



New: Five Day Protein Reset!

- ▶ Which Rest fits you: 5 days or 7?
- ▶ What your Reset days will look like...
- ▶ What's in the Five Day Protein Reset?

The real science of protein...

- ▶ Your metabolism, mood & longevity
- ▶ What results you can expect...
- ▶ Real before and after pics!
- ▶ What the participants say...



Five Day Protein Reset	Personal Results
-5.1 pounds	-1.0 inches around the waist
	-1.0 inches around the hips



New product: Creatine+ Power Blend!

- ▶ Rev up your body's energy engines...
- ▶ Why Creatine+ is different
- ▶ What Creatine+ supports...
- ▶ Trial users reported...

This email newsletter has been sent to you compliments of:

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Making a Difference!

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Through Shaklee, we are all...

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

Which Reset Fits You: 5 Days or 7?

The **7-Day Healthy Cleanse** is a full week and focuses on fruits and vegetables. Many people love how light and refreshed they feel, but it requires more washing, chopping, and planning.

The **Five Day Protein Reset** is quicker and simpler, featuring protein- and fiber-rich foods and beverages to support fullness and steady energy. With minimal prep and only a few add-ins, it's an easy reset that fits a busy week.



New: Five Day Protein Reset!

Reimagined: The new **Five Day Protein Reset** delivers a more powerful, protein-forward approach that builds on everything you appreciated about the original **Five Day Reset** program, while introducing significant enhancements that affect satiety, energy, metabolism, and daily performance.

The **Five Day Protein Reset** provides a simple, structured system to help participants feel better fast. Each day delivers:

- ✓ 105 grams of complete, high-quality protein
- ✓ Protein-rich meals and beverages for satiety and energy
- ✓ Foundational vitamins, minerals, fiber, and probiotics
- ✓ Electrolytes and hydration support
- ✓ Targeted ingredients for muscle, metabolism, cognition, and digestion

Every daily box includes breakfast, lunch, supportive snacks and drinks, evening nourishment, and supplements plus one can of **Sparkling Protein** to significantly increase daily protein intake.

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Issue #278

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Product Ordering Guide			
Item Code	Product	Item Code	Product
21318	7-Day Healthy Cleanse Kit	21514	Vita-Lea Gummies 90s
89872	Five Day Protein Reset	21505	Good Gut & Go 30 svgs
22103	Sparkling Protein 12 cans	21525	Electrolyte+ Blood Org 20 svgs
21410	Life Shake Plant Vanilla 14 svg	21527	Electrolyte+ Rasp Melon 20 svgs
21411	Life Shake Plant Chocolate 14 svg	22113	Creatin+ Power Blend 28 svgs
21414	Life Shake Soy Vanilla 14 svg	22051	Snack Bars Toffee/Choc 10 bars
21416	Life Shake Soy Chocolate 14 svg	22052	Snack Bars Cherry/Almond 10 bars
21420	Life Shake Soy Strawberry 14 svg	22053	Snack Bars Choc/Coconut 10 bars
21419	Life Shake Soy Cafe Latte 14 svg	22012	Snack Bars P Butter 10 bars
21508	Up & Glowing 20 svgs	21506	Rest & Rewind Tea 20 svgs

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

Revive, renew, restart and RESET your health today! See inside...

What your Five Day Protein Reset days will look like...

What's in the Five Day Protein Reset?

The **Five Day Protein Reset** combines premium nutrition powered by protein with structured guidance and real results to help you break old habits and build new ones that last.

The kit includes five daily boxes, each containing:

- ✓ Life Shake™ Plant French Vanilla
- ✓ Up & Glowing Vanilla Latte
- ✓ Protein Oats
- ✓ Vita-Lea® Gummies
- ✓ Protein Veggie Broth (x2)
- ✓ Good Gut & Go Probiotic Drink
- ✓ Electrolyte+ Blood Orange Drink
- ✓ Creatine+ Power Blend
- ✓ Toffee & Chocolate Crunch Snack Bar
- ✓ Rest & Rewind Mint Tea
- ✓ Five cans of Shalkee Sparkling Protein™ to refresh and sustain your energy throughout the day.

This expert-designed plan delivers:

- 105 g of high-quality protein per day, balanced across meals, snacks, and drinks
- Leucine, a key amino acid that triggers your body's muscle-building response
- Essential nutrients, fiber, and probiotics to support digestion and balance
- A variety of delicious, refreshing, and satisfying options you can customize for your daily menu

Fuel, gain and live more.

- Fuel lean muscle, metabolism, and longevity.
- Gain strength, energy, focus, sleep, and more.
- Live Age Free™.

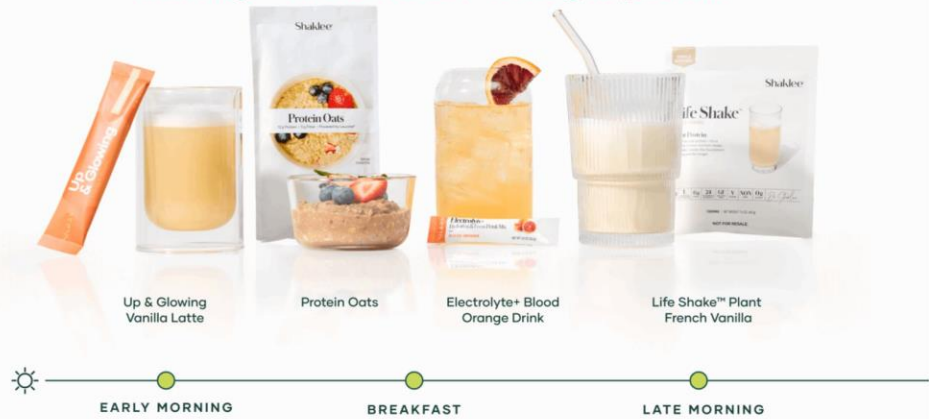
Each day you'll consume all the products in your daily box plus one can of **Sparkling Protein**. Use the example below but feel free to adjust the timing and order based

on what works for you. The goal is to stay steadily fueled, eating or drinking something every 1–2 hours.

You can also boost your oatmeal, broth, shakes, and latte with

fruits, veggies, lean protein, or healthy fats, adding up to 500 extra calories and 35 grams of protein across the day to help you hit your protein targets.

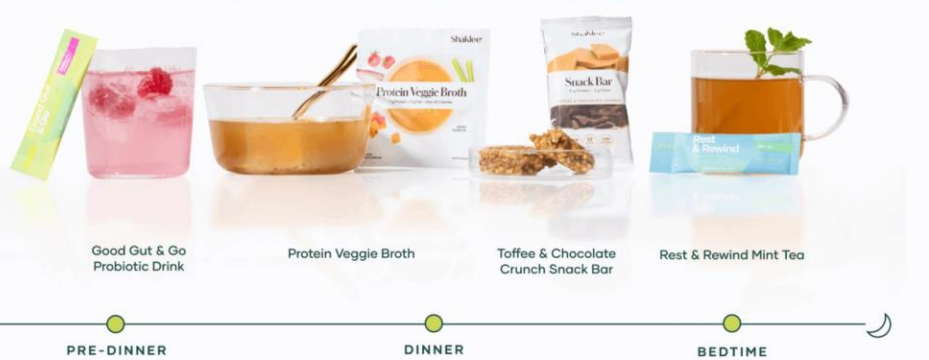
Morning ~ Protein Goal: 40–50 g of protein



Afternoon ~ Protein Goal: 40–50 g of protein



Evening ~ Protein Goal: 20–30 g of protein



The real science of protein: Your metabolism, mood & longevity

Protein has a reputation as the “muscle macro,” but the science goes much further. Protein supports metabolism, mood chemistry, blood sugar stability, and healthy aging... not just strength and recovery.

Many protein guidelines were built to prevent deficiency, not optimize health. But research suggests many people may benefit from higher, more personalized protein targets... especially with age and activity.

Protein: A metabolic advantage you can eat

Your resting metabolic rate drives most of your daily calorie burn, and protein supports it in two important ways:

1) It costs more energy to digest. Protein's thermic effect is about 20–30%, compared with carbs (5–10%) and fat (0–3%).

2) It protects lean mass. Muscle is metabolically active tissue, and higher-protein eating patterns support fullness and better long-term weight management.

Protein supports mood... because it builds brain chemistry

Protein provides amino acids your body uses to make neurotransmitters that influence

emotional balance and mental energy:

- Tryptophan → serotonin (calm, mood balance)
- Tyrosine → dopamine + norepinephrine (focus, drive, motivation)

Higher protein intake has been linked with better psychological well-being in research, and it may also reduce mood swings by helping stabilize blood sugar.

“100% sustainable and doesn't leave you feeling depleted and craving!”

Protein and women's midlife health: A critical need

Many women fall short on protein... especially after age 50... right when it matters most. Hormonal shifts during perimenopause and menopause can accelerate muscle loss and slow metabolism. Many experts suggest that women increase their protein intake for healthier aging.

Quality matters: Choose protein that delivers

Protein quality depends on amino acid completeness and digestibility. Even plant-based

blends can be excellent today, with quality measured by tools like PDCAAS*.

How to eat protein for results

The goal isn't just more protein... it's better timing and distribution. Spreading protein across meals appears more effective than saving most for dinner. A simple target: 20–30 grams per meal, with enough leucine to activate muscle-building signals.

Try this strategy:

- ☑ protein at breakfast to control cravings
- ☑ protein at each meal for steady energy
- ☑ protein around workouts for better recovery

“LOVE the convenience and that it's 5 days! The easy button for a reset!”

The bottom line

Protein is more than muscle... it's metabolic support, mood support, and longevity support. If you want steadier energy, better body composition, and stronger aging outcomes, optimizing

protein is one of the smartest places to start.

*PDCAAS stands for Protein Digestibility Corrected Amino Acid Score, which is a method used to evaluate the quality of protein based on its amino acid content and how easily it can be digested by the body.



What results can you expect on the Five Day Protein Reset?

The balanced approach of the **Five Day Protein Reset** delivers real results. In a pilot study participants reported:

- ☑ An average weight loss of 3.7 pounds

“It wasn't hard & makes me much more aware of what I'm eating!”

- ☑ 1.1 inches lost around the waist and 0.6 inches around the hips



- ☑ Increased energy, better sleep, improved mood, and enhanced focus

“Just finishing up day 2... and I have not had one craving or felt hungry at all!”

- ☑ Reduced cravings for sugar and unhealthy foods
- ☑ Improved hunger management and digestive health and less bloat
- ☑ Clothes fitting better and a boost in confidence



New product: Creatine+ Power Blend!

Creatine+ Power Blend supports...

- ☑ Clearer thinking and stronger focus (all day long)
- ☑ More consistent energy morning through evening
- ☑ Better daily memory and mental organization
- ☑ Improved stamina and workout performance
- ☑ Faster recovery between workouts and busy lives

In a pilot trial users reported:

- 88% improved energy during low-energy times
- 84% said daily activities felt easier
- 78% noticed better focus and mental clarity
- 70% experienced improved stamina and performance

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Would you like more energy all day long, better mental focus and clarity, and improved workout stamina and physical performance? Then turn on and rev up your body's energy engines... your mitochondria!

Mitochondria are your body's cellular power plants, turning nutrients into ATP (adenosine triphosphate)... the molecule that powers muscle contraction, brain



function, and everyday movement. The more efficiently your body can produce and use ATP, the more naturally energized and resilient you feel.

Enter Creatine+ Power Blend

This innovative formula is more than creatine... it's clean, bio-efficient energy for your body and mind. Combining micronized creatine monohydrate with Shaklee's Power Blend of polyphenols and magnesium, **Creatine+ Power Blend** is designed to help generate, recharge, and activate ATP... your body's cellular fuel.



Why Creatine+ is different

Most creatine formulas focus solely on recycling ATP for quick bursts of performance. But **Creatine+ Power Blend** supports the full ATP energy cycle, including the magnesium your body needs to activate ATP:

- **Generates energy support:** polyphenols help protect mitochondria from oxidative stress
- **Recharges ATP fast:** creatine helps recycle ATP for repeated use
- **Activates cellular fuel:** magnesium helps ATP become usable energy

Result: quick energy when you need it, and steady power all day long.

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!