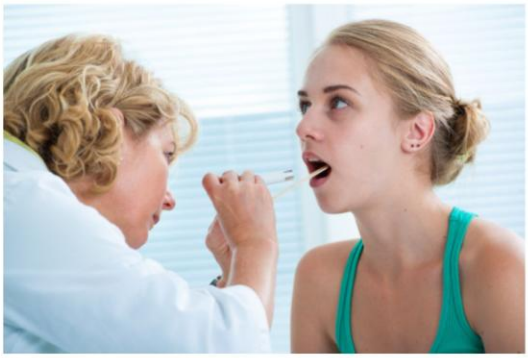


Ready for cold and flu season?

- Your #1 defense
- Build a "battle-ready" immune system!
- The invisible army protecting you...

Nature meets science for immune health

- Defend & Resist Complex
- Your immune support team
- More ways to support your immunity!





Beautiful skin starts with a signal!

- Three powerful technologies
- Spicules, Exosomes, and PDRN
- Exosome Bio-Signal Serum visible results...

This email newsletter has been sent to you compliments of:

Scotia Health

Rick Manley & Jeannette Pothier

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Shaklee
INDEPENDENT DISTRIBUTOR

Through Shaklee, we are all...

Making a Difference!

In This Issue...

Page 1 Are you ready?

Page 2 The invisible army...

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Page 4 Exosome Serum

Good nutrition doesn't cost nearly as much as hospital and doctor bills! We all know it takes a strong body to fight off the onslaught of disease.

Wherever there is a weakness in the body, [there] is low resistance against disease. Regardless of the type of disease, better nutrition will assist the body to overcome its effect. Your first line of defense is your nutrition supply.

If you want to get well and stay well, you MUST free your body of accumulated waste and provide the nutritional elements so necessary to strengthen your resistance against disease and to build vital, vigorous tissue cells. THERE IS NO OTHER WAY.

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

Issue #287

Your #1 defense

Your first line of defense to avoid getting sick this year is simple... ***wash your hands!*** Washing your hands frequently with soap and hot water limits the spread of cold and flu viruses.

Why is this so important? Because you are more likely to contact viruses with your hands than in any other way by touching the handle of a shopping cart or closing a door, for example.

Then you touch your nose, rub your eyes, or get your fingers too close to your mouth, transferring the virus to a mucous membrane where it can multiply and start creating havoc.

So, what are you waiting for? ***Go wash your hands!***



Ready for cold and flu season?

Cold weather brings more than chilly temperatures and shorter days. It's also a season when respiratory viruses circulate more readily, increasing your chances of catching a cold or the flu. And once infected, there's no simple antibiotic cure. Although treatments may ease symptoms, your immune system remains your body's primary defense.

So why wait until you're sick to think about immunity? Your immune system is an extraordinary network of cells, tissues, and organs working around the clock to recognize and combat harmful invaders. Keeping this defense system functioning properly is a smart investment in your health.

Fortunately, supporting healthy immunity isn't complicated! Good nutrition, restorative sleep, regular exercise, and stress management help maintain your natural defenses. Shaklee's science-based supplements can also fill nutritional gaps and provide essential vitamins and minerals that support normal immune function. ***A little daily attention to your immune health can make a meaningful difference!***

(continued on Page 2)

Scotia Health
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Product Ordering Guide

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

Item Code	Product	Item Code	Product
20613	Defend & Resist Complex 90s	20112	Vita-E Complex 90s
20288	Vita-Lea Women 120s	20084	Garlic Complex 240s
20286	Vita-Lea Men 120s	20241	Immunity Formula 1 60s
20290	Vita-Lea Gold w/ K 120sgs	20491	Iron plus C Complex 90s
20291	Vita-Lea Gold w/o K 120s	20962	NutriFeron 60s
20283	Vitalizer Women 30 days	22077	OmegaGuard 60s
20282	Vitalizer Men 30 days	21320	Optiflora DI 30s
20284	Vitalizer Gold w/ K 30 days	21408	Triple Defense Boost 20 svgs
20285	Vitalizer Gold w/o K 30 days	21223	Sustained Release VitalMag 30s
20186	B-Complex 120s	20411	Zinc Complex 120s
21377	Chewable Vita-C 60s	21390	Shakleekids Super Immunity 90s
20095	Sustained Release Vita-C 180s	32646	Exosome Bio-Signal Serum
21364	Vita-D3 90s		

The invisible army protecting you...

Build a "battle-ready" immune system!

Your immune system is an impressive biological defense force, constantly working to protect you. Want to help keep it battle-ready? These four everyday habits can make a difference!



❑ **Move more, defend better!** Regular physical activity improves circulation and helps immune cells patrol your body more efficiently. Even brisk walking offers benefits.

❑ **Sleep your way to better immunity.** Quality sleep helps regulate immune activity and supports your body's response to infection. Most adults need 7–9 hours nightly.



❑ **Hydrate for health.** Water keeps essential biological processes running smoothly, supports healthy mucous membranes, and helps your body eliminate waste.



❑ **Nourish your natural defenses.** Your immune cells depend on adequate protein, vitamins, minerals, and antioxidants. Build your meals around nutrient-dense whole foods to give your immune system the nutritional support it deserves.



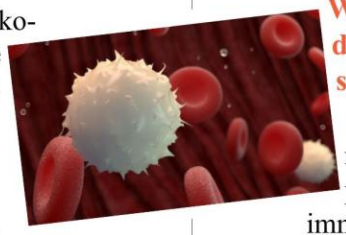
Ever wonder how your body manages to fight off countless invisible invaders every day? Credit your immune system... a remarkably sophisticated defense network that identifies threats, mobilizes protective forces, and helps keep you healthy.

Behind the scenes, four major components work together to protect you.

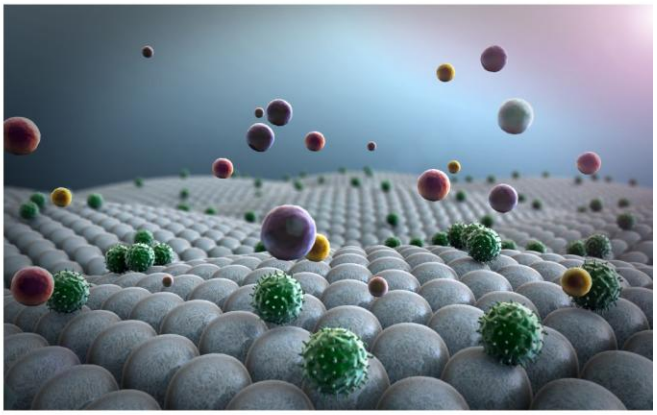
1. Physical barriers: Keeping germs out!

Your skin and mucous membranes serve as protective shields, making it difficult for harmful microorganisms to enter. From your respiratory passages to your digestive tract, these barriers provide essential frontline protection.

2. White blood cells: The body's security patrol

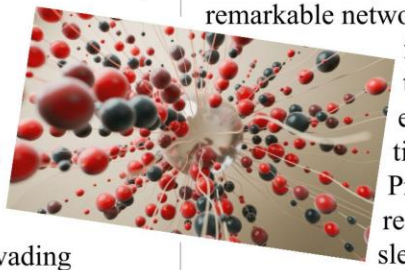


Known scientifically as leukocytes, these specialized cells circulate through your blood and tissues, searching for trouble. Granulocytes, monocytes, and lymphocytes each have distinct responsibilities, including attacking microbes, removing damaged cells, and recognizing specific threats.



3. Immune molecules: Sending the battle signals

Your immune system relies on chemical communication. Cytokines alert and coordinate immune cells, antibodies recognize specific targets, and complement proteins help eliminate invading microorganisms. Together, they organize an effective response.



4. Immune organs: Where defenses take shape

Your bone marrow produces immune cells, while your thymus supports T-cell development. Meanwhile, your lymph nodes, spleen, tonsils, and intestinal lymphoid tissues help detect threats and coordinate immune activity.

Teamwork makes the difference!

When harmful microbes invade, these defenses spring into action, working together to identify threats, fight infection, and regulate inflammation.

Want to keep this remarkable network functioning effectively? Prioritize restful sleep, regular exercise, stress control, and wholesome nutrition. Antioxidant-rich foods and targeted supplements also help support normal immune function. Your immune system works hard for you... ***give it the care it deserves!***



Nature meets science for immune health

Does the arrival of winter make you think of runny noses, scratchy throats, and days spent feeling miserable? While no supplement can guarantee you'll avoid seasonal illnesses, you can help support your body's natural defenses with Shaklee **Defend & Resist Complex**!



This science-informed formula brings together four ingredients selected for their immune-supporting properties. Each plays a different role in helping maintain a healthy immune response.

Meet your immune-support team!

Echinacea: Nature's traditional immune ally. Used for generations to support wellness, Echinacea contains active compounds called cichoric acid and alkylamides. **Defend & Resist Complex** provides standardized extracts of Echinacea purpurea herb and root for reliable botanical consistency.



Black Elderberry: Antioxidant protection. These dark purple berries are packed with naturally occurring anthocyanins and polyphenols. Their antioxidant activity helps protect cells from oxidative stress, while emerging research suggests additional immune-supporting properties.



Larch Tree: A little-known immune supporter. Western Larch heartwood contains arabinogalactans, specialized plant fibers studied for their ability to interact with immune-system activity. Early clinical research suggests potential benefits for supporting normal immune readiness.



Zinc: The immune system's essential mineral. Zinc helps immune cells develop, communicate, and function properly. It also supports hundreds of important enzyme reactions throughout your body.

Will Defend & Resist Complex benefit you?

Yes, if...

- ❑ You're looking for a natural product that supports healthy immune function in the face of challenges such as colds and flu.
- ❑ You would like to minimize the "down-time" sometimes experienced during seasonal transitions.
- ❑ You are concerned about exposure to immune challenges at work, at school, when using public transportation, etc.
- ❑ You (and your family) want to be prepared for the first moment you feel the need to bolster your immune system.

Be prepared for seasonal challenges!

Convenient **Defend & Resist Complex tablets can be swallowed**, chewed after dissolving, or prepared as a warm drink according to label instructions.



Defend & Resist Complex offers an easy way to give your immune system nutritional support when seasonal challenges arise!

More ways to support your immunity!

- **Vita-Lea® / Vitalizer:** Essential immune-supporting nutrients.
- **Life Shake® / Energizing Soy Protein:** Helps the body produce immune cells and antibodies.
- **B-Complex:** Supports the production of immune cells.



- **Chewable Vita-C® / Sustained Release Vita-C®:** Antioxidant; supports neutrophil activity in the bloodstream.



- **Vita-D3®:** Regulates immune responses.
- **Vita-E Complex®:** Improves the activity of natural killer cells and T lymphocytes.
- **Garlic Complex:** Natural antibiotic, antifungal; enhances white blood cell activity.
- **Immunity Formula I®:** Nine immune-supporting nutrients.
- **Iron Plus C:** Is a critical cofactor in immune cell proliferation.
- **NutriFeron®:** Stimulates immune cells by naturally increase interferon levels.



- **OmegaGuard®:** Enhancing and balancing immune cell activity.
- **Optiflora® DI:** Act as immune moderators in the gut.
- **Triple Defense Boost:** Three immune-supporting blends shown to boost Natural Killer cell activity by 3x and critical immune cells by 5.8x.
- **Sustained Release VitalMag®:** Activates immune cells; supports normal antibody production and immune signaling.
- **Zinc Complex:** Supports both innate and adaptive immunity.



- **Shakleekids™ Super Immunity:** Critical immune nutrients for kids.

Beautiful skin starts with a signal!

Exosome Bio-Signal Serum visible results...

Clinically measured in just 4 weeks:

☑ 91% had smoother looking skin

☑ 4/5 had firmer, more elastic skin

☑ 4/5 improved moisture retention and a stronger skin barrier

☑ -37% reduction in average pore size

Next day results... 96% said skin looked smoother

After two weeks... 95% said skin looked noticeably luminous

After four weeks... 100% said skin looked more refined, even-toned and visibly renewed

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Dreaming of smoother, firmer, beautifully luminous skin? Your skin naturally knows how to renew itself, but time, stress, and environmental challenges can interfere. Enter new **YOUTH Exosome Bio-Signal Serum**... an innovative formula featuring three med-spa-inspired technologies designed to awaken your skin's natural renewal potential.

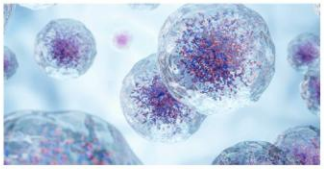


Three powerful technologies working together!

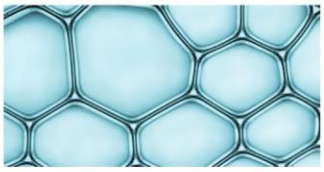
Spicules: These tiny, needle-like structures create temporary microchannels that encourage surface renewal and help your skin absorb beneficial ingredients more effectively.



Exosomes: Think of them as microscopic messengers! Derived from microbiome-related microorganisms, they deliver bioactive signals that support skin communication, renewal, and resilience for a calmer, firmer appearance.



PDRN: This innovative rice-derived ingredient provides DNA fragments that support skin recovery. Its specially optimized molecular size enhances topical delivery, promoting smoother, healthier-looking skin.



The payoff? A fresher, firmer, more radiant complexion with that coveted glass-like glow!

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!

Create your new future... through Shaklee!

Take charge of your life today... with Shaklee!