



# Vitalizing Plan

Advanced nutrition for daily health



## GET TO KNOW VITALIZING PLAN

Imagine feeling healthier and more energized every day. **Vitalizing Plan** provides essential nutrition for optimal health, combining the **Life Energizing Shake™** with **Vitalizer™**.

**Vitalizing Plan** gives you the essential vitamins and minerals your body needs, along with added nutritional benefits.

## 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.\*

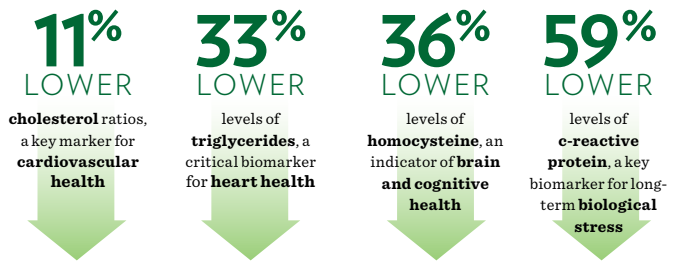
### Life Energizing Shake

- 24 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**
- **One billion CFU of patented probiotics:**
  - 780 times more viable than the probiotics found in yogurt†
  - Clinically tested probiotic that forms its own protective coating, allowing it to survive passage through stomach acid to reach your lower digestive system
- Patent-pending pre- and probiotic combination
- Patent-pending non-soy, plant-based protein blend

### Vitalizer™

- The research behind Vitalizer includes **more than 12 clinical studies, including:**

**The Landmark Study**, conducted in collaboration with the University of California Berkeley, is the first study of long-term users of multiple supplements. The study showed that **people who used Shaklee supplements had double-digit better biomarkers** of heart, brain, and cognitive health compared to nonsupplement or single supplement users.



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



†When prepared as directed with 1 cup nonfat milk

\*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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### LIFE ENERGIZING SHAKE

One shake does it all. The **Life Energizing Shake™** is a delicious, protein-rich meal shake with **nutrients clinically proven to help create the foundation for a longer, healthier life**. With delicious flavors to choose from, Life Energizing Shake increases energy and keeps you feeling full and satisfied. Available in soy and non-soy formulas.



- Increases energy with 24 grams<sup>†</sup> of protein, including 16 grams of **ultra-pure, proprietary, plant-based, non-GMO protein** with precise ratios of all 9 amino acids
- Supports digestive and immune health with a powerful, patent-pending combination of prebiotics and **one billion CFU of patented probiotics**



- Retain lean muscle and achieve a healthier weight with added **leucine**
- Support heart and brain health with **omega-3 ALA**



### The Non-Soy Life Energizing Shake—Powerfully complete vegetable protein

Our exclusive patent-pending blend of non-GMO, non-soy protein contains sacha inchi, potato, rice, pea, and leucine.

Both soy and non-soy versions:



NON-GMO



Gluten free



Lactose free



Kosher



Low glycemic



Free of artificial sweeteners, preservatives, and flavors

<sup>†</sup>When prepared as directed with 1 cup nonfat milk

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### VITALIZER™

**Vitalizer** provides advanced nutrition with a comprehensive spectrum of clinically supported vitamins, minerals, antioxidants, phytonutrients, omega-3 fatty acids, probiotics, and more in one convenient Vita-Strip™.

**Vitalizer Women** contains optimized micronutrient levels designed especially for women before, during, and after pregnancy, and while nursing.† **Supports bone, breast, heart, immune, digestive and reproductive health, hair, skin, and nail health, plus physical energy.\***

**Vitalizer Men** is formulated with key nutrients to help meet the specific health needs of today's healthy, active man. **Supports heart, prostate, immune, physical, joint, and digestive health, plus muscle function and healthy blood pressure.\***

**Vitalizer Gold** is formulated with key nutrients to help meet the specific health needs of today's healthy, active adults over 50. **Supports healthy aging, heart, bone, joint, immune, brain, vision and digestive health, plus physical energy.\* Available with or without vitamin K.**

VITALIZER DELIVERS THESE NUTRITIONAL EQUIVALENTS





IN

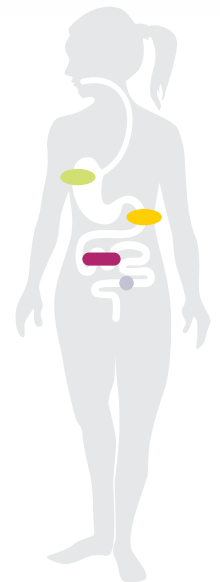
THIS CONVENIENT DAILY VITA-STRIP™.\*\*



### S.M.A.R.T. GETS ABSORPTION RIGHT

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

- 
**Vita-Lea® Advanced Multivitamin**  
 Dissolves in less than 30 minutes in the stomach, designed to enhance absorption of folic acid from the patented microcoating.
- 
**B+C Complex**  
 Provides up to 198% greater absorption of B vitamins over 12 hours, as shown in a clinical study, through sustained-release delivery to the small intestine.
- 
**Caroto-E-Omega**  
 Enteric coating helps reduce fishy aftertaste by delivering omega-3 fatty acids, carotenoids, vitamin E, and other fat-soluble nutrients to the upper intestine.
- 
**Optiflora® Probiotic**  
 Delivers healthy microflora to the lower intestine through our triple-layer encapsulation technology, protecting them from stomach acid.



\*\*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.

†Women who are iron deficient should consider taking Shaklee Iron Plus C supplement for additional, enhanced iron absorption

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## IS VITALIZING PLAN RIGHT FOR YOU?

- ✓ If you're concerned about getting the daily nutrition you need for increased energy and a healthier life.
- ✓ Vitalizer™ Women is great as a prenatal/postnatal multivitamin.\*

NOTE: Gold Formula is also available without Vitamin K for people on blood-thinning medications. If taking blood thinning medications, consult a physician prior to use.

## LEARN MORE



Watch the Why Supplement? video.



Watch the Vitalizer video.



[Try our delicious recipes](#)  
Visit the [Life Energizing Shake Product page](#) to see Nutrition Facts for all varieties.

## ORDER NOW

#89384 Vitalizing Plan (customizable at checkout)  
Suggested Retail Price: \$188.20 | Member Price: \$159.95  
Point Value: 111.12



### AUTOSHIP PRICE

Suggested Retail Price: \$169.38 |  
Member Price: \$143.95  
Point Value: 100.01

# Vitalizer™

## Supplement Facts

Serving Size: 1 Vita-Strip™

	Men	Women	Gold
Amount Per Serving/% Daily Value			
Calories	20	20	20
Calories from Fat	10	10	10
Total Fat	1 g/2%**	1 g/2%**	1 g/2%**
Total Carbohydrate	2 g/1%**	2 g/1%**	2 g/1%**
Protein	<1 g/1%**	<1 g/1%**	<1 g/1%**
Vitamin A	6,250 IU/125%	6,250 IU/125%	6,250 IU/125%
(75% as beta-carotene from <i>Blakeslea trispora</i> and 25% as vitamin A acetate)			
Vitamin C	500 mg/833%	500 mg/833%	500 mg/833%
(as calcium ascorbate and ascorbic acid)			
Vitamin D <sub>3</sub> (as cholecalciferol)	1,000 IU/250%	1,000 IU/250%	1,250 IU/300%
Vitamin E	200 IU/667%	200 IU/667%	200 IU/667%
(as d-alpha-tocopherol concentrate, d-alpha-tocopheryl succinate, mixed tocopherols, and mixed tocotrienols)			
Vitamin K (as phytonadione)	100 mcg/125%	80 mcg/100%	100 mcg/125%
Thiamin (as thiamine mononitrate)	9 mg/600%	9 mg/600%	9.75 mg/650%
Riboflavin	10.2 mg/600%	10.2 mg/600%	11 mg/650%
Niacin (as niacinamide)	120 mg/600%	120 mg/600%	130 mg/650%
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride)	12 mg/600%	12 mg/600%	14 mg/700%
Folate (as folic acid)	400 mcg/100%	800 mcg/200%	400 mcg/100%
Vitamin B <sub>12</sub> (as cyanocobalamin)	36 mcg/600%	36 mcg/600%	54 mcg/900%
Biotin (as d-biotin)	300 mcg/100%	300 mcg/100%	300 mcg/100%
Pantothenic Acid (as d-calcium pantothenate)	60 mg/600%	60 mg/600%	65 mg/650%
Calcium	500 mg/50%	500 mg/50%	500 mg/50%
(as dicalcium phosphate and calcium ascorbate)			
Iron (as ferrous fumarate)	0 mg/0%	18 mg/100%	0 mg/0%
Phosphorus (as dicalcium phosphate)	350 mg/35%	350 mg/35%	350 mg/35%
Iodine (as potassium iodide and sea kelp)	150 mcg/100%	200 mcg/133%	150 mcg/100%
Magnesium (as magnesium oxide)	225 mg/56%	200 mg/50%	225 mg/56%
Zinc (as zinc gluconate)	15 mg/100%	15 mg/100%	22.5 mg/150%
Selenium (as trace mineral protein hydrolysate)	70 mcg/100%	70 mcg/100%	70 mcg/100%
Copper (as copper gluconate)	1 mg/50%	1 mg/50%	1 mg/50%
Manganese (as manganese gluconate)	2 mg/100%	2 mg/100%	2 mg/100%
Chromium (as trace mineral protein hydrolysate)	120 mcg/100%	120 mcg/100%	120 mcg/100%
Molybdenum (as trace mineral protein hydrolysate)	75 mcg/100%	75 mcg/100%	75 mcg/100%
Sodium	10 mg/<1%	10 mg/<1%	10 mg/<1%
Total Omega-3 fatty acids	500 mg/†	500 mg/†	500 mg/†
(from ultra-pure marine lipid concentrate)			
Our Full Spectrum Includes:			
EPA (eicosapentaenoic acid)	280 mg/†	280 mg/†	280 mg/†
DHA (docosahexaenoic acid)	180 mg/†	180 mg/†	180 mg/†
And five other naturally found fatty acids, including docosapentaenoic, stearidonic, eicosatetraenoic, heneicosapentaenoic, and alpha-linolenic acids.			
	40 mg/†	40 mg/†	40 mg/†
<i>Bifidobacterium longum</i> (probiotic)	250 million CFU/†	250 million CFU/†	250 million CFU/†
<i>Lactobacillus acidophilus</i> (probiotic)	250 million CFU/†	250 million CFU/†	250 million CFU/†
Lycopene (from tomato extract)	5 mg/†	2.5 mg/†	5 mg/†
Lutein (as lutein ester from marigold flower extract)	2 mg/†	2 mg/†	2 mg/†
Zeaxanthin	200 mcg/†	200 mcg/†	200 mcg/†
(as zeaxanthin ester from marigold flower extract)			
Mixed tocopherols (Gamma-, beta-, and delta-tocopherols)	35 mg/†	35 mg/†	35 mg/†
Cranberry extract ( <i>Vaccinium macrocarpon</i> ) (fruit)	0 mg/†	50 mg/†	0mg/0†
Coenzyme Q <sub>10</sub> (as ubiquinone)	0 mg/†	0 mg/†	30 mg/†
N-acetylcysteine	0 mg/†	0 mg/†	50 mg/†
Nickel (as trace mineral protein hydrolysate)	15 mcg/†	15 mcg/†	5 mcg/†
Tin (as trace mineral protein hydrolysate)	10 mcg/†	10 mcg/†	10 mcg/†
Vanadium (as trace mineral protein hydrolysate)	20 mcg/†	20 mcg/†	20 mcg/†
Boron (as trace mineral protein hydrolysate)	1 mg/†	1 mg/†	1 mg/†
Silicon (as silicon dioxide)	2 mg/†	2 mg/†	2 mg/†

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

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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%
Trans 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 <sub>6</sub>	35%	40%
Folate	35%	40%
Vitamin B <sub>12</sub>	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 B<sub>12</sub>, MANGANESE SULFATE, VITAMIN D<sub>3</sub>, CHROMIUM NICOTINATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMINE MONONITRATE, FOLIC ACID, BIOTIN.