



Healthier Moms, Healthier Babies

Prenatal and Postnatal Nutritional Support Your Body Needs

WHY SUPPLEMENT BEFORE, DURING, AND AFTER PREGNANCY?

Many nutrients are essential to a healthy pregnancy and a healthy baby. So it's important that pregnant women eat a healthy diet filled with fruits, vegetables, fiber, low fat protein and healthy fats. Because it's difficult to get all the nutrients necessary from diet alone, many doctors recommend that women who are pregnant, planning to become pregnant, or nursing add high quality supplements to their daily regimen.

GET TO KNOW VITALIZER™ WOMEN



Vitalizer Women is excellent as a prenatal/postnatal multivitamin. Each Vitalizer strip contains optimized micronutrient levels designed especially for women before, during, and after pregnancy, and while nursing.*

Vitalizer is based on 12 clinical studies and a first-of-its-kind Landmark Study (see box for more information).

Vitalizer Women provides a full spectrum of nutritional support:

- Vita-Lea® Advanced Multivitamin, including 800 mcg of folic acid, 200 mcg of iodine, and 18 mg of iron†
- Caroto-E-Omega, including 500 mg of omega-3 fatty acids with 280 mg EPA and 180 mg DHA. EPA supports the heart and immune system, while DHA plays an important role in the fetal development of the brain, eyes, and central nervous system*
- B+C Complex for energy and immune support*
- Optiflora Probiotic to support healthy digestion*

VITALIZER DELIVERS THESE NUTRITIONAL EQUIVALENTS

IN

THIS CONVENIENT DAILY VITA-STRIP™.**



**The nutrient content of a daily serving of Vitalizer is not the same as the amount of nutrients found in the foods shown. Detailed nutritional information can be found on the Vitalizer supplement facts box. Every food provides nutrients beyond those listed in this chart.

†18 mg of iron is the recommended level for pregnant and lactating women by the FDA. Women who are iron deficient should consider taking Shaklee Iron Plus C supplement for additional, enhanced iron absorption.

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GET TO KNOW VITA-LEA® IRON FORMULA AND OMEGAGUARD®



Vita-Lea Iron

- Vita-Lea® Iron is great as a prenatal/postnatal multivitamin
- Backed by 7 clinical studies
- 800 mcg of folic acid
- 200 mcg of iodine. This level falls between the Institute of Medicine (IOM) recommendation of 220 mcg per day for pregnant women and the FDA recommendation of 150 mcg per day for both pregnant and non-pregnant women.
- 18 mg of iron for prenatal/postnatal support, the recommended level for pregnant and lactating women by the FDA.†

OmegaGuard

- Provides a full spectrum of seven ultra-pure, pharmaceutical grade omega-3 essential fatty acids naturally found in small, cold-water fish
- Delivers 667 grams of omega-3 fatty acids—providing more EPA and DHA than other brands
- Small size for easier swallowing
- The fish oil found in OmegaGuard comes certified by Friend of the Sea®, an international conservation organization that follows strict criteria for sustainability. Friend of the Sea tracks fish populations and works with fishermen to set catch limits and avoid harvesting during spawning seasons. Their efforts help ensure a constant supply of high-quality fish oil for Shaklee products without harming the environment.

†Because Vitalizer Women and Vita-Lea Iron may be used by all women, additional iron above the recommended Daily Value of 18 mg was not added to these products since many women may be iron sensitive. For those women who may be iron deficient, they should consider taking Shaklee Iron Plus C supplement for additional, enhanced absorption iron for their prenatal/postnatal needs.

WHICH FORMULA CONTAINS MORE?***

Per serving	Centrum Specialist® Prenatal	Vita-Lea® Iron plus OmegaGuard®	Vitalizer™ Women
Vitamin A	✓	+2,500 IU	+3750 IU
Vitamin C	✓	+30 mg	+410 mg
Vitamin D (as Vitamin D3)	✓	+400 IU	+600 IU
Vitamin E	✓	+25 IU	+165 IU
Vitamin K	✓	+50 mcg	+50 mcg
Thiamin	✓	+1 mg	+8.6 mg
Riboflavin (B2)	✓	+3 mg	+8.8 mg
Niacin	✓	+2 mg	+102 mg
Vitamin B6	✓	+1 mg	+10.1 mg
Folic Acid	=	=	=
Vitamin B12	✓	+3.4 mcg	+33.4 mcg
Biotin	✓	+270 mcg	+270 mcg
Pantothenic Acid	✓	+4 mg	+54mg
Calcium	✓	+200 mg	+250 mg
Iron	✓	18 mg‡	18 mg‡
Phosphorus	✗	+350 mg	+350 mg
Iodine	220 mcg	200 mcg‡‡	200 mcg‡‡
Magnesium	✓	+150 mg	+150 mg
Zinc	✓	+4 mg	+4 mg
Selenium	✓	+40 mcg	+40 mcg
Copper	✓	+1 mg	+1 mg
Manganese	=	=	=
Chromium	✓	+90 mcg	+90 mcg
Molybdenum	✓	+25 mcg	+25 mcg
DHA	200 mg	+40 mg	180 mg
EPA	✓	+348 mg	+265 mg

***This comparison of label ingredients was conducted on June 23, 2016, and is valid only for the named products marketed at that time. All trademarks are the property of their respective owner. A checkmark means the product contains that specific vitamin or mineral.

‡18 mg is the recommended level of iron per day for pregnant and lactating women by the FDA.

‡‡200 mcg of iodine falls between the Institute of Medicine (IOM) recommendation of 220 mcg per day for pregnant women and the FDA recommendation of 150 mcg per day for both pregnant and non-pregnant women.

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GET TO KNOW IRON PLUS C COMPLEX



Iron deficient women should consider taking Shaklee Iron Plus C Complex for additional, enhanced-absorption iron.

- Iron functions as a structural component of hemoglobin, an essential compound that carries vital oxygen from the lungs to tissues throughout the body
- Iron Plus C contains 100% of the Daily Value of iron (18 mg) and is combined with 100% of the Daily Value of vitamin C for better iron absorption*

LEARN MORE

Learn more about Healthy Pregnancy solutions from Shaklee, including Vitalizer™ Women, Vita-Lea® Iron and Life Energizing Shake™ in the Healthy Pregnancy Solutions section of Shaklee.com

GET TO KNOW LIFE ENERGIZING SHAKE™



One shake does it all. Delicious protein-rich meal shake available in soy and non-soy formulas. Life Energizing Shake is designed to:

- Increase energy with 24 grams of protein†, including 16 grams of proprietary, ultra-pure, plant-based, non-GMO protein with precise ratios of all 9 essential amino acids, optimized for high protein quality
- Support brain and heart health with Omega-3 (ALA), an essential fatty acid*

†When prepared as directed with 1 cup of lowfat milk

THE SHAKLEE DIFFERENCE



The power of nature,
unleashed by science.
Safe. Proven. Guaranteed.

At Shaklee, we are committed to innovating through science and looking to nature for the answers that can provide healthier lives. We ensure the highest quality and safety standards—conducting over 100,000 quality tests per year to ensure our products are safe for you and your family.

- **Vitalizer™** features the patented Shaklee Micronutrient Advanced Release Technology™ (S.M.A.R.T.), a unique delivery system designed to dramatically improve absorption of key nutrients in the body



- The research behind **Vitalizer™** includes more than 12 clinical studies, including:
 - **The Landmark Study**, one of the largest long-term supplement usage studies ever done, which was conducted in partnership with UC Berkeley.
 - **The Landmark Study** showed double-digit better biomarkers of health for benefits in heart, brain, and cognitive health for Shaklee supplement users compared to non-supplement users.
- **Vita-Lea®** is backed by 7 clinical studies and features a patented microcoating designed to enhance absorption of folic acid
- **Life Energizing Shake™** contains:
 - 16 grams of **proprietary, ultra-pure, plant-based, non-GMO protein** with precise ratios of all 9 essential amino acids optimized for high protein quality
Added **leucine** to help preserve lean muscle
 - Patent-pending combination of prebiotics and **one billion CFU of patented probiotics**

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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Vitalizer® Women

Vita-Lea® with Iron Formula

Supplement Facts

Serving Size: 1 Vita-Strip™ 

	Amount Per Serving/% Daily Value
Calories	20
Calories from Fat	10
Total Fat	1 g/2%**
Total Carbohydrate	2 g/1%**
Protein	<1 g/1%**
Vitamin A (75% as beta-carotene from <i>Blakeslea trispora</i> and 25% as vitamin A acetate)	6,250 IU/125%
Vitamin C (as calcium ascorbate and ascorbic acid)	500 mg/833%
Vitamin D ₃ (as cholecalciferol)	1,000 IU/250%
Vitamin E (as d-alpha-tocopherol concentrate, d-alpha-tocopheryl succinate, mixed tocopherols, and mixed tocotrienols)	200 IU/667%
Vitamin K (as phytonadione)	80 mcg/100%
Thiamin (as thiamine mononitrate)	9 mg/600%
Riboflavin	10.2 mg/600%
Niacin (as niacinamide)	120 mg/600%
Vitamin B ₆ (as pyridoxine hydrochloride)	12 mg/600%
Folate (as folic acid)	800 mcg/200%
Vitamin B ₁₂ (as cyanocobalamin)	36 mcg/600%
Biotin (as d-biotin)	300 mcg/100%
Pantothenic Acid (as d-calcium pantothenate)	60mg/600%
Calcium (as dicalcium phosphate and calcium ascorbate)	500 mg/50%
Iron (as ferrous fumarate)	18 mg/100%
Phosphorus (as dicalcium phosphate)	350 mg/35%
Iodine (as potassium iodide and sea kelp)	200 mcg/133%
Magnesium (as magnesium oxide)	200 mg/50%
Zinc (as zinc gluconate)	15 mg/100%
Selenium (as trace mineral protein hydrolysate)	70 mcg/100%
Copper (as copper gluconate)	1 mg/50%
Manganese (as manganese gluconate)	2 mg/100%
Chromium (as trace mineral protein hydrolysate)	120 mcg/100%
Molybdenum (as trace mineral protein hydrolysate)	75 mcg/100%
Sodium	10 mg/<1%
Total Omega-3 fatty acids (from ultra-pure marine lipid concentrate)	500 mg/†
Our Full Spectrum Includes:	
EPA (eicosapentaenoic acid)	280 mg/†
DHA (docosahexaenoic acid)	180 mg/†
And five other naturally found fatty acids, including docosapentaenoic, stearidonic, eicosatetraenoic, heneicosapentaenoic, and alpha-linolenic acids.	40 mg/†
<i>Bifidobacterium longum</i> (probiotic)	250 million CFU/†
<i>Lactobacillus acidophilus</i> (probiotic)	250 million CFU/†
Lycopene (from tomato extract)	2.5 mg/†
Lutein (as lutein ester from marigold flower extract)	2 mg/†
Zeaxanthin (as zeaxanthin ester from marigold flower extract)	200 mcg/†
Mixed tocopherols (Gamma-, beta-, and delta-tocopherols)	35 mg/†
Cranberry extract (<i>Vaccinium macrocarpon</i>) (fruit)	50 mg/†
Coenzyme Q ₁₀ (as ubiquinone)	0 mg/†
N-acetylcysteine	0 mg/†
Nickel (as trace mineral protein hydrolysate)	15 mcg/†
Tin (as trace mineral protein hydrolysate)	10 mcg/†
Vanadium (as trace mineral protein hydrolysate)	20 mcg/†
Boron (as trace mineral protein hydrolysate)	1 mg/†
Silicon (as silicon dioxide)	2 mg/†

**Percent Daily Values are based on a 2,000 calorie diet. †Daily value not established.

Supplement Facts



Serving Size: 2 Tablets

Servings Per Container: 60 (120)

	Amount Per Serving	% Daily Value
Total Carbohydrate	<1 g	<1%**
Vitamin A (70% as beta-carotene from <i>Blakeslea trispora</i> and 30% as vitamin A acetate)	5,000 IU	100%
Vitamin C (as ascorbic acid)	120 mg	200%
Vitamin D ₃ (as cholecalciferol)	800 IU	200%
Vitamin E (as d-alpha-tocopheryl acid succinate and mixed tocopherols)	60 IU	200%
Vitamin K (as phytonadione)	100 mcg	125%
Thiamin (as thiamine mononitrate)	1.5 mg	100%
Riboflavin	1.7 mg	100%
Niacin (as niacinamide)	20 mg	100%
Vitamin B ₆ (as pyridoxine hydrochloride)	2 mg	100%
Folate (as folic acid)	400 mcg	100%
Vitamin B ₁₂ (as cyanocobalamin)	6 mcg	100%
Biotin (as d-biotin)	300 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	100%
Calcium (as dicalcium phosphate)	450 mg	45%
Iron (as ferrous fumarate)	18 mg	100%
Phosphorus (as dicalcium phosphate)	350 mg	35%
Iodine (as potassium iodide and sea kelp)	150 mcg	100%
Magnesium (as magnesium oxide)	225 mg	56%
Zinc (as zinc gluconate)	15 mg	100%
Selenium (as trace mineral protein hydrolysate)	70 mcg	100%
Copper (as copper gluconate)	1 mg	50%
Manganese (as manganese gluconate)	2 mg	100%
Chromium (as trace mineral protein hydrolysate)	120 mcg	100%
Molybdenum (as trace mineral protein hydrolysate)	75 mcg	100%
Sodium	5 mg	<1%
Nickel (as trace mineral protein hydrolysate)	15 mcg	†
Tin (as trace mineral protein hydrolysate)	10 mcg	†
Vanadium (as trace mineral protein hydrolysate)	20 mcg	†
Boron (as trace mineral protein hydrolysate)	1 mg	†
Silicon (as silicon dioxide)	2 mg	†

**Percent Daily Values are based on a 2,000 calorie diet.

†Daily Values not established.

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, HYDROXYPROPYL METHYLCELLULOSE, CROSCARMELLOSE SODIUM, SPIRULINA, INOSITOL, CHOLINE BITARTRATE, ALFALFA POWDER, GRAPEFRUIT BIOFLAVONOID, HESPERIDIN COMPLEX, LEMON BIOFLAVONOID, ORANGE BIOFLAVONOID, RICE BRAN POWDER, ROSE HIPS POWDER, ACEROLA EXTRACT, HYDROXYLATED SOY LECITHIN, CARNAUBA WAX.

NOTE: Adult supplements with iron are designed for adults and should be stored safely out of reach from young children.

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Vanilla Soy Pouch

Nutrition Facts



Serving Size: 2 Scoops (43 g)

Servings Per Container: 30

Directions: Mix 2 scoops in 1 cup of nonfat milk or your favorite beverage.

Amount Per Serving	Mix Alone	with Nonfat Milk
Calories	170	260
Calories from Fat	30	30
	Amount Per Serving/% Daily Value*	
Total Fat	3 g/5%	3 g/5%
Saturated Fat	0 g/0%	0 g/0%
<i>Trans</i> Fat	0 g	0 g
Polyunsaturated Fat	1 g	1 g
Monounsaturated Fat	1.5 g	1.5 g
Cholesterol	0 mg/0%	5 mg/2%
Sodium	240 mg/10%	340 mg/14%
Potassium	310 mg/9%	690 mg/20%
Total Carbohydrate	18 g/6%	30 g/10%
Dietary fiber	6 g/24%	6 g/24%
Soluble Fiber	4 g	4 g
Sugars	10 g	22 g
Protein	16 g/32%	24 g/49%
	% Daily Value*	% Daily Value*
Vitamin A	10%	20%
Vitamin C	35%	35%
Calcium	35%	60%
Iron	10%	10%
Vitamin D	35%	60%
Vitamin E	35%	35%
Thiamin	35%	40%
Riboflavin	35%	60%
Niacin	35%	35%
Vitamin B ₆	35%	40%
Folate	35%	40%
Vitamin B ₁₂	35%	50%
Biotin	35%	35%
Pantothenic Acid	35%	45%
Phosphorus	35%	60%
Magnesium	35%	40%
Zinc	35%	40%
Selenium	35%	45%
Copper	35%	35%
Manganese	35%	35%
Chromium	80%	80%
Molybdenum	35%	35%
Chloride	8%	8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: SHAKLEE PROPRIETARY NON-GMO PROTEIN BLEND (SOY PROTEIN CONCENTRATE, SOY PROTEIN ISOLATE, L-LEUCINE, RICE PROTEIN CONCENTRATE), NATURAL CANE SUGAR, SHAKLEE PROPRIETARY PREBIOTIC AND PROBIOTIC BLEND (SOLUBLE CORN FIBER, SHORT-CHAIN FRUCTOOLIGOSACCHARIDES, MALTODEXTRIN, *BACILLUS COAGULANS* GBI-30 6086), HIGH OLEIC SUNFLOWER OIL POWDER, DICALCIUM PHOSPHATE, NATURAL FLAVOR, SUNFLOWER LECITHIN, MILLED GOLDEN FLAXSEED, POTASSIUM CHLORIDE, MAGNESIUM OXIDE, SILICON DIOXIDE, ASCORBIC ACID, SELENIUM YEAST, REBAUDIANA A (STEVIA EXTRACT) (LEAF), D-ALPHA TOCOPHERYL ACETATE, MOLYBDENUM YEAST, NIACINAMIDE, ZINC OXIDE, COPPER GLUCONATE, CALCIUM PANTOTHENATE, VITAMIN A PALMITATE, VITAMIN B₆, MANGANESE SULFATE, VITAMIN D₃, CHROMIUM NICOTINATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMINE MONONITRATE, FOLIC ACID, BIOTIN.

OmegaGuard®

Supplement Facts



Serving Size: 2 Softgels

Servings Per Container: 30 (90)

	Amount Per Serving	% Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%**
Saturated fat	0 g	0%**
<i>Trans</i> fat	0 g	
Cholesterol	0 mg	0%
Total Fish Oil	1,200 mg	†
Total Omega-3 Fatty Acids (as ethyl esters)	667 mg	†
Our Full Spectrum Includes:		
EPA (eicosapentaenoic acid)	363 mg	†
DHA (docosahexaenoic acid)	240 mg	†
and five other naturally found fatty acids: docosapentaenoic, stearidonic, eicosatetraenoic, heneicosapentaenoic, and alpha-linolenic acids	64 mg	†

**Percent Daily Values are based on a 2,000 calorie diet.

†Daily Values not established.

INGREDIENTS: ULTRA-PURE MARINE LIPID CONCENTRATE, MIXED TOCOPHEROLS CONCENTRATE IN A SOFT GELATIN CAPSULE (GELATIN, GLYCERIN, WATER).

Iron Plus C Complex

Supplement Facts



Serving Size: 1 Tablet

Servings Per Container: 90

	Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	60 mg	100%
Calcium (as dicalcium and tricalcium phosphate)	130 mg	13%
Iron (as ferrous fumarate)	18 mg	100%
Phosphorus (as dicalcium and tricalcium phosphate)	100 mg	10%

OTHER INGREDIENTS: MALTODEXTRIN, CROSCARMELOSE SODIUM, BEET POWDER, ACACIA GUM, SPINACH POWDER, LOCUST BEAN GUM, AGAR-AGAR.