

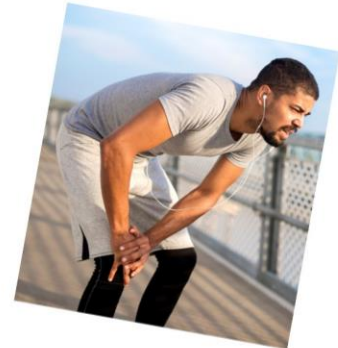


You, too, can become a Super Ager!

- ▶ A dire warning...
- ▶ Super Agers: Unlocking the secrets...
- ▶ Shaklee supplements for Super Agers...

Joint pain and... YOU!

- ▶ Why joint pain happens
- ▶ Ways to relieve joint pain
- ▶ Shaklee products for hurting joints



Shaklee: Pushing the boundaries of exceptional quality!

- ▶ Setting industry norms
- ▶ Stringent, exhaustive testing
- ▶ Committed to excellence!

This email newsletter has been sent to you compliments of:

Scotia Health

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Shaklee®
INDEPENDENT DISTRIBUTOR

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Through Shaklee, we are all...

Making a Difference!

Everyone is familiar with the short life of a poorly constructed building. It soon appears weather-beaten and old. The same thing applies to the body of man. The poor quality material used in the poorly constructed building simply failed to meet the rigors of time.

Can you possibly expect your body to meet those same rigors of time if you carelessly provide poor quality material?

You can postpone old age, IF you will provide good building material. Can such material be found in processed, refined, chemicalized and over-cooked foods? The answer is obvious.

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

A dire warning...

The largest-ever review of 45 studies involving over 10 million people, linked diets rich in ultra-processed foods with increased risks for 32 serious health issues, including premature death, cardiovascular disease, mental disorders, diabetes, obesity, and sleep problems.

Ultra-processed foods are ready-to-eat products such as deli meat, microwaveable dinners, and chips. They typically have long ingredients lists, with lots of additives such as preservatives, emulsifiers, fillers, oil, sugar, salt, coloring, and flavoring.

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You, too, can become a Super Ager!

Imagine reaching your 70s or 80s and still feeling as mentally sharp and physically energetic as someone in their 40s. Sounds impossible? Not for an extraordinary group of seniors known as "Super Agers." These individuals seem to defy the usual aging process, maintaining clarity of mind and an active lifestyle well beyond what most of us expect from the aging body. But what's their secret? Is it purely a matter of genetics, a fortunate roll of the DNA dice? Or is there something in their local environment that gives them an edge? Perhaps it's their diet, rich in nutrients that fuel both brain and body. Could their lifestyle choices... staying socially engaged, exercising regularly, or maintaining a positive mindset... hold the key? Or is it a combination of factors, or even something else entirely, that allows them to remain youthful in heart and mind? Let's dive deep into the science and mysteries behind their extraordinary ability to age with such grace and vitality.

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Product Ordering Guide			
Item Code	Product	Item Code	Product
21500	Vivix Liquid 30 sygs	22077	OmegaGuard 60s
22911	Vivix Liquid (Kosher) 30 sygs	22078	OmegaGuard 180s
21501	Vivix Liquid Gels 60s	21364	Vita-D3 90s
21504	Vivix Gummies in Glass Jar 90s	21377	Chevable Vita-C 60s
21511	Vivix Gummies (refill pouch) 90s	20112	Vita-E Complex 90s
21409	Collagen-9 (pouch) 40 sygs	20281	Advanced Joint Health Complex 60s
21398	Collagen-9 (sticks) 20 sticks	21376	Turmeric Boost 60s
20552	CarotMax 30s	20667	Pain Relief Complex 90s
20553	CarotMax 90s	20153	AlliAlla Complex 330s
22056	MindWorks 30s	20160	AlliAlla Complex 700s
21217	OsteoMatrix 120s	21312	Perf PM Recovery Complex 60s
21218	OsteoMatrix 360s	31051	Joint & Muscle Pain Cream

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

Super Agers & Shaklee!

Super Agers: Unlocking the secrets to defying aging

Shaklee supplements for Super Agers...

➤ **Vivix.** More than an anti-aging pill, **Vivix** is one of the best youthful skin supplements around. Containing a powerful blend of botanicals, and supported by six unique patents, **Vivix** is one of Shaklee's best anti-aging supplements.

➤ **Collagen-9™.** As we age, we begin to experience side effects from collagen loss... stiff joints, sagging skin, brittle nails, lackluster hair, and wrinkles. **Collagen-9** supports collagen synthesis with all nine essential amino acids, vitamin C and biotin.

➤ **CarotoMax.** The key nutrients in **CarotoMax** have been shown to:

- ☑ Increase the density of the macular pigment, an area critical to visual acuity
- ☑ Help filter UV light
- ☑ Support healthy eye aging

➤ **MindWorks.** Containing vitamin B6 and vitamin B12 and a polyphenol blend from chardonnay grapes and extracts from guarana seeds, studies show that **MindWorks** can help with short-term memory, sharpened focus, and improved reaction times.

➤ **OsteoMatrix.** Specially formulated to provide a unique matrix of key nutrients needed to build and maintain strong bones and minimize bone loss.

➤ **OmegaGuard.** Containing a full spectrum of omega-3 fatty acids derived from fish oil, **OmegaGuard** can help retain healthy triglyceride levels in the blood. **OmegaGuard** also contain DHA for brain health and joint support.

Super Agers are living proof that it's possible to stay sharp and active well into old age. But how can you, too, become a Super Ager? Here's where to start:



Brain power that defies time

One of the most amazing things about Super Agers is their ability to stay mentally sharp. Research shows that their brains often look much younger than their age, especially in areas related to memory and decision-making.

A study from Northwestern University found that Super Agers have a thicker cortex... the part of the brain responsible for thinking and problem-solving. Usually, this part of the brain thins as we age, but Super Agers maintain a structure similar to younger people. On top of that, their white matter, which helps different parts of the brain communicate, stays strong and efficient.

What keeps their minds so sharp? Super Agers keep their brains engaged by reading, solving puzzles, learning



new things, and staying socially active... all of which help the brain stay flexible by promoting neuroplasticity, which allows the brain to adapt and grow even in old age.

The fitness factor

Super Agers also take good care of their bodies. Regular exercise is a big part of their routine, with aerobic activities to keep the heart and lungs strong, and strength training to build muscle, which is key for staying mobile and preventing falls.

Exercise also increases blood flow to the brain, promoting new cell growth, and reducing inflammation.

Staying social

Super Agers also tend to have strong, supportive social networks, which not only lift their spirits but also keep their minds active, protecting against the harmful effects of loneliness, cognitive decline, and a higher risk of dementia.

Diet and lifestyle

Super Agers follow healthy eating patterns, gravitating toward nutrient-dense diets rich in antioxidants, omega-3

fatty acids, and essential vitamins... diets which emphasize fresh fruits, vegetables, whole grains, lean proteins, and healthy fats. Such a diet can increase longevity and lower the risk of chronic diseases.



Super Agers also avoid smoking and limit their alcohol intake, significantly lowering their risk of age-related diseases.

The power of optimism

Super Agers also have resilient attitudes. They approach life with optimism, purpose, and the ability to roll with the punches. This positive mindset helps them manage stress, benefiting their overall health.

Many of them also employ meditation, yoga, daily prayer, or other relaxation techniques which help manage stress, improve focus, and contribute to emotional well-being.

Conclusion

Super Agers show us that it's possible to maintain mental sharpness and physical vitality well into old age. While genetics play a role, many of their secrets are within our control. By adopting their habits, you can take steps toward living a longer, healthier, and more fulfilling life!

Joint pain and... YOU!

Our joints play a critical role in every movement we make, yet we often take them for granted until they cause pain. Joints act as hinges between bones, enabling motion and support. With constant use, they may become sore or stiff.

Understanding why joint pain occurs and managing it is key to maintaining mobility and comfort.

Why Joint Pain Happens

Joint pain is common and increases with age, showing up as swelling, stiffness, or limited movement. The main causes include:

➤ **Injuries from overuse:** Physically active individuals may experience joint strain or overuse injuries, especially with insufficient recovery time.

➤ **Natural aging process:** Over time, cartilage wears down, leading to pain, stiffness, or inflammation as joints lose their protective cushioning.

Ways to Relieve Joint Pain

There are several strategies to support joint health and prevent pain:

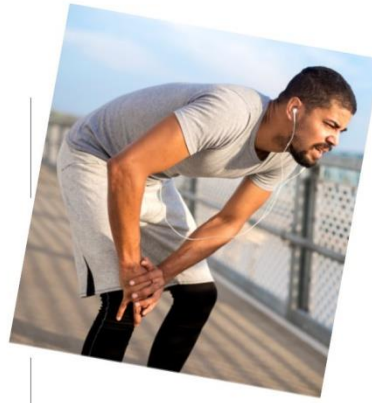


☑ **Keep moving:** Regular physical activity, especially low-impact exercises like walking

or swimming, helps keep joints flexible.

☑ **Strengthen your muscles:** Strong muscles reduce the load on your joints. Include strength training to build muscle mass, especially as you age.

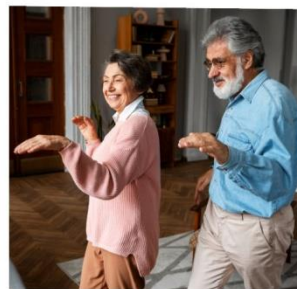
☑ **Apply ice:** After physical exertion, ice can reduce swelling and soothe pain. Apply for



15-20 minutes as needed.

☑ **Nourish your joints:** Ensure your diet includes calcium (found in **OsteoMatrix**), vitamin D (**Vita-D₃**), omega-3 fatty acids (**OmegaGuard**), and antioxidants (**Chewable Vita-C**, **Vita-E Complex**) for joint support.

☑ **Take joint-specific supplements:** Supplements like **Advanced Joint Health Complex** with glucosamine and boswellia extract, or **Turmeric Boost**, can help maintain joint health and comfort.



By caring for your joints today, you can ensure greater mobility and comfort in the future. With the right mix of movement, nutrition, and supplements, joint pain can be effectively managed.

Other Shaklee products for hurting joints

- **Pain Relief Complex.** This patented blend of Boswellia and safflower extracts work synergistically to help relieve discomfort from overexertion and also promote flexibility and comfortable movement after exercise. Gentle on the stomach and aspirin-free, naturally.
- **Alfalfa Complex.** Alfalfa is abundant in vitamins, minerals, and chlorophyll and has been used historically to reduce the pain from arthritis and sore joints, among other conditions.
- **Collagen-9.** Promotes healthy joints with a powerful combination of all 9 essential amino acids, 10 g of grass-fed, pasture-raised collagen, biotin, and vitamin C.
- **Performance™ PM Recovery Complex.** Powered by an ultra-pure, polyphenol-rich tart cherry extract clinically proven to optimize recovery and reduce post-workout muscle soreness, which helps improve sleep quality. Also contains our patented pain relief blend to provide natural relief for pain caused by overexertion.
- **Joint & Muscle Pain Cream.** Provides temporary relief in minutes. Deeply penetrating to target arthritis pain, backaches, sore muscle, sports injuries and more. This non-greasy, menthol formula enables fast absorption and provides prolonged release action to affected areas.



Shaklee: Pushing the boundaries of exceptional quality!



Shaklee: Committed to excellence

Do the nutritional, personal care, and home care products you use follow these criteria?

- Pass rigorous testing
- Use only clean, qualified and quality ingredients
- Use no artificial flavors, sweeteners, preservatives, bulking agents or fillers
- Never tested on animals
- Use only potent, ethically sourced ingredients
- Make their products in a Good Manufacturing Practices (GMP) facility
- Make their products in the USA

Don't guess... **Shaklee guarantees it!**

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Shaklee has always set the highest standards for quality and safety, leading the way for industry norms while providing clinically proven wellness solutions.

Here's how Shaklee ensures the quality of every ingredient in their products:

Step 1) Stringent Testing: Shaklee scientists create custom qualification tests for each raw material. If a material fails, testing is redone until it meets Shaklee's strict standards.



Step 2) Final Safety Checks: Products go through rigorous testing to ensure safety, accurate labeling, and product functionality:

Micro Testing ensures the product is free from harmful microorganisms.

Chemical Testing confirms the composition matches the label.

Physical Testing checks usability factors like

hardness and dissolvability.

Step 3) Stability Testing: Shaklee

ensures that their products remain effective throughout their shelf life, even in varying conditions like temperature and humidity.

Shaklee ensures consistent quality and accuracy, so you can trust what's on the label.

Shaklee is the ONLY company in the industry that requires such strict quality tests and standards every ingredient

must meet in order to be included in a Shaklee product!



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!