



Say goodbye to “sneezin’ season”!

- ▶ Allergy facts...
- ▶ Win the allergy war
- ▶ Is it allergies or a cold?

Anti-allergy supplements...

- ▶ Alfalfa Complex
- ▶ NutriFeron
- ▶ Triple Defense Boost
- ▶ Sustained Release Vita-C
- ▶ Garlic Complex
- ▶ ... many more!



Stop allergies at the source...

- ▶ Nature Bright...
- ▶ Whitens, brightens, softens
- ▶ Fights wrinkles
- ▶ Chemical-free
- ▶ Biodegradable
- ▶ Economical

This email newsletter has been sent to you compliments of:

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Shaklee
INDEPENDENT DISTRIBUTOR

Making a Difference!

Through Shaklee, we are all...

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Nature Bright

The nutritional values in alfalfa depend upon the richness of the soil in which it is grown. It also depends upon the treatment it has received since it was harvested, as many of the foods on your table contain less than 1-tenth of their original nutritional values. Alfalfa contains about 5 times as much protein as milk... higher than meat, eggs, or whole grains. It is 5 to 20 times higher in calcium, and many times higher in iron. It is exceptionally rich in Vitamin A, being almost equal to liver. It contains a good supply of the B Vitamins and of Vitamin E. However, the vitamin for which it is most noted is Vitamin K. It contains from 250 to 400 units of Vitamin K to every Gram.

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

Allergy facts...

- In 2021, about 81 million people in the U.S. were diagnosed with seasonal allergic rhinitis (hay fever).
- Seasonal allergic rhinitis is an allergic reaction to pollen from trees, grasses, and weeds.
- The cost of nasal allergies is between \$3 billion and \$4 billion each year.
- An allergic reaction can cause coughing, sneezing, hives, rashes, itchy eyes, a runny nose, swelling, and a scratchy throat.
- Allergies are among the country's most common, but overlooked, diseases.
- Many people with allergies often have more than one type of allergy.



Say goodbye to "sneezin' season"!

h, the sunshine, the blooms, the fresh breeze... spring is here! But if you're one of the millions who dread this time of year, you know what's really coming: the itch. The sneeze. The watery eyes. Welcome to allergy season!

Seasonal allergies can turn a perfect day into a misery marathon. A walk in the park? Suddenly you're sniffing, your eyes are burning, and your head's pounding. For some, allergies aren't just annoying... they wreck productivity, destroy moods, and make stepping outside feel like walking into battle.

What's behind all of this? The usual suspects: pollen, mold, mites, and microscopic irritants floating through the air like invisible enemies. They sneak into your nose, irritate your mucous membranes, and before you know it, you're a hot mess!

The question is: What can you do this year to outsmart your allergies before they strike? And... is there a natural approach?

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Product Ordering Guide

Item Code	Product	Item Code	Product
20095	Sustained Release Vita-C 180s	21408	Triple Defense Boost 20 svg
21223	Sustained Release VitalMag 30s	20112	Vita-E Complex 90s
00300	Fr Laundry Liq Frag Free 32 oz	20613	Defend & Resist Complex 90s
00066	Fr Laundry Liq Reg Scent 32 oz	20084	Garlic Complex 240s
00114	Fr Laundry Liq Reg Scent 64 oz	21376	Turmeric Boost 60s
00161	Fr Laundry Pow Frag Free 5.5 lb	22077	OmegaGuard 60s
00160	Fr Laundry Pow Reg Scent 14 lb	22078	OmegaGuard 180s
00305	Nature Bright Laundry Boost 2 lb	21320	Optifora DI 30s
00307	Soft Fabric Liq 32 oz	20411	Zinc Complex 120s
00306	Soft Fabric Dryer Sheets 80 ct	21500	Vivix Liquid 30 svgs
50413	Nature Bright Dispenser	21501	Vivix Liquid-Gels 30 svgs
20153	Alfalfa Complex 330s	21504	Vivix Gummy/Glass Jar 30 svgs
20160	Alfalfa Complex 700s	21511	Vivix Gummy/Refill Bag 30 svgs
20962	NutriFeron 60s	21364	Vita-D3 90s

Win the allergy war: 4 power moves for a sniffle-free season

Your immune system and allergic reactions...

Your immune system is the “protector” of your body. It protects you from foreign organisms such as bacteria and viruses that can cause illness. On rare occasions your immune system may attack your own cells or a substance that it considers to be a foreign body. Sometimes it gets too sensitive and creates an excessive reaction to a relatively non-threatening substance.

The consequent reaction by the body causes more distress than the substance itself would have. This hypersensitive reaction by your immune system is termed an allergic reaction or allergy. It is a condition wherein the body produces an immune over-response even if only a small amount of the triggering substance is encountered. Common immune responses of our body include itchiness, swelling, sneezing and pain.

Allergy is termed an immediate immune response due to its characteristic rapid reaction to a stimulus... the allergen. Immune responses can be relatively mild such as a runny nose, swelling, redness in the body, and itchiness. These allergies can be caused by various things like pollens, food, chemical substances and some medications.



Tired of being ambushed by allergy season? It's time to go from itchy and irritated to cool, calm, and clear. You don't need to suffer... you just need a strategy.

Here's your allergy-fighting action plan:

1. Suit up. When pollen's out to get you, armor up.

Bring a hooded jacket to outdoor events... it blocks pollen like a champ.

Cover your skin to stop allergens from hijacking your body.

2. Supplement like a pro. Get your defense system activated before you step outside.

Choose supplements that are clinically proven to bolster your immunity against allergens.

Avoid supplements that are synthetic or loaded with unnecessary or toxic ingredients.

Choose slow-release supplements like **Sustained Release Vita-C** and **Sustained Release VitalMag** for long-term results.

3. Kill the moisture. Humidity is the ultimate allergen enabler.

Use a dehumidifier fit for your space.

Crack those windows during the day to keep



things crisp, not clammy.

4. Clean up your sleep routine. Night-time is prime time for allergens to sneak in.

Replace pillows every few months.

Wash pillowcases regularly... no more than 3 days between washes.

Be sure to use non-toxic **Get Clean Laundry** products to avoid further allergen triggers.

Keep windows shut at night so pollen doesn't party in your room.

Allergy season doesn't get to win. Take control, stay consistent, and... **breathe!**

Is it allergies or a cold?

Cold and allergy symptoms often look similar, but they arise from very different causes... and knowing which one you have can help you manage it better.

Colds are viral infections. They spread from person to person and usually last 3 to 14 days. Antibiotics won't help, as they only work on bacteria.

Allergies, on the other hand, are your immune system's response to harmless substances like pollen, pet dander, or dust. They can last for weeks or even months, depending on exposure.

Key differences to note...

Timing: Colds are more common in cooler months (October to February). Allergies can occur year-round but often spike in spring and fall.

Onset: Cold symptoms develop a few days after exposure. Allergy reactions can happen immediately.

Cough & fatigue: Both conditions can cause these, but body aches suggest a cold.

Fever: Rare in colds, never in allergies.

Eye symptoms: Itchy, watery eyes are typical of allergies, not colds.

Nasal discharge: Colds often produce thick or yellow mucus; allergies usually cause clear, watery drainage.

Sore throat: With colds, it's due to infection; with allergies, it's from post-nasal drip.

If symptoms persist beyond two weeks or follow a seasonal pattern, allergies are more likely. Identifying the source helps with proper treatment. In either case, rest, hydration and choosing the right supplements will help you “weather the storm”.



Anti-allergy supplements...

Do seasonal allergies attack you every year? This time, try building your immunity with these anti-allergy supplements:

Alfalfa Complex. Long one of our favorite supplements to fight spring allergy symptoms, **Alfalfa Complex** contains a wealth of valuable minerals including calcium, phosphorous, iron, and magnesium, as well as bioflavonoids, trace minerals, protein, vitamins, and chlorophyll. This nutrient-rich supplement quickly alleviates allergy symptoms for many who try it.

NutriFeron. One of the most powerful formulas ever developed for strengthening the immune system, **NutriFeron** has a unique, synergistic blend of plant extracts known to build long-term immunity. If you start to feel those allergy symptoms kicking up, some people suggest up to 6 **NutriFeron** per day to thwart the sniffs and snuffles.

Triple Defense Boost. Power your immune system with this great-tasting berry-flavored drink mix,

packed with vitamins C and D, zinc, plant-based adaptogens, elderberry, and more. The immune-boosting ingredients in **Triple Defense Boost** are clinically proven to play a critical role in healthy immune function and have been shown in laboratory studies to increase the proliferation of immune cells by 5.8x. Enjoy hot or cold.

Sustained Release Vita-C. The only all natural sustained release C with no shellac, **Sustained Release Vita-C's** powerful antioxidant properties protect the body against free radicals. A natural antihistamine, vitamin C increases capillary strength in nasal passages and helps the body ward off airborne allergens.

Vita-E Complex. Vitamin E... a natural antioxidant... protects against cell damage and increases circulation, both necessary to ward off allergens. It also protects lungs from air pollution and promotes healing. Natural d-alpha **Vita-E Complex** is more biologically active than synthetic vitamin E and provides the full spectrum of tocopherols found in nature.

Defend & Resist Complex. Keep this important supplement in your medicine chest

to take at the first sign of allergies. Echinacea-rich **Defend & Resist Complex** activates the immune system, promotes production of white blood cells, enhances resistance to infection, and reduces mucus. **Defend & Resist** works best when taken at the onset of symptoms. It can be used effectively for up to 10 days at a time.

Garlic Complex. A natural decongestant and antibiotic, **Garlic Complex** has a pleasant blend of spearmint and rosemary extracts for two-way odor control and to maintain high potency. Historically, garlic has been used for congestion, asthma, sinusitis and allergies, colds, flu and pneumonia, sore throat and bronchitis. With both anti-fungal and anti-bacterial properties, garlic is also effective against yeast infections (Candida).

Other anti-allergy supplements...

Turmeric Boost (decongestant)

OmegaGuard (anti-inflammatory)

Optiflora DI (balances GI bacteria)

Zinc Complex (anti-inflammatory).

Vivix (anti-inflammatory)

Vita-D₃ (anti-inflammatory)

Beating allergies naturally...

The good news is... allergies are treatable. There are many allergy drugs available that work in a number of different ways. If one doesn't produce relief, another usually will.

The problem with allergy medications is that they do come with risks. Antihistamines often cause drowsiness. Decongestants are associated with increased blood pressure. Steroids can also raise blood pressure, and may cause weight gain and stunted growth as well. Mast cell stabilizers may cause throat irritation, coughing

and rashes. And leukotriene modifiers can cause symptoms similar to those they are intended to treat.

Effective natural allergy remedies

There are, however, natural treatments that have proven to be effective in the fight against allergies. Many herbal treatments... such as **Shaklee Alfalfa Complex...** have been used to alleviate allergy symptoms, and nutritional supplements can help neutralize the body's reaction to allergens. There are also some lifestyle changes than can help fight allergies. In fact, natural treatments are often as effective as prescription allergy medication, and in many cases **they actually work better!**



Stop allergens at the source: Switch to Shaklee Get Clean

More powerful, too...

Nature Bright removes soil stains 13% better than OxiClean® Versatile Stain Remover Powder, and is comparable to Clorox 2® Stain Fighter when used as a laundry additive during soaking and washing. Comparable to OxiClean® Versatile on overall soil removal when used as a laundry booster.

One more tip...

Nature Bright comes in a handy resealable pouch with measuring scoop. For maximum convenience, order a **Nature Bright Dispenser**. You'll love it!



Allergens aren't just floating in the air... they're hiding in everyday laundry products, too. Chemicals used to whiten, soften, and clean can trigger allergic reactions. That's why it's time to swap the stain fighter you're using now for **Get Clean Nature Bright Laundry Booster & Stain Remover**... a smarter, safer choice.

Why Nature Bright is a game-changer

➤ Whitens and brightens without weakening fabrics.

➤ Lifts tough stains like grease and makeup. (Pre-treat stubborn ones with **Fresh Laundry Liquid Concentrate**).

➤ Softens naturally, no extra products needed.

➤ Fights wrinkles, so clothes come out looking fresh.

➤ Chemical-free formula, powered by natural enzymes and active oxygen.

➤ Perfect for hand-washing delicate items like lace and lingerie.

➤ Eco-friendly and fully biodegradable.

➤ Great for pre-soaking: 2 scoops in a gallon of water revives even the dirtiest clothes.

➤ Works wonders on carpet stains with a simple solution of 1 scoop per 16 oz. water.

➤ Super concentrated... 4 times stronger than leading powdered bleach!

Choose a cleaner, healthier home with **Nature Bright**... your lungs, skin (and laundry) will thank you!



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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!