



Shaklee

LIQUID BIOCELL

LIFE+™

*Feel the Difference.
Track Your Progress!*





SUPPORTS
JOINT MOBILITY*



PROMOTES
BONE DENSITY*



SUPPORTS
CARTILAGE &
TISSUE HEALTH*



HEALTHY
HAIR, SKIN
& NAILS*



HELPS YOU FEEL
STRONGER & MORE
VIBRANT EVERY DAY*

How to use this sheet: 1) Fill in the Baseline column before your first serving. 2) Take 1 tablespoon twice daily, consistently. Consistency matters more than timing. 3) Re-rate at each milestone without looking back at your earlier scores, then compare. 4) Take a photo (face, hands, hair) on Day 0, 30, 60 and 90 in the same light and same spot.

Name: _____ **Start date:** _____ **Day 90 date:** _____

What I'm tracking (circle 1 = poor → 5 = excellent)	BASELINE Day 0	DAY 30 Date: _____	DAY 60 Date: _____	DAY 90 Date: _____
— JOINTS, MOBILITY & CONNECTIVE TISSUE —				
Joint comfort during everyday activity	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Flexibility and range of motion	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Ease of movement first thing in the morning	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Recovery / comfort after exercise or exertion	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
— SKIN —				
Skin hydration and moisture	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Skin smoothness and texture	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Skin firmness and elasticity (“bounce”)	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Appearance of fine lines around eyes / mouth	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Overall tone, evenness and radiance	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
— HAIR & NAILS —				
Nail strength (less splitting, chipping, peeling)	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Nail growth rate	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Hair thickness and fullness	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Hair shine and condition	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
— WHOLE BODY & DAILY LIFE —				
Energy level through the afternoon	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Sleep quality	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Overall sense of wellbeing	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Add your own _____	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

Total each column and compare. A rising total means you are getting results.

COLUMN TOTAL (out of 85)				
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Results people are reporting:

These are **commonly reported personal observations** — not promises, and not medical outcomes. Some people notice changes sooner, some later, and some notice little at all. Use this page as a prompt for what to pay attention to at each check-in.

DAYS 1 – 30 | “Quiet” phase — changes are usually subtle

- **Skin feels more hydrated** — less tight or dry, especially in the morning.
- **Easier first steps** after sitting a while or getting out of bed.
- **Nails feel less bendy** and chip or peel a little less.
- **Sleep and daytime energy** may steady out for some people.
- Mostly *felt*, not *seen*. Don't judge the product yet — skin and cartilage turn over slowly, and the visible changes come later. **Your job this month is consistency.**

DAYS 31 – 60 | Things start to show

- **Skin smoothness and texture** — makeup sits better, fewer rough patches.
- **More consistent joint comfort** — more good days than stiff days.
- **Better range of motion** — reaching, kneeling, stairs, gripping.
- **Hair feels thicker or shinier**; new nail growth is visibly stronger than the old growth.
- **Faster bounce-back** after a workout, yard work or a long day on your feet.
- This is where your Day 0 photo starts earning its keep — compare, don't just remember.

DAYS 61 – 90 | Cumulative results — the real checkpoint

- **Skin firmness and elasticity** — the “bounce” that shows up in photos.
- **Softened look of fine lines**, particularly around the eyes and mouth.
- **Everyday mobility you stop thinking about** — the reliable sign it's working.
- **Hair and nails** reflect three months of new growth end to end.
- **Overall wellbeing** — you feel more like yourself on ordinary days.
- Human studies on collagen/HA ingredients typically run **8–12 weeks**, which is exactly why 90 days — not 30 — is the fair place to judge your results.

THINGS THAT CAN MASK YOUR RESULTS:

Missed servings • A new injury or flare-up. • Big changes in sleep, stress, hydration or diet. • Heavy sun exposure. • Season change (winter air dries skin). • Starting several new supplements at once.

Please read. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. This sheet is a personal self-observation log — it is not a medical assessment, and the items listed are things people commonly report, not guaranteed or typical results. Individual results vary. Talk with your doctor or pharmacist before starting any supplement, especially if you are pregnant or nursing, taking medication, have a shellfish allergy, or have a medical condition — and don't delay or replace medical care based on anything you track here.

Contact:
Richard Manley / Jeannette Pothier
info@scotiahealth.com
781.275.8794