



The silent threat of oxidative stress

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- ▶ Antioxidant fire extinguishers...

Unlock the secret to lifelong brain power!

- ▶ Future-proof your brain
- ▶ 15 steps to brain power!
- ▶ Shaklee “brain” supplements



The Shaklee Difference... Get Clean!

- ▶ Biodegradability
- ▶ Safety
- ▶ Economy
- ▶ Effectiveness

This email newsletter has been sent to you compliments of:

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Shaklee
INDEPENDENT DISTRIBUTOR

Through Shaklee, we are all...

Making a Difference!

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Get Clean!

Your study of nutrition will throw new light upon the cause of degenerative diseases and how you can prevent them from becoming the miseries of premature old age. You will find a sensible and scientific plan that will enable you to build greater vitality and longer life. You will find that it is not the calendar which determines your age, but the nutritional values (or lack of them) that are in the foods you eat. Put this rejuvenation nutritional program to work for you.

Free your body of the accumulated disease-breeding waste that may be clogging your tissue cells. Make life worth living!

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

The danger of oxidative stress

Oxidation isn't inherently bad. In fact, your body relies on it to fight off harmful pathogens and infections. But when free radicals spiral out of control, they cause damage that can lead to:

- ✓ Premature aging
- ✓ Weakened immune response
- ✓ Chronic diseases like diabetes, heart disease, and neurodegenerative disorders
- ✓ Increased risk of cancer

The longer your body remains in this stressed state, the more damage accumulates and the harder it is to recover.



The silent threat of oxidative stress

The term "oxidative stress" shows up a lot in news stories about health and the environment, but few people fully understand what the term actually means.

Oxidative stress is a slightly confusing term for many, as it involves an imbalance between two equally misunderstood substances within the human body: antioxidants, and free radicals.

Oxidative stress, when not managed properly, can be the cause of a number of complex problems, including slow healing, poor immunity, and even the rise of various chronic diseases. This is why people are advised to balance their free radicals by getting more antioxidants into their system.

Let's take a closer look at oxidative stress, and why it's a health hazard that is often silent, but deadly.

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Issue #268

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Product Ordering Guide			
Item Code	Product	Item Code	Product
50456	Get Clean Start Kit w/ fragrance	21504	Vivix Gummy/Glass Jar 30 svgs
50457	Get Clean Start Kit wo/ fragrance	21511	Vivix Gummy/Refill Bag 30 svgs
20656	Stress Relief Complex 30s	21400	Dream Serene 30s
32565	SPF 30 for Body	21223	VitalMag 30s
20095	Sustained Release Vita-C 180s	20411	Zinc 120s
21377	Chewable Vita-C 60s	20186	B-Complex 120s
20241	Immunity Formula 1 60s	20194	B-Complex 240s
20112	Vita-E Complex 90s	21364	Vita-D3 90s
20962	NutriFeron 60s	22077	OmegaGuard 60s
21408	Triple Defense Boost 20 svg	22078	OmegaGuard 180s
21376	Turmeric Boost 60s	20637	Mental Acuity Plus 90s
21500	Vivix Liquid 30 svgs	22066	MindWorks 30s
22911	Vivix Liquid (Kosher) 30 svgs	00015	Basic-H2 16 oz
21501	Vivix Liqui-Gels 30 svgs	00029	Basic-H2 64 oz

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

Free radicals vs. antioxidants: The battle inside your body

Fighting free radicals...

You can reduce the risk of oxidative stress by fighting free radicals. Here's how:

- Avoid hydrogenated fats.
- Improve your indoor air quality and avoid pollutants.
- Do not consume food that has been fried at a high heat.
- Do not smoke and avoid smoke-filled rooms.
- Avoid drinking water that has been treated with chlorine and other chemicals.
- Hydrate! Hydrate! Hydrate!
- Reduce your consumption of sugar and white flour.
- Avoid living close to waste dumps or power lines.
- Avoid food containing preservatives and toxic chemicals... processed and fast foods.
- Only take medications when absolutely necessary.
- Avoid using cleaning supplies that contain harmful chemicals. Instead, use **Get Clean Products**.
- Limit your alcohol intake.
- Avoid exposure to radiation.
- Buy organic to avoid pesticides.
- Practice self-care to avoid stress and take **Stress Relief Complex** to combat anxiety.
- Wear **Shaklee SPF 30 for Body** to protect your skin from excess sun exposure.

Your body is creating free radicals on a daily basis, but that doesn't mean you have to fall prey to premature aging and disease. Take every opportunity you can to avoid oxidative stress.

Your body is constantly battling two opposing forces:

Free Radicals

Free radicals are unstable molecules that steal electrons from other cells, triggering a chain reaction of damage in your body. Left unchecked, they can destroy cells, proteins, and even DNA.

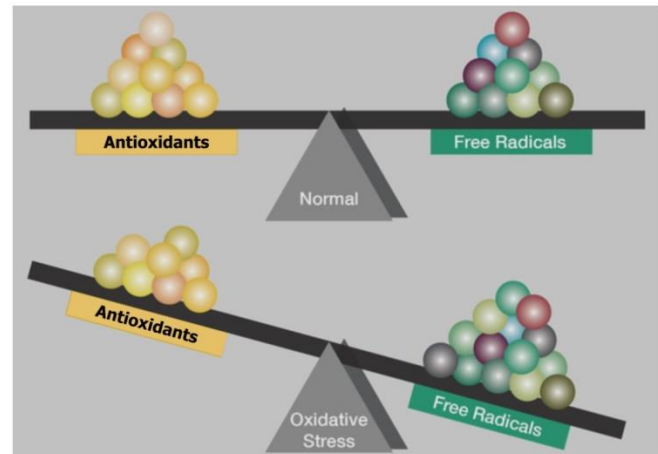
Antioxidants

Antioxidants are your body's defense system. Antioxidants donate an electron to free radicals, calming them down and preventing further damage... all without becoming unstable themselves.

When you have enough antioxidants to balance out free radicals, your body functions smoothly. But when free radicals outnumber antioxidants? That's when oxidative stress kicks in... and things get dangerous.

Oxidative Stress Damage

Since oxidative stress can cause Alzheimer's, Parkinson's, cancer, heart failure, heart attack, blood vessel disorders, gene mutations, chronic fatigue syndrome, inflammatory diseases, atherosclerosis, and of course... premature aging, stop it in its tracks with **Shaklee** antioxidant supplements!



Antioxidant fire extinguishers...

Put out the fire of inflammation caused by free radicals with these antioxidants:

Sustained Release or Chewable Vita-C

are both high in vitamin C, a powerful antioxidant that helps support the immune system and protects against free radicals.

Immunity Formula 1 contains a blend of six immunoactive vitamins along with mineral support for a strong immune system.

Vita-E Complex® provides 400IU of naturally sourced vitamin E, 65 mcg of selenium and 38 mg of grape seed extract containing proanthocyanidins, compounds that appear to have more powerful antioxidant properties than both vitamins C and E.

NutriFeron... an exclusive, patented formula which increases levels of interferon, crucial to immunity.

Triple Defense Boost supports, boosts, and defends your immune system, with vitamins C and D, zinc, plant-based adaptogens, elderberry, and more. Shown to boost Natural Killer cell activity by 3x and critical immune cells by 5.8x.

Turmeric Boost an extra-strength formula with powerful antioxidant properties, contains 500 mg of turmeric extract standardized to 95% curcuminoids, plus 5 mg of black pepper extract that enhances absorption and increases bioavailability.

Vivix... a proprietary, all natural blend of diverse polyphenols designed to help protect and repair DNA, activate cellular defenses, neutralize free radicals and slow aging at the cellular level.



Unlock the secret to lifelong brain power!

Want to keep your mind razor-sharp well into your golden years? The secret isn't magic... it's science-backed habits that strengthen and protect your brain.

Brain health is no small matter. According to the American Heart Association, 60% of Americans will face a brain-related disease in their lifetime. But you don't have to be part of that statistic. By taking care of your mind and body, you can stay mentally strong at any age.

Ready to future-proof your brain? Here's how:

Power up your brain with healthy choices

- ❑ **Move your body, boost your brain:** Exercise increases oxygen flow to your brain and helps form new neural pathways. Shoot for 150 minutes of exercise each week.
- ❑ **Eat for brain health:** Eating a diet consisting of greens, berries, nuts, and whole grains can slow brain aging and lower Alzheimer's risk.
- ❑ **Get quality sleep:** Your brain consolidates memories and processes information while you sleep. Keep a consistent bedtime, and if you're struggling to get enough sleep, take Shaklee **Dream Serene**.



- ❑ **Quit smoking:** Smoking harms your brain's structure and function. Quit now!
- ❑ **Manage your health:** High cholesterol, obesity, and hypertension can all compromise brain health. Stay on top of medical checkups.
- ❑ **Take Shaklee food supplements:** To make sure your brain has an optimal level of essential nutrients.

Stay connected... it's good for your mind

- ❑ **Schedule time with friends and family:** Strong social ties reduce the rate of cognitive decline. Make room for family dinners and get-togethers.
- ❑ **Practice kindness:** Being generous strengthens social bonds and boosts mood. Volunteer, help a neighbor, or just offer a kind word.



- ❑ **Use tech to stay close:** Can't see someone in person? A quick video call or message keeps connections strong even when life gets busy.
- ❑ **Reach out when you need help:** Asking for support isn't weakness... it's strength. Strong relationships are built on mutual care.

Stress less, think better

- ❑ **Give your brain a**

break: Relaxation reduces mental strain and improves focus. Try meditation, prayer, or a quiet walk in nature.

- ❑ **Ditch the multitasking:** Your brain works better when you focus on one thing at a time. Put down the phone and give your mind a moment to breathe.



- ❑ **Unleash your creative side:** Creative hobbies like painting, writing, and music stimulate your brain and increase serotonin levels. No need to be perfect... just enjoy the process.

- ❑ **Be grateful:** Gratitude strengthens emotional resilience and boosts happiness. Keep a gratitude journal and reflect on the good in your life.

- ❑ **Talk to yourself like a friend:** Be kind to yourself. Replace negative self-talk with encouragement and celebrate small wins.

Protect your mind... own your future

A strong brain means a better life. Take charge of your cognitive health today, and you'll reap the rewards for decades to come. The secret to a sharper mind? It starts with you!



Shaklee "brain" supplements...

- For a healthy brain for life, take...
- ❑ **VitalMag:** Magnesium has anti-inflammatory properties; soothes the brain.
- ❑ **Zinc:** Important for the healthy production and performance of neurons and brain cells.
- ❑ **B-Complex:** B vitamins all help maintain brain health.
 - Thiamine (B1) boosts mental strength and short-term memory.
 - Vitamin B6 is crucial for laser-like focus.
 - Vitamin B9 (folate) sustains memory and healthy brain function.
 - And a B12 deficiency can cause brain fog, confusion and memory loss.
- ❑ **Vita-D3:** Vitamin D aids in the production of serotonin, a "feel-good" hormone that keeps you focused, calm.
- ❑ **Vita-E Complex:** Vitamin E keeps up the brain's energy and strength.
- ❑ **OmegaGuard:** Omega-3 fatty acids are vital to preserve cell membrane health and facilitate communication between brain cells.
- ❑ **Life Shake and Energizing Soy Protein:** Research shows that a high-protein diet can help improve concentration and focus.
- ❑ **Mental Acuity Plus:** Contains ginkgo, bilberry, hawthorn, and B vitamins to enhance memory and decision making; helps lower homocysteine levels.
- ❑ **MindWorks:** Key ingredients *immediately* enhance mental sharpness and focus and protect against age-related mental decline.



The Shaklee Difference... Get Clean!

More reasons to use Get Clean...

- ✓ The equivalent amount of conventional, ready-to-use products would cost \$3,400 compared with a **Get Clean Starter Kit** for under \$150.
- ✓ **Get Clean** products are formulated without volatile cleaning compounds or toxic chemicals.
- ✓ **Get Clean** outperforms or matches 22 national brands in cleaning power.
- ✓ **Get Clean** uses natural and naturally derived ingredients from sustainable sources that are safe for our planet. They also contain NO phosphates, borates, nitrates, or many other earth-toxic chemicals.

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Shaklee has always been committed to nurturing the earth out of respect for the planet we depend upon for life. Shaklee has a long history of integrating nature, science and technology... a history evident in each and every Shaklee product. **Get Clean** products are the latest generation in a long line of exceptional environmentally-friendly cleaners, beginning with **Basic-H** (now double-concentrated **Basic-H²**).

Introduced in 1960, **Basic-H** was among the

first biodegradable cleaners on the market... long before people were aware of the environmental impact of pollution. **Basic-H** and the Shaklee **Get Clean** line of products that followed, were all developed with several unique concepts at their core:

Biodegradability

Shaklee cleaners contain no toxic chemicals and no irritants to harm the environment.

Safety

Shaklee's cleaners are completely safe



around children, pets, fish, wildlife and plants.

Economy

Concentrated and versatile for maximum economy. In fact, ½ gallon of **Basic H²** makes up to 192 gallons of powerful cleaner!

Effectiveness

Even though Shaklee cleaners are completely safe, they are powerful enemies of dirt, grease and grime!



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!