

Me+ology™  
BY SHAKLEE

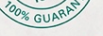
# Meology™ Recommendation Guide



**SAFE**  
More than 100,000  
quality tests performed  
annually to ensure  
purity and potency



**PROVEN**  
Rigorously focused on  
science, backed by over  
a century of research  
and experience



**100% GUARANTEED**  
Sealed with our 100%  
money-back guarantee—  
no questions asked

Hi Claire!

Hi Claire,

Congratulations on taking a personalized path towards the wellness you're looking for—safe, proven, and 100% guaranteed supplements tailored to optimize your nutrition and help you achieve your goals. We've combined a century of our science and experience with the personal information you shared with us to craft a supplement plan uniquely for you and your goals. Start each day with exactly what your body needs. To view your detailed report go to [meology.shaklee.com/reco](https://meology.shaklee.com/reco)

### Recommendations



**Vita-Lee Gold®**  
The perfect multi for heart, brain, eye, and bone health.  
★

### Why?

- To support your goal of healthy weight
- To support your goal of healthy aging
- To supplement the vegetables in your diet because you eat less than 1 serving a day
- To complement your diet because you eat 1 serving of dairy a day

2 tablets daily



**Vita-D3®**  
Clinically proven 2,000 IU high-potency vitamin D3.  
★

### Why?

- To promote healthy bones as you age
- To support your goal of healthy aging

2 tablets daily



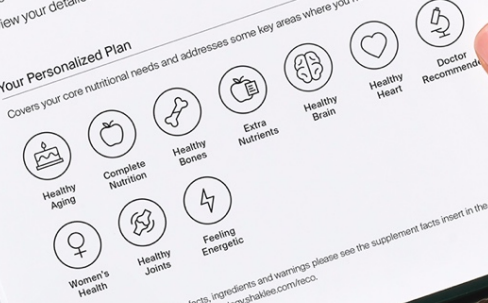
**Glucose Regulation Complex®**  
Nutrients to help retain normal blood sugar levels  
★

### Why?

- To follow your doctor's healthy weight and blood sugar recommendation

### Your Personalized Plan

Covers your core nutritional needs and addresses some key areas where you need more support.



For directions, supplement facts, ingredients and warnings please see the supplement facts insert in the pocket of your pack dispenser, or go to [meology.shaklee.com/facts](https://meology.shaklee.com/facts).

Your Meology™ recommendation page is full of personalized content dynamically created just for you based on your assessment responses. Every product contains detailed explanations for why it is recommended so you can understand how it benefits you specifically.

All products are ranked by the Meology patent-pending algorithm and product recommendation engine so you know for certain which products are the most important for you.

# One Assessment, Two Plans

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# Meology™ Generates 2 Supplement Plans for You

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Your Essentials plan focuses on the **most** important nutrients and products you need to build a solid nutritional foundation. It includes a maximum of 8 tablets per day contained in one supplement pack.

Your Essentials Plus plan includes everything in the Essentials plan **plus** targeted nutrient needs and solutions to help you reach your goals. It includes a maximum of 16 tablets per day contained in two supplement packs.



Essentials




Essentials Plus

# Easily Modify Your Plan

You can modify your Essentials Plus plan by clicking on the green toggle on the right of every product section.

The subtotal and supplement pack automatically update when items are included or excluded.



**Vita-Lea® Women**  
The perfect multi for women to help you look and feel your best\*

[Product Details](#)

**Why we recommend this for you:**

- To support your goal of feeling energetic
- To help you lower your high stress level
- To help support your brain health
- To supplement the vegetables in your diet because you eat 2 servings a day
- To supplement the fruit in your diet because you eat 2 servings a day

Included

2 tablets daily | \$0.70 per day

# Personalized Content

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# The 3 “Whys”

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There are three pieces of dynamic content (each one more detailed) describing why products are recommended for you.

We refer to these as the “Whys.”

These Whys are like having a Shaklee MD or PhD explaining things to you.

# Why One

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Icons provide a high-level overview of key focus areas based on assessment responses.



Fitness  
goals



Top  
health  
goals



Complete  
nutrition



Healthy  
eyes



Healthy  
Brain

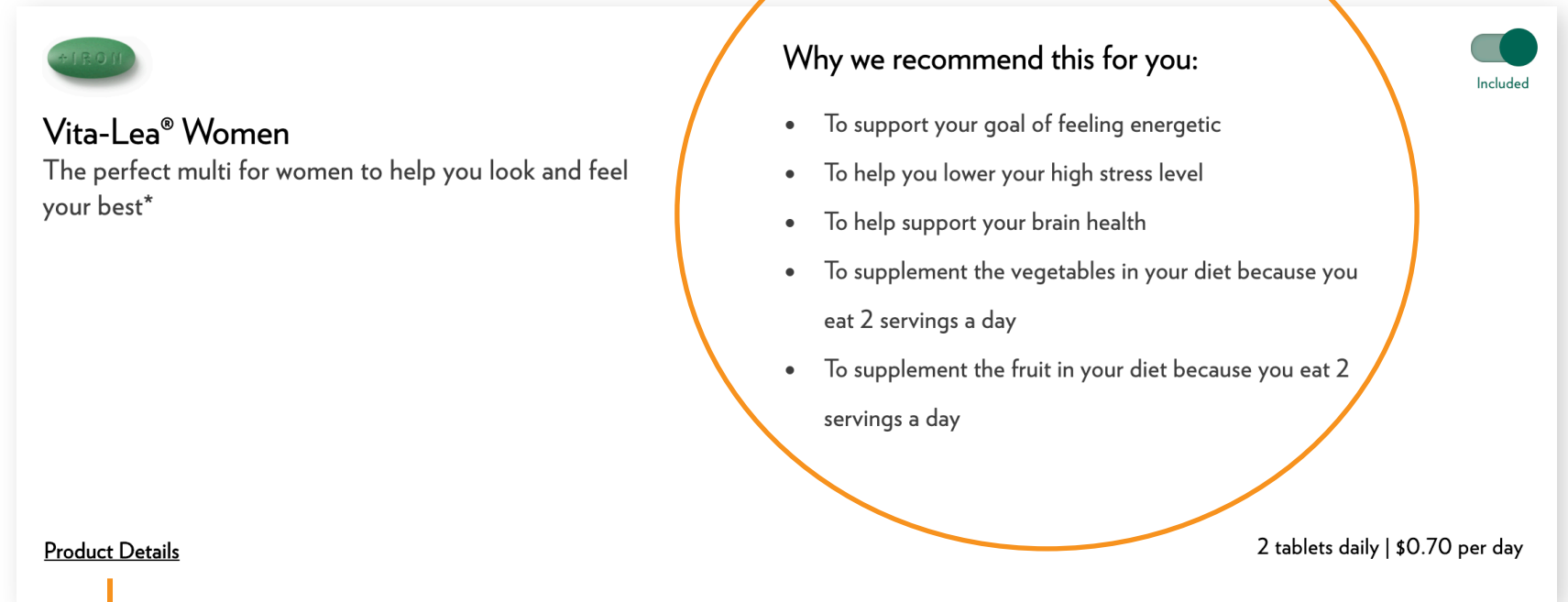


Stress  
management

# Why Two

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The second set of Whys explains what the product will address relative to your assessment answers.



The screenshot shows a product page for Vita-Lea Women. On the left, there is a green pill icon with '+LEA' on it. Below it, the text reads 'Vita-Lea® Women' and 'The perfect multi for women to help you look and feel your best\*'. At the bottom left of the product card, there is a link 'Product Details' with an orange arrow pointing down from it. On the right side of the product card, there is a section titled 'Why we recommend this for you:' which is circled in orange. This section contains a list of five bullet points. In the top right corner of the product card, there is a green toggle switch labeled 'Included'. At the bottom right of the product card, it says '2 tablets daily | \$0.70 per day'.

**Vita-Lea® Women**  
The perfect multi for women to help you look and feel your best\*

[Product Details](#)

**Why we recommend this for you:**

- To support your goal of feeling energetic
- To help you lower your high stress level
- To help support your brain health
- To supplement the vegetables in your diet because you eat 2 servings a day
- To supplement the fruit in your diet because you eat 2 servings a day

2 tablets daily | \$0.70 per day

The most comprehensive Whys (see next page) are found on the personalized product details page when you click here.

# Why Three


The personalized product details page first shows the Why icons to remind you what focus areas this product will address.

Then it breaks down each focus area, explaining why the product is recommended and how it will specifically help you.





← Me+ology

## Vita-Lea® Women


The perfect multi for women to help you look and feel your best\*



Recommended for your unique health needs and goals:

-  Top health goals
-  Stress management
-  Healthy Brain
-  Complete nutrition

Why we recommend this for you:

-  To support your goal of feeling energetic

Vita-Lea® Women is a great place to look for the energy boost you've been craving.\* It's packed with all the essential micronutrients your body needs, including your daily value of all eight B vitamins to support energy so you can take on the day.\*

# Additional Product Info

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# As you scroll through the personalized product details page for each product in your plan, you will find:

Details about dietary preferences and sensitivities (e.g., kosher, gluten free, etc.)

Complete supplement facts

Directions for use and any relevant cautions

## Why we love it

Packed with vitamins and minerals, including calcium, iron, biotin, and folic acid, and backed by seven clinical studies plus a century of innovation, Vita-Lea® Women is specifically designed and scientifically proven to give your body what it needs to thrive.\*

- ✔ Kosher
- ✔ Gluten Free

## Supplement Facts

### Vita-Lea® Women

Serving Size: 2 capsules

	Amt Per Serving	%DV
Vitamin A (as beta-carotene and as vitamin A acetate)	1,500 mcg	167%
Vitamin C (as ascorbic acid)	120 mg	133%
Vitamin D (as cholecalciferol)	25 mcg	125%
Vitamin E (as d-alpha-tocopheryl acid succinate)	40 mg	267%
Vitamin K (as phytoladione)	120 mcg	100%
Thiamin (as thiamine mononitrate)	1.50 mg	125%
Riboflavin	1.70 mg	131%
Niacin (as niacinamide)	20 mg	125%
Vitamin B6 (as pyridoxine hydrochloride)	2 mg	118%
Folate	1,336 mcg DFE	334%
Vitamin B12 (as cyanocobalamin)	6 mcg	250%

## Directions

Take tablets daily

## Cautions

ACCIDENTAL OVERDOSE OF IRON-CONTAINING PRODUCTS IS A LEADING CAUSE OF FATAL POISONING IN CHILDREN UNDER 6. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. IN CASE OF ACCIDENTAL OVERDOSE, CALL A DOCTOR OR POISON CONTROL CENTER IMMEDIATELY.

If taking blood-thinning medications, consult your physician prior to use.

Manufactured in a facility that may also process tree nuts, milk, egg, soy, wheat, shellfish, and fish.

Your recommendation includes multiple products that contain niacin. Higher intakes of niacin have been shown to cause flushing. Because Shaklee's products contain niacin or niacinamide, which doesn't cause flushing, you should not experience this symptom.

Your recommendation includes multiple products that contain folic acid. Higher intakes of folic acid have been shown to mask a vitamin B12 deficiency. Because your recommendation includes Vita-Lea, which contains vitamin B12, the possibility of higher intakes of folic acid concealing a vitamin B12 deficiency is likely not a concern for you. If you're concerned about higher intakes folic acid, you should discuss your folate intake with your physician.

# Add-On Products

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# Add-Ons

You will receive up to three personalized product recommendations that will not be part of the daily packs.

Each recommendation will help you reach your goals and features Why details and a personalized product detail page.

To include these in your order, all you have to do is click on the green toggle and the subtotal will automatically update.

Include



**Shaklee**  
**+Greens**  
**Organic Greens Booster**  
One cup of raw, organic, nutrient-rich green vegetables in every scoop  
**Whole Food Supplement**  
30 SERVINGS | NET WT. 75 g (2.6 oz.)


**Organic Greens Booster**  
One cup of raw, organic, nutrient-rich green vegetables in every scoop

**Why we recommend this for you:**

- To supplement the vegetables in your diet because you eat 2 servings a day

[Product Details](#) \$25.75

Include



**Shaklee**  
**+Pain Relief**  
**Joint & Muscle Pain Cream**  
Menthol Topical Analgesic  
Deep temporary relief for minor pain associated with backache, arthritis, bruises, and sprains  
Natural plant extracts with pain-relieving, soothing menthol  
PARABEN FREE | 3 OZ. (85 g)

**Joint & Muscle Pain Cream**  
Deep temporary relief for minor pain associated with sore muscles and more

**Why we recommend this for you:**

- To follow your doctor's joint health recommendation
- To support your goal of healthy joints

[Product Details](#) \$23.20

# Me<sup>+</sup>ology™

BY SHAKLEE

Nutrition Made Personal™