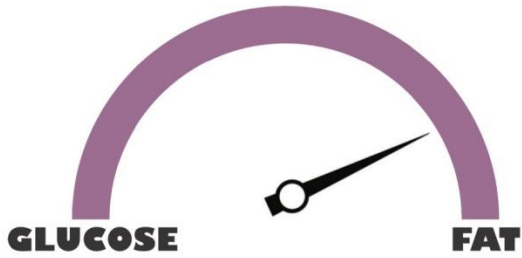


**METABOLIC FLEXIBILITY**



**Unlocking metabolic flexibility...**

- What is it?
- What affects it...
- How to get it!

**Vitamin C 101:  
The skin care gold standard**

- Why your skin loves it
- The science behind it
- How to choose a "C" serum
- Shaklee's Dual approach



**New Shaklee products  
on the horizon...**

- Transform your body with...
- New TRIM!
- CLA and Collagen/HA Matrix
- 4 yummy flavors
- Zero sugar

**This email newsletter has been sent to you compliments of:**

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**In This Issue...**

- Page 1 Metabolic flexibility
- Page 2 How to get it...
- Page 3 Vitamin C 101
- Page 4 New products...

Through Shaklee, we are all...

# Making a Difference!

*The presence or absence of vitamins means the difference between a strong, vital healthy cell structure and one that is weakened and susceptible to disease.*

*Certain tissue cells depend more upon specific types of vitamins than others, yet their needs are NEVER confined to just one single vitamin. Experiments have shown that the value of any vitamin in body metabolism is dependent upon the support it receives from other vitamins. For this reason it is extremely unwise to restrict usage to any single one.*

*Make sure you supply them all to your body. Stop trying to tell your cells what they need. Give them an ample supply of everything, and let them make their own selection. It's safer that way.*

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

**What affects metabolic flexibility?**

Your ability to switch between fuel sources is influenced by:

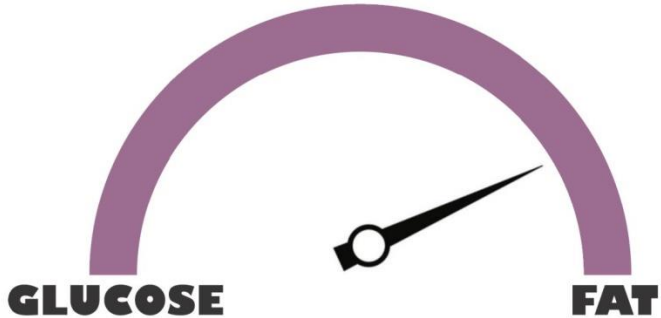
**Diet.** A whole-foods-based diet with healthy fats, lean proteins, and fiber keeps your metabolism agile and responsive.

**Physical activity.** Exercise enhances your body's ability to use both carbs and fat for fuel and boosts muscle mass, ramping up your metabolism.

**Sleep & stress.** Chronic stress and poor sleep can disrupt hormones, spike cortisol, and mess with blood sugar regulation.

**Age.** Staying active and eating well keeps your metabolic engine running strong at any age.

**METABOLIC FLEXIBILITY**



**Unlocking metabolic flexibility...**

Ever wish your body could power through the day with steady energy, effortlessly burn fat, and keep cravings in check? That's the magic of metabolic flexibility... your body's ability to switch between using carbs and fats as fuel depending on what's available and what it needs.

It's like having a hybrid engine under your hood... switching seamlessly between energy sources to keep you running efficiently, whether you're at rest or hitting the gym.

Metabolic flexibility is the secret weapon to better energy, easier weight management, and long-term health. By training your body to switch effortlessly between carbs and fat, you'll avoid crashes, stabilize your blood sugar, and unlock your full metabolic potential.

Let's dive into what metabolic flexibility really means, why it matters, and how you can train your body to become a metabolic powerhouse.

*(continued on Page 2)*

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Product Ordering Guide			
Item Code	Product	Item Code	Product
22031	Energize Tea Green Matcha 28 ct	21320	Optiflora DI 30s
22030	Energize Tea Pomegranate 28 ct	21525	Electrolyte+ Blood Orange 20 ct
21385	Energize Tea Elderberry 28 ct	21527	Electrolyte+ Rasp Melon 20 ct
21396	Energize Tea Peach 28 ct	32640	YOUTH Boost C Serum
22040	Metabolic Boost 90s	32580	YOUTH Radiance C+E
21405	Sust Energy Boost Grapefruit 14 ct	89820	YOUTH Age Defy + Glow Bundle
21406	Sust Energy Boost Raspberry 14 ct	34011	Trim Chocolate 30 svgs
21510	Pre-Workout Energy Drink 30 ct	34013	Trim Vanilla 30 svgs
20158	Perf Energy Chews 20s	34013	Trim Lemon 30 svgs
		34012	Trim Mango 30 svgs

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

**Metabolic flexibility? Do you have it? Want to get it? Read this newsletter...**

# Metabolic flexibility: What it is and how to get there!

## Supplements to improve metabolic wellness

➤ **Green Tea Extract...** found in **Shaklee Energizing Tea** and **Metabolic Boost** (both part of the **Shaklee 180 Program**) supports metabolism and fat burning.

➤ **Caffeine...** has been shown to increase metabolic rate and improve fat burning. It can enhance physical performance during workouts, which may contribute to better metabolic health. You'll find caffeine in **Sustained Energy Boost**, **Performance Pre-Workout**, **Energy Drink** and **Energy Chews**.



➤ **Chromium...** is a mineral that helps regulate blood sugar levels and improves insulin sensitivity. It's available in **Metabolic Boost**.

➤ **Probiotics...** are live bacteria that improve gut health. There is emerging evidence that the gut microbiome has a significant impact on metabolism by influencing appetite hormones and fat storage. Probiotics help support metabolic wellness by improving digestion, nutrient absorption, and weight regulation. **Optiflora DI** provides a wealth of beneficial probiotic bacteria to improve gut health.



**M**etabolic flexibility is your body's ability to adapt to different fuel sources... mainly carbohydrates and fats... based on your diet, activity level, and energy demands.

➤ When you're active or have plenty of carbs in your system, your body taps into glucose for quick energy.

➤ When carbs are scarce... like during fasting, sleep, or a low-carb diet... your body shifts to burning fat, converting it into energy-rich molecules called ketones.

A metabolically flexible person can move between these two energy sources smoothly. But if your metabolism is rigid or sluggish, you may find yourself feeling drained, packing on pounds, or battling blood sugar rollercoasters.

## Why metabolic flexibility matters

A flexible metabolism isn't just a bonus... it's the foundation of better energy, easier fat loss, and long-term health. Here's why:

### 1) Energy that lasts

Tired of energy crashes? With metabolic flexibility, your body can tap into fat stores when

carbs run low, keeping you energized all day.

### 2) Better fat burning

When your body can't easily burn fat, losing weight becomes a struggle. Boosting flexibility helps your system flip into fat-burning mode when needed, supporting weight loss and lean muscle maintenance.

### 3) Improved insulin sensitivity

Metabolic flexibility enhances your body's response to insulin, helping regulate blood sugar and lowering the risk of insulin resistance... a major driver of type 2 diabetes.

### 4) Stable blood sugar

No more wild swings in energy or mood. A flexible metabolism means more stable blood sugar, which reduces cravings, keeps hunger in check, and supports brain function.

## How to improve your metabolic flexibility

Ready to train your body to be more metabolically adaptable? Here are practical, science-backed strategies:

### 1) Eat real, balanced foods

Focus on whole foods that nourish your body... veggies, fruits, lean proteins, healthy fats, and



high-fiber carbs... that support steady energy, prevent insulin spikes, and fuel metabolic flexibility.

### 2) Try intermittent fasting

Intermittent fasting gives your body a break from constant eating and encourages fat burning. Start simple... like the 16:8 method (16 hours of fasting, 8-hour eating window)... and listen to how your body responds.

### 3) Move your body!

Exercise is a game-changer for your metabolism. Combine endurance workouts (like running or cycling), strength training, and high-intensity interval training (HIIT) to train your body to use fat and carbs efficiently.

### 4) Sleep like it's your job

Aim for 7-9 hours of quality sleep. It helps regulate hunger hormones and supports recovery. Add relaxation practices... like meditation or yoga... to lower stress and cortisol levels.

### 5) Drink more water

Water is crucial for cellular energy production and fat metabolism. Aim for at least 8 cups a day... much more if you're active. And for superior hydration, add **Electrolyte+ Hydration & Focus Drink Mix** to your next water bottle.



# Vitamin C 101: Why it's the gold standard in skin care

If there's one ingredient that consistently earns a spot in top-tier skin care routines, it's vitamin C. This powerful antioxidant has gained a reputation as a go-to solution for anyone looking to boost their skin's health and radiance. Found in everything from serums and moisturizers to masks, vitamin C is more than just a trend... it's backed by science. But what makes it so effective, and how can you make the most of it? Let's break down how vitamin C works, what it does for your skin, and how you can integrate it into your daily regimen.

## Why your skin loves vitamin C

Vitamin C, or ascorbic acid, is a potent antioxidant essential for various bodily functions, including immune health, tissue repair, and... you guessed it... skin vitality. In topical skin care, vitamin C plays a key role in brightening dull skin, smoothing texture, firming the skin, and protecting against environmental stressors like pollution, UV rays, and blue light.

But how does it do all that? The answer lies in its chemistry.

## The science: Vitamin C and your skin

Each day, your skin is bombarded by free



radicals... unstable molecules generated by sun exposure, pollution, and even our own metabolism. These molecules trigger oxidative stress, which breaks down collagen and accelerates aging.

Vitamin C acts as a neutralizing agent, stopping free radicals cold and helping to minimize cellular damage. Additionally, it promotes collagen synthesis, supporting the skin's structure and elasticity, which can reduce the appearance of fine lines and wrinkles. It also helps fade hyperpigmentation and boosts skin brightness by inhibiting melanin production.

## Shaklee's dual approach

Shaklee offers two distinct serums designed to work together for round-the-clock skin benefits:

### Morning: YOUTH® Superoxidant Boost C Serum™

This advanced serum combines three stable forms of vitamin C... THD ascorbate, 3-glyceryl ascorbate, and ascorbyl glucoside... each targeting different layers of the skin. At a scientifically optimized 10%

concentration, it enhances brightness and boosts your skin's natural defenses. It also includes 13 antioxidants, offering protection from pollution, blue light, and other stressors. Packaged in an opaque pump bottle, it stays potent from first to last use.

### Evening: YOUTH® Radiance C+E

This powerful nighttime formula blends 20% vitamin C with vitamin E and raspberry cell extract. It's designed to visibly reduce fine lines, dark spots, and signs of aging while supporting the skin's moisture barrier. Packaged in single-dose ampoules, it preserves the integrity of the ingredients for maximum results.

## See the results... and keep them

With consistent use, many people notice:

Brighter skin in 1–2 weeks

Improved tone and texture in 4–6 weeks

Firmer, smoother skin in up to 12 weeks

The key to success?

Consistency and proper use. And don't forget your daily SPF... it's essential for maintaining the benefits of any antioxidant routine.



## How to choose an effective vitamin C serum...

- Several factors determine whether a vitamin C serum will deliver results... or leave your skin feeling irritated. Here's what to consider:

### 1) Type of Vitamin C

- The most effective form of topical vitamin C is high-potency, bioavailable L-ascorbic acid. Since it can be unstable and irritating, look for products that use gentler, more stable derivatives such as:

- Ascorbyl glucoside
- THD ascorbate
- Glyceryl ascorbate

- These derivatives convert to active vitamin C once absorbed into the skin... a safer alternative.

### 2) Concentration

- Concentrations between 10% and 20% are most effective. Below 10%, you may not see visible changes; above 20%, irritation may occur.

### 3) Stability

- Vitamin C is notoriously unstable. Exposure to air, light, and water causes it to degrade, reducing its effectiveness. For best results, look for:

- Opaque, airtight packaging
- Pump dispensers or single-dose ampoules
- Stable forms of vitamin C

### 4) Supporting ingredients

- Vitamin C works even better when paired with complementary nutrients such as:

- **Vitamin E** (tocopherol) enhances antioxidant effects.
- **Niacinamide** (Vitamin B3) strengthens the skin barrier and improves texture.

- **Antioxidant fruit extract** provides additional protection against stressors.

- Together, these ingredients can amplify your results.

## New Shaklee products on the horizon...

### YOUTH Age Defy + Glow Bundle\*

Take your anti-aging routine to the next level with anti-aging vitamin C. Start with essentials support healthy skin: cleanser, toner, AM moisturizer + SPF, and PM moisturizer (Light or Rich).

Then add on new **Superoxidant Boost C Serum**, applied after toner to supercharge your glow.

\*+FREE **YOUTH Restoring Eye Treatment** with purchase.



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Would you like to experience this total body transformation:

- Improve your body composition?
- Visibly reduce the appearance of cellulite?
- Enjoy youthful looking skin?

Then you'll love new **Trim**\*... from Shaklee!

**Trim** is an innovative, first-in-the-world combination of two leading technologies, CLA (conjugated linoleic acid) and Collagen/HA Matrix® Technology. Shaklee's CLA is sourced from natural safflower and may help inhibit cellular fat

storage, support fat oxidation, reduce fat cell size and reduce fat cell formation to promote a sculpted, lean body when used as a part of a healthy diet and exercise program.

Meanwhile, Shaklee's multi-patented, award-winning Collagen/HA Matrix Technology provides collagen and HA (hyaluronic acid) in a highly absorbable form, promoting youthful-looking, glowing skin and flexible joints and muscle health to boost fitness performance.

### Benefits

- Supports fat metabolism when

combined with exercise

- May help inhibit cellular fat storage
- Helps improve muscle tone
- Promotes youthful-looking skin
- Supports joint, muscle fitness and connective tissue health
- Supports healthy hair, nails and gums
- Zero sugar
- Four delicious flavors: Chocolate, Vanilla, Lemon and Mango

### Directions

Shake well. Take 1 tablespoon directly by mouth daily, preferably in the morning.

\*Product availability date to be announced



## 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!