER 24 LBS**

**BOTH HAVE
KEPT IT OFF****

Your journey to a leaner, healthier you begins here!

Shaklee 180® is clinically proven to help you lose the weight and keep it off.[†] Participants worldwide have lost over 2 million pounds and 1 million inches.**

There are three simple steps to this sustainable regimen:

1. Enjoy proven Shaklee 180 products
2. Practice clean, healthy eating
3. Exercise regularly

*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.

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

†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, 40 min of exercise twice a week with no calorie targets. See full details of Westcott clinical studies healthresource.shaklee.com.

Get started today!

Now that you have the products you need, it's time to get moving. If you haven't already, take these steps in the next 48 hours to start your turnaround!

Access Shaklee 180 resources—product information, clean eating how-to's, exercise regimens, and inspirational success stories at 180.shaklee.com

Set your healthy weight goal and plan your meals using the weight and calorie table and the Shaklee 180 clean eating resources at 180.shaklee.com

YOUR WEIGHT (LBS)	YOUR CALORIE LEVEL
UP TO 150	1,200
150-200	1,500
201-250	1,800
251+	2,100

Set up your personal Shaklee 180 profile: Enter your "Before" photos and your "Why" story describing your inspiration for a turnaround at marketing.shaklee.com/180challenge

PROVEN RESULTS IN 3 SIMPLE STEPS

1

Replace two meals a day with our delicious, clinically proven Life Shake™—or 180 Meal-in-a-Bar—and 180 Metabolic Boost*.



BREAKFAST



LUNCH



**RACHAEL
LOST 72 LBS**

AND HAS KEPT
IT OFF**



“Shaklee 180 has helped me maintain my healthy weight even even after multiple pregnancies.”

Visit the Naturally blog at go.shaklee.com/naturally/ to find delicious Life Shake recipes!



Clinically proven products & ingredients



Shaklee 180® Meal-in-a-Bar:
A complete meal in your pocket.

18-20 grams of protein and 6 grams of fiber to help you feel fuller longer.

Shaklee 180® Metabolic Boost*
Burn calories naturally.

Special blend of green tea, chromium, vanadium, and banaba leaf extract to help keep metabolism going strong and retain normal blood sugar levels.*



Life Shake™
The most delicious, clinically proven shake.

- Packed with 20 grams of ultra-pure, non-GMO protein to curb hunger and increase energy.
- Contains 23 essential vitamins and minerals, 140 calories, and no added sugar.
- Available in plant protein and soy protein and four delicious flavors.



Treat yourself to a healthy snack if hunger calls!



Shaklee 180® Snack Bar
A sweet, guilt-free treat.
9-10 grams of protein and 3 grams of fiber to help you feel fuller longer.



Shaklee 180® Energizing Tea
A natural energy lift.
Helps enhance energy and alertness with an antioxidant-rich blend of green, white, and red teas.
Enjoy hot or cold.



Shaklee 180® Snack Crisps
A satisfyingly savory snack. 6 grams of protein to help keep hunger away and cravings under control.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

2

Enjoy one healthy, nutritious meal every day, plus 180 Metabolic Boost*.

What a healthy meal looks like

4-6 ounces protein

- Free range chicken or pork
- Grass-fed beef
- Wild-caught salmon
- Tofu
- Beans and legumes

Unlimited vegetables

- Focus on colorful options—a lot of greens, reds, and oranges. Fill at least half of your plate.

Pick a healthy fat

- 1/2 tbsp olive oil or olive oil-based dressing
- 1/4 avocado
- 1/8 cup shredded cheese

1/2 to 1 cup whole grain

- Quinoa
- Brown rice
- Whole grain or gluten-free pasta



Visit the Naturally blog at go.shaklee.com/naturally/ to find delicious clean eating recipes!



3

Exercise for 40 minutes at least twice a week

Troy Dumais
Diving,
Bronze Medalist,
London 2012

Regular physical activity has many benefits. It increases energy, can help keep weight off, and lowers your risk of developing major chronic diseases. It also improves sleep, improves body shape, and can help support brain function and memory.

Access exercise regimens from Shaklee Pure Performance Team athletes at 180.shaklee.com

THE SCIENCE BEHIND THE SUCCESS

Proven by science

In clinical studies published in 2017–2018 by Dr. Wayne Westcott, a leading nutrition researcher from Quincy College, the Shaklee 180® Program was clinically proven to help you lose weight and keep it off and to help retain lean muscle.

Lose weight!

-14lbs
Fat Lost

+4lbs
Muscle Gained

-5.75%
Body Fat

Body fat dropped from 29.5% to 23.75%

& Keep it off!

-2lbs
Add'l Fat Lost

+3lbs
Add'l Muscle Gained

Powered by Leucine®

Leucine is the most effective branched chain amino acid for preserving muscle mass.

Helps you:**

- Build lean muscle
- Burn fat
- Improve metabolism

Transform your body shape by losing fat and retaining lean muscle:



Typical Diets
LOSE FAT AND
MUSCLE



Shaklee 180 with Leucine
DESIGNED TO HELP
YOU LOSE FAT AND
RETAIN LEAN MUSCLE



MATT
LOST 32 LBS
AND HAS KEPT
IT OFF**

Proven by people

A complete turnaround with Shaklee 180—from being too tired to being a CrossFit® fitness trainer

*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.

**Clinical study participants replaced two meals with Shaklee Life Shakes daily and followed a 40-minute exercise program twice weekly. See full details of Life Shake™ clinical studies at healthresource.shaklee.com.

†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, 40 min of exercise twice a week with no calorie targets. See full details of Westcott clinical studies healthresource.shaklee.com.

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