



Neuroplasticity & brain health...

- ▶ What it means to you...
- ▶ How learning changes the brain...
- ▶ Unlock your brain...

Nutrition for cognitive longevity

- ▶ Omega-3s
- ▶ Antioxidants
- ▶ B vitamins
- ▶ For emotional wellness
- ▶ ...and more!



Yum: Sparkling Protein Mocktail recipes!

- ▶ Longevity Mocktail
- ▶ Sparkling Orchard Spritz
- ▶ Cranberry Spice Spritz
- ▶ Protein Mule

This email newsletter has been sent to you compliments of:

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Through Shaklee, we are all...

Making a Difference!

Brain cells must be supplied with protein, vitamins, and minerals, plus an unsaturated fat... lecithin. There is about 3 times as much lecithin found in brain cells as in any other type of cell in the body.

Of the vitamins, the B Vitamins seem to be the most essential.

In supplying your brain cells with protein, make sure that it is a **WHOLE** protein with all of the amino acids present. There is one amino acid found in brain cells in far greater amounts than in any other part of the body... glutamic acid.

And there is one mineral that stands out among the requirements for brain cell nourishment... phosphorus. As an old German scientist remarked long ago, "No phosphorus, no brain!"

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

How learning changes the brain...

Every learning experience produces physical changes in the brain. When we encounter new information or practice a skill, synapses between neurons become more efficient at transmitting signals, receptor proteins increase, neurotransmitter release is enhanced, and synapses are modified structurally. With continued practice, these temporary changes become permanent and neural networks are expanded.



Neuroplasticity & brain health...

Neuroplasticity represents one of the most significant discoveries in modern neuroscience, fundamentally changing how we understand the brain's capacity for adaptation throughout life. For decades, scientists believed the adult brain was fixed and unable to grow new neural connections after childhood. This view has been replaced by compelling evidence showing that our brains remain dynamic and adaptable, constantly reorganizing in response to experiences, learning, and environmental demands.

Neuroplasticity reveals the brain as a dynamic organ capable of remarkable change throughout life. From cellular mechanisms of synaptic strengthening to practical applications in learning, recovery, and mental health, this property provides foundation for optimism about human potential.

Understanding neuroplasticity is important for anyone interested in brain health, learning, recovery from injury, and maximizing cognitive potential.

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Product Ordering Guide

Item Code	Product
22077	OmegaGuard 60s
22078	OmegaGuard 180s
22066	MindWorks 30s
20112	Vita-E Complex 90s
20186	B-Complex 120s
20194	B-Complex 240s
20637	Mental Acuity Plus 90s
20625	MoodLift Complex 120s
21525	Electrolyte+ Blood Orange 20 svgs
21527	Electrolyte+ Rasp Melon 20 svgs
21500	Vivix Liquid 30 svgs
22103	Sparkling Protein 12 12-oz cans

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

How "plastic" is your brain? Find out more inside...

What neuroplasticity means to you...

Unlocking brain plasticity with the power pair... diet + sleep

Your brain constantly rewires itself through neuroplasticity, building new pathways that support learning, memory, and emotional balance. Two lifestyle pillars... diet and sleep... play an outsized role in this process.

How diet shapes sleep

The foods you choose influence both sleep quality and brain function.

☑ Protein-rich foods supply amino acids needed for neurotransmitters like serotonin.

☑ Complex carbohydrates help tryptophan enter the brain, promoting relaxation.

☑ Magnesium-rich foods support muscle and nervous system calm.

Sleep benefits also depend on what you avoid: limit caffeine to morning hours and skip large late-night meals to prevent digestive disruption.

A diet emphasizing fish, vegetables, fruits, whole grains, and healthy fats is consistently linked to deeper sleep and stronger cognitive performance.

How sleep shapes diet

Sleep restores the brain regions responsible for self-control, appetite regulation, and emotional steadiness, making nutritious choices easier. Adequate sleep also keeps hunger hormones balanced, reducing cravings.

Regular bedtimes and wake times reinforce circadian rhythms that guide metabolism and digestion. When sleep patterns stay consistent, your body operates more efficiently... amplifying the benefits of a healthy diet.

Neuroplasticity is constantly at work, shaping

how we think, learn, and

respond to the

world around

us. Every new

skill ignites

measurable

changes inside

the brain.

When some-

one learns to

play an instrument, for

example, regions respon-

sible for motor coordina-

tion, auditory processing,

and timing strengthen

and reorganize.

This is why

musicians often

excel at

detecting

subtle varia-

tions in pitch,

rhythm, and sound...

they've trained their

neural circuitry through

repeated practice.

Language learning

offers another striking

example. Individuals

who acquire a second

language often develop

increased gray matter

density in regions linked

to language comprehen-

sion, memory, and

executive functioning.

Similarly, physical

training refines and

expands neural net-

works in the motor

cortex and cerebellum,

allowing for more

efficient, precise move-

ment. Even everyday

cognitive activities...

puzzles, reading, mean-

ingful conversation...

stimulate the brain to

build stronger pathways

that enhance memory,

reasoning, and

mental agility.



Neuroplast

icity also

plays a critical

role in

emotional

wellbeing.

Practices such

as psychotherapy, medita-

tion, and mindfulness can

reshape circuits involved

in stress, anxiety, and

mood regulation, offering

powerful pathways for

psychological

resilience.

Recognizing

that the brain

continually

remodels itself

opens the door

to intentional cognitive

optimization. Regular

physical exercise boosts

neuroplasticity by

increasing cerebral blood

flow, releasing neurotro-

phic growth factors, and

encouraging the forma-

tion of new synapses.

Mental "cross-training"

through novel learning

experiences and diverse

challenges

helps keep

neural

networks

active and

adaptable.

Quality

sleep

allows

the brain to



consolidate new memo-

ries and perform restor-

ative maintenance

essential for healthy

plasticity. Social engage-

ment and emotionally

supportive relationships

further enrich cognitive

and emotional networks.

Finally, managing

stress... through relax-

ation techniques, clean

eating, Shaklee supple-

mentation, and balanced

lifestyle

habits...

protects

the brain

from the

damaging

effects of

chronic

cortisol exposure, which

can undermine neural

flexibility. By choosing

activities that strengthen

the brain's adaptive

capacity, individuals can

enhance cognition,

accelerate recovery from

injuries, and support

long-term brain health.

Every skill you practice becomes a gift you give your future mind.



Nutrition for cognitive longevity

Your brain is constantly rewriting your future... reshaping itself through the nutrients, habits, and choices you give it every day. With its immense metabolic demands, the brain relies on high-quality nourishment to think clearly, adapt, and stay resilient for life. When you combine mindful eating with targeted Shaklee nutrition, you create a powerful environment where focus strengthens, memory deepens, mood lifts, and lifelong cognitive health takes root.

Scientists now understand that nutrition doesn't just support the brain... **it transforms it!** The right nutrients can fortify neural pathways, energize brain cells, calm inflammation, and shield your mind from age-related decline.

Nutrients that light up the brain

Omega-3s

DHA-rich omega-3s act like architectural reinforcements for the brain... strengthening cell membranes, supporting learning, and enhancing emotional balance. With **OmegaGuard**, you nourish your brain with clean, concentrated



omega-3s that help keep your thoughts sharp and your mind adaptable.

Antioxidants

Every day, oxidative stress tries to dim your mental clarity. Nature's antioxidants... berries, greens, colorful vegetables... help defend against this damage.

MindWorks boosts this protection with a unique chardonnay grape seed polyphenol blend, a natural guarana extract, plus vitamins B6, B12, and folate shown to support focus, memory, and increased blood



flow to brain-critical regions.

Vita-E Complex adds another layer of antioxidant support to keep your neural tissues thriving.



B Vitamins

B vitamins help your brain stay energized, stable, and resilient. They drive neurotransmitter production and protect against homocysteine-related cognitive decline. **Shaklee B-Complex** and **Mental Acuity Plus** work together to support mental clarity, recall, and structured thinking.



Emotional wellness

A bright, balanced mood makes room for creativity, reasoning, and focus. **MoodLift Complex** with St. John's Wort extract, Siberian ginseng and inositol offers gentle, natural mood support to help your brain operate from a place of calm strength.



Eating and living for a more powerful brain

Nourishing brain foods

Colorful produce, nuts, seeds, and omega-3-rich seafood feed your neurons what they need to grow, connect, and repair.

Fasting to renew and reset

Intermittent fasting activates cellular rejuvenation and strengthens the pathways that support long-term brain health.

Hydrate to think clearly

Hydration is one of the fastest ways to boost mental energy. **Shaklee Electrolyte+ Hydration & Focus Drink Mix** helps maintain electrolyte balance and sharpens concentration all day.



How to stay sharp as you age...

Forgetfulness happens, but here's the surprising truth: neural pathways start declining around age 20, and by your mid-40s that natural slowdown accelerates. The good news? You can boost mental alertness and protect long-term brain health with a few smart habits.

Challenge your brain: A sharper mind starts with using it. Activities that push your thinking... puzzles, new skills, strategy games, or learning a language... activate neural circuits and help keep cognitive function strong.

Move for mental clarity: Exercise is one of the best ways to support brain health. Physical activity boosts circulation, encourages new brain cell growth, and elevates chemicals linked to clearer thinking and better mood. Even a daily walk can make a difference.

Feed your brain wisely: Your brain thrives on nutrients like omega-3s, B vitamins, vitamin K, vitamin E, and zinc. These nutrients support memory, focus, and cellular protection. Practice clean eating whenever possible.

Give your brain an extra edge: Healthy habits set the foundation, but supplements can help you go further. **MindWorks** provides nutrients designed to support cognitive performance now and over time. Its guarana extract has been clinically shown to sharpen focus, improve reaction time, and boost short-term memory.*12 And its blend of B6, B12, and folate has been shown to help slow age-related brain atrophy. Take action early. Stay focused, stay sharp, and support your brain for the years ahead.

Yum: Sparkling Protein Mocktail recipes!

Protein Mule
Makes 3 servings

Ingredients

- 1 can **Sparkling Protein**
- 4 ounces ginger ale
- Lime wedge for garnish
- Mint for garnish
- Ice

Directions

1. Fill a mule mug or tall glass with ice.
2. Pour in **Sparkling Protein**.
3. Add ginger ale and a squeeze of fresh lime.
4. Stir gently.
5. Garnish with mint and lime.



Here are a few **Sparkling Protein** recipes to try:

Longevity Mocktail

Makes 2 servings

Ingredients

- 1 can **Sparkling Protein**
- 2 Tbsp **Vivix** **Liquid**
- 5 to 6 fresh mint leaves, muddled
- Ice to your liking

Directions

1. Muddle mint in the bottom of a glass.
2. Add ice and **Vivix**.
3. Top with **Sparkling Protein**.
4. Stir gently and garnish with extra mint.



Sparkling Orchard Spritz

Makes 3 servings

Ingredients

- 1 can **Sparkling Protein**
- 6 oz apple juice or cider
- Dash of cinnamon
- 1 tsp maple syrup
- Cinnamon stick
- Rosemary sprig
- Ice

Directions

1. Fill a glass with ice.
2. Add apple juice or cider, cinnamon, and maple syrup.
3. Top with **Sparkling Protein**.
4. Stir gently, garnish with a cinnamon stick and rosemary.



Cranberry Spice Spritz

Makes 3 servings

Ingredients

- 1 can **Sparkling Protein**
- 5 oz cranberry juice (unsweetened or light)
- 1 tsp honey or agave
- Dash of cinnamon
- Orange slice and cranberries for garnish
- Ice

Directions

1. Fill a glass with ice.
2. Add cranberry juice; stir in honey or agave until dissolved.
3. Add cinnamon.
4. Top with **Sparkling Protein**.
5. Garnish with orange slice and fresh cranberries.



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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!