



Why take a multi? And... which one?

- ▶ Synthetic, natural or whole food supplements?
- ▶ 7 key benefits of daily multivitamin use
- ▶ What is methylation and why it is important
- ▶ New... Methelated Vita-Lea!

Choose: Tablet or Gummy?

- ▶ Vita-Lea formula features
- ▶ New... Vita-Lea Gummy!
- ▶ Tablet vs Gummy: The differences
- ▶ ...and more

*The Choice
is Yours*



The traveler's guide to jet lag

- ▶ Symptoms of jet lag
- ▶ Sleep disruptions
- ▶ 5 great solutions

This email newsletter has been sent to you compliments of:

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Making a Difference!

Through Shaklee, we are all...

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Nutritional Researchers as well as Medical Researchers have found that supplementing your regular diet not only improves your general body efficiency, but also aids your body specifically in overcoming nutritional deficiency diseases.

It has been authoritatively demonstrated that, in spite of your "three square meals a day", you may be suffering from malnutrition. The addition of a natural nutritional supplement will certainly help you overcome your nutritional deficiency weaknesses.

Do this, and you will live longer.

~ A Study Course in Nutrition by Forrest Shaklee Sr., DC, DD

The difference between synthetic, natural and whole food supplements

Synthetic supplements are manufactured in laboratories, where isolated vitamins and minerals are synthesized to mimic their natural counterparts found in food.

Natural supplements are derived from natural sources, and are processed to extract or concentrate specific nutrients.

Whole food supplements, like those from Shaklee, are made from concentrated whole foods, preserving the natural matrix of nutrients found in the original food source.



Why take a multi? And... which one?

The 2023 Council for Responsible Nutrition (CRN) Survey on Dietary Supplements shows that 74% of American adults use dietary supplements, with 55% as regular users. The USDA and American Heart Association recommend a balanced diet including protein, vegetables, fruit, dairy, and grains. However, modern agricultural practices like soil depletion and chemical use mean today's food lacks essential nutrients. Research suggests meeting nutritional needs might require three times or more than the recommended intake. For example, it now takes eight oranges to match the Vitamin A content of one from previous generations.

And... recent studies indicate widespread nutrient deficiencies among Americans, linked to chronic illnesses, cancer, and shorter lifespans.

So... should you take a multi? Only if you want to live a longer, healthier, more robust life! Now the question is... **which multi should you take?**

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Issue #260

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Item Code	Product	Item Code
20286	Vita-Lea Men 120s	
20287	Vita-Lea Men 240s	
20288	Vita-Lea Women 120s	
20289	Vita-Lea Women 240s	
20290	Vita-Lea Gold w/ K 120s	
20291	Vita-Lea Gold w/o K 120s	
22099	Vita-Lea Methylated 120s	
21514	Vita-Lea Gummy 120s	
21400	Dream Serene 30s	
21506	Rest & Rewind 20 svgs	

Not all featured products or sizes listed due to space limitations.

Which Vita-Lea is right for you? Find out..

Revitalize your body: 7 key benefits of daily multivitamin use

What is methylation and why is it important?

Methylation is the biochemical process of adding a "methyl group" (one carbon atom bonded to three hydrogen atoms) to another molecule, making it less reactive. This process stabilizes molecules and is essential for various metabolic functions. It helps balance hormones and neurotransmitters, regulate protein synthesis and cellular energy, process and repair DNA and RNA (the molecules that store and read genetic information), enhance T-cell function (key to immune response), and support the production of glutathione, the body's main antioxidant.

Methylation also detoxifies substances by attaching methyl groups to organic toxins like heavy metals, reducing their toxicity and making them easier to eliminate from the body. A key function of methylation is regulating gene expression. Only about 1% of your genetic material is typically active at any given time; the rest is inactive. Various modern factors can activate "bad" genes linked to chronic illness, including:

- Diets rich in processed foods
- Exposure to environmental toxins
- Chronic stress
- Lack of physical activity
- Exposure to stealth microbes

Methylation helps deactivate these "bad" genes by attaching methyl groups to genetic material. However, without lifestyle and dietary changes, these genes can remain active. Persistent stress on your genes means methylation alone won't ensure you feel your best.

While achieving optimal nutrition can be a challenge in today's busy world, it's crucial for maintaining energy, mental clarity, and overall health. While a balanced diet is ideal, supplementing with a daily multivitamin like **Vita-Lea®** can help ensure you meet your nutrient needs. Here are seven reasons why incorporating a daily multivitamin can benefit your health:

1) Nutrient deficiency prevention:

Many Americans don't get enough essential nutrients like vitamins A, C, D, E, calcium, potassium, iron, and magnesium. A multivitamin fills these gaps.

2) Enhances dietary balance:

Even with a conscientious diet, it's difficult to obtain all necessary nutrients every day. A multivitamin provides a convenient way to complement your diet.

3) Customized support:

Different life stages require different nutritional support. Whether you're a child, adult, or senior, or if you're pregnant, a multivitamin tailored to your specific needs ensures you receive the right nutrients for optimal health.

4) Boosts energy levels:

Nutrient deficiencies can



lead to fatigue and reduced energy levels. Multivitamins contain B vitamins that support energy

metabolism.

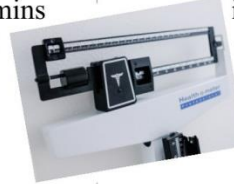
5) Stress relief: Essential nutrients like B vitamins, omega-3s, and magnesium play key roles in managing stress and mood. A multivitamin can help replenish these nutrients.



6) Supports restful sleep: Minerals such as magnesium and calcium are essential for promoting relaxation and improving sleep quality.

7) Aids in weight management:

When reducing calorie intake, it's easy to miss out on important nutrients. A multivitamin ensures you get essential vitamins and minerals, supporting your body's nutritional needs while losing weight.



Choosing the right multivitamin, such as **Vita-Lea**, ensures you receive comprehensive nutritional support tailored to your lifestyle and health goals, enhancing your overall well-being and achieving a healthier, more balanced life.

New... Methylated Vita-Lea!

Vita-Lea® Methylated has been uniquely developed to meet the needs of people seeking easy-to-metabolize methylated B vitamins and delivers essential nutrients in 2 tablets.

Vita-Lea Methylated is formulated with 23 essential vitamins and minerals, including 100% DV or more of vitamins A, C, D, E, K and all 8 B vitamins, including methylfolate and methylcobalamin. These are B vitamins in their methylated, active form ready to be used by the body. **Vita-Lea Methylated** also contains minerals like calcium, iodine, zinc, and magnesium, along with N-acetylcysteine, a powerful antioxidant.

Vita-Lea Methylated is specifically formulated for adults 18 years and older. However, if your child is at least 12 years old and can comfortably and safely swallow tablets, they can use **Vita-Lea Methylated**.

Vita-Lea Methylated is not formulated as a prenatal vitamin.



How to choose your Vita-Lea formula: Tablet or Gummy?

In 1915, Dr. Forrest C. Shaklee invented the first multivitamin in the United States, **Vitalized Minerals**. And now Shaklee's **Vita-Lea®** multivitamin line has two new additions: **Vita-Lea Methylated** and **Vita-Lea Gummy**, a strawberry multivitamin gummy that contains core nutrients to support overall health.

All **Vita-Lea** formulas feature:

☑ **Nutrition backed by science:** **Vita-Lea** multivitamins are backed by 7 clinical studies and the **Landmark Health Studies**, the first studies to examine 30+ years of supplement use. The **Landmark Health Studies** showed that people who took Shaklee supplements, including **Vita-Lea**, had better health biomarkers than people who took a single multivitamin and people who took no supplements at all.

☑ **The highest quality and safety standards:** There are over 1,700 quality tests conducted across the **Vita-Lea** line for every production.

☑ **Everything you need and nothing you don't:** Shaklee believes that less is more, and more isn't always better. While Shaklee uses quality ingredients in **Vita-Lea**,



they only put in what's absolutely needed. There are no artificial flavors, colors, sweeteners, or preservatives in any **Vita-Lea** multivitamin. Shaklee also does not use fillers or additives that are of no use to the body.

So... which **Vita-Lea** is right for you?

Vita-Lea Gummy

☑ This great-tasting strawberry-flavored gummy is sugar-free, vegetarian, gluten-free, nondairy, with only 7 calories per gummy.

☑ Helps fill nutrient gaps with 12 essential

vitamins and minerals

☑ Great for the whole family

☑ If pills and tablets aren't for you

Vita-Lea Tablets

☑ Formulas include up to 24 essential vitamins & minerals

☑ Different formulas to address *YOUR* needs

☑ If you need a methylated multivitamin

☑ You prefer traditional tablets over gummies

The Choice is Yours

New... Vita-Lea Gummy!

If you have trouble swallowing tablets, you'll love this yummy **Vita-Lea Gummy**! Just three gummies provide 12 essential vitamins and minerals, including A, B6, B12, C, D, and E, niacin, folic acid, biotin, pantothenate, iodine, and zinc.

Many adults and kids fall short of their key nutrient requirements, leaving them potentially vulnerable to health issues. Essential vitamins and minerals like A, C, D, E, calcium, magnesium, potassium, and zinc, as well as fiber, are often lacking in diets. **Vita-Lea Gummy** is a strawberry multivitamin that contains core nutrients to support overall health, including brain, heart, and immune health and helps boost energy levels.



Directions: Adults 18 and up take 3 gummies daily. Children 4 and up take 2 gummies daily.

Vita-Lea Gummies FAQ

How do I know if

Vita-Lea Gummy is right for me?

With essential vitamins and minerals, Shaklee's **Vita-Lea Gummy** is an excellent alternative multivitamin solution for anyone who struggles with swallowing tablets and those who prefer other delivery forms.

How many vitamins and minerals are in **Vita-Lea Gummy**?

Vita-Lea Gummy provides 12 essential vitamins and minerals including vitamins A, B6, B12, C, D, and E, niacin, folic acid, biotin, pantothenate, iodine, and zinc.

Gummy vitamins cannot hold as many nutrients as tablets. While **Vita-Lea Gummy** contains fewer vitamins and minerals than **Vita-Lea** tablets, the formula includes the most critical nutrients to meet the key nutritional needs of most people.

Is **Vita-Lea Gummy** suitable for people with specific dietary restrictions or preferences?

Vita-Lea Gummy is vegetarian, gluten-free, and nondairy.

Does **Vita-Lea Gummy** have a flavor?

Yes, **Vita-Lea Gummy** is strawberry-flavored.

Why do the gummies have a white coating?

The sanding on the outside of the gummies is maltitol, a naturally derived, sugar-free sweetener. This sanding helps reduce stickiness.

How should **Vita-Lea Gummy** be stored?

Vita-Lea Gummy should be stored in a cool, dry place away from direct sunlight.



The traveler's guide to jet lag and sleep disruption

Symptoms of jet lag

Jet lag can cause a variety of symptoms, which can vary in severity depending on factors like the number of time zones crossed, the direction of travel, and individual differences. Common symptoms include:

- ❑ Difficulty falling asleep at night and waking up in the morning
- ❑ Daytime fatigue and sleepiness
- ❑ Difficulty concentrating and impaired cognitive function
- ❑ Digestive problems, such as constipation or diarrhea
- ❑ Mood changes, including irritability or mild depression



Jet lag... also known as desynchronization... is a common issue for travelers crossing multiple time zones.

Jet lag occurs when there is a mismatch between the body's internal circadian rhythms and the external environment following rapid long-distance travel crossing multiple time zones,

Several strategies can help realign the body's internal clock with the new time zone:

- ❑ Before departure, gradually shift your sleep schedule closer to the

destination time zone. This can help your body start to adjust even before you leave.

- ❑ Light exposure is a powerful regulator of circadian rhythms, so seek exposure to natural light during the local daytime hours and avoid bright light at night.

- ❑ On long flights, try to sleep according to the destination's nighttime schedule, using earplugs, eye masks, and travel pillows if needed. Avoid caffeine and alcohol, as they can interfere with sleep quality.



- ❑ Stay hydrated during your flight, to minimize jet lag symptoms. Eat light, balanced meals to support overall health and energy levels.

- ❑ A supplement such as **Dream Serene** or **MultiTaskers Rest & Rewind**, both containing



melatonin, can help adjust your sleep-wake cycle. It is especially useful for eastward travel.

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With Shaklee, It's Easy To...

- Enjoy the benefits of improved health!
- Have more energy and vitality!
- Enjoy natural beauty... inside and out!
- Protect our fragile environment!
- Achieve financial independence... forever!



Take charge of your life today... with Shaklee!