

NOVEMBER, 2020

**This all-inclusive update file contains new information
& all the new products & product changes introduced
after the printing of the 2017 Edition.**

**“WHY DO I FEEL THIS WAY?
Understand Your Body. Discover Your Solutions.”
Completely Revised & Updated, 2017 Edition**

by Christine Gaber, RHN and Charlene Day, RDC

www.healththroughknowledge.com

IMPORTANT NOTE:

We ask that those who download this update file remember that it is offered as a free update to those who have purchased “Why Do I Feel This Way?”, 2017 Edition. As such, this information falls under the same legal and copyright rules and stipulations as the original book and is *not meant for free distribution.*

As always, if you have any comments or suggestions, we’d love to hear them. Plus we are always looking for stories or testimonials you’d like to share.

Please send to: christine@healththroughknowledge.com

Thank you, *Christine & Charlene*

Operation Smile Update

Our "Turn Tears into Smiles" campaign has now changed the lives of **93 SMILING CHILDREN**, their families & their communities!

To learn more, please visit: <https://www.operationsmile.org/blog>

We continue to donate a portion from the purchase of every "Why Do I Feel This Way?" book to "Operation Smile"? Donations are made during "Matching Campaigns" to double our impact. To donate, please visit: <http://support.operationsmile.org/goto/FriendsofWHY>

We, the children, their families & communities THANK YOU!

"WHY DO I FEEL THIS WAY?" 2017 Edition - UPDATES

NEW products introduced since the previous book update – details follow:

- YOUTH Lash Revitalizing and Conditioning Mascara
- Get Clean Moisturizing Hand Sanitizer
- Turmeric Boost
- Triple Defense Boost
- Shakleekids Super Immunity Gummies
- Shakleekids Incredivites – new to Canada, replaces Vita-Lea Ocean Wonders
- Chewable Vita-C - replaces Chewable Vita-C 100

Products with updated informaton since the previous book update – details follow:

- Sustained Release Vita-C 500
- Shakleekids Incredivites
- Shaklee 180 Energizing Tea now available in Elderberry – see "WHY" book page 178 for details on Energizing Tea

Products discontinued since the previous book update:

- Fiber Advantage Bar

Part 6 - Body Care, Externally

Discontinued products: no additional changes from previous update file

- Enfuselle products:
 - Time Repair A.M. SPF 15
 - C+E Repair P.M.
 - Hydrating Cleansing Lotion
 - Purifying Cleansing Gel
 - Refining Polisher
 - Hydrating Toner
 - Purifying Toner
 - Hydrating Moisturizer
 - Balancing Moisturizer
 - Infusing Mineral Masque
 - Eye Treatment
 - Lip Treatment SPF15 – Canada only
- ProSante products:
 - Purifying Shampoo
 - Lightweight Conditioner

NOTE: Unfortunately, at the time the 2017 Edition went to print we had been informed that the Shakleebaby products were being discontinued. Fortunately, they came back.

SHAKLEEBABY™ PRODUCTS

Safe, gentle, effective personal care products for babies, little ones and those with tender skin.

Should I be concerned about what is in the products I use on my little one?

Yes! The skin on little ones is much thinner than that of an adult, allowing greater absorption of substances. Also realize that children's, particularly infants, immune, detox, endocrine, respiratory and all other systems are not yet fully developed. This challenges their ability to process/detox detrimental substances, increasing the possibility of potentially damaging effects. And remember, it is not just what the skin absorbs from these products, it is also what enters the respiratory track as we breathe in the fragrances and powders. Caregivers need to be knowledgeable about the potential toxic effects of what is in the products chosen for their little loved ones. Baby's bath time should be free of potential chemical exposures that may be carcinogenic, endocrine disrupters, detox challengers, respiratory irritants, etc. Review Parts 6 and 7 for important information on body pollution, personal care products and studies conducted on human contamination.

Shakleebaby™ products are:

- 99% natural; 76 - 99% organic
- Pediatrician tested; Sensitivity tested
- Hypoallergenic; pH balanced
- Suitable for anyone (elderly) with sensitive skin

Shakleebaby™ products contain NO:

- parabens; sodium lauryl sulfate; phthalates
- bisphenol-A; 1,4-dioxane; formaldehyde
- talc; mineral oil
- artificial colors; synthetic fragrance

Shakleebaby™	
Gentle Wash	Extra-gentle, non-irritating wash. Use a tiny bit on palm/washcloth. Rinse. Avoid eyes. 99% natural. 76% organic ingredients. Contains organic aloe base with oat extract & olive oil, lavender, chamomile. Produces mild lather. Soothes, calms & relaxes.
Massage Oil	Warm by rubbing lightly in hands before applying. Perfect for after bath. Massaging your little one may improve digestion, circulation & sleep. Avoid eyes. 99% natural. 73% certified organic ingredients. Contains a special blend of organic oils, organic lavender & chamomile. Moisturizes & soothes skin.
Soothing Lotion	Warm by rubbing lightly in hands before applying. Avoid eyes. 99% natural. 87% organic ingredients. Contains organic aloe, shea butter, sunflower seed oil, coconut oil, lavender, chamomile, rosemary & vanilla oils. Non-greasy. Moisturizes, soothes, calms & relaxes.

Consider making your own 'baby wipes':

Here is an idea from a group of moms who wanted a safe alternative to commercial baby wipes. Note this is not an officially recommended use by Shaklee Corp. or the authors. It is merely a suggestion from some moms who have tried it and like it. Through some trial and error they came up with the following 'recipe'. Mix together:

- 2 Tbsp ShakleeBaby Gentle Wash
- 2 Tbsp ShakleeBaby Soothing Lotion

Put in a spray bottle. Spray onto washcloths or paper towels to make your own baby wipes.



YOUTH[®] Skin Care Line



Shaklee has combined the superb antioxidant skin care protection from their Enfuselle Skin Care Line with the newest in anti-aging science to create their new YOUTH Skin Care Line. The power of antioxidants, combined with additional proprietary nutrients, supports your skin at the deepest levels to facilitate the healing of skin cells. The result is dramatic improvements in the look and feel of your skin.

The Skin Age Index was clinically developed by dermatologists and world class skin experts. One hundred women from age 20s to 60s were studied to determine 8 key skin attributes that could be measured with factual clinical data: facial wrinkles, skin texture, pore size, hyperpigmentation, even skin tone, radiance, firmness and sagging. The result was the creation of a new framework that could be used to objectively calculate the age of skin appearance based on the presence or absence of these attributes, as well as a means of clinically measuring the effectiveness of a skin care product or regimen. This Skin Age Index was used by an independent third party clinical testing laboratory to assess the effectiveness of the Advanced Anti-aging Regimen used by 60 women. Results are indicated below. Full details can be found on Shaklee websites or in product catalogs.

Look Younger Longer

The YOUTH[®] skin care collection offers clinically proven products created in harmony with nature.

Unlike ordinary skin care, YOUTH[®] goes beyond addressing aging on the surface to target the cellular level of your skin. **100% of women were clinically proven to have younger-looking skin, and 2/3 actually shifted their skin age to a younger decade.** www.shaklee.com

With 8 patents and patents pending, YOUTH delivers safety and purity while guaranteeing high performing results. Shaklee calls it “**Clinical Results without Compromise™**”. The YOUTH line is:

- 100% vegan, cruelty free, gluten free
- free of 2500 harmful chemicals and questionable ingredients often used in the skin care industry
- dermatologist and ophthalmologist tested
- non-comedogenic (does not block pores)
- hypoallergenic; suitable for sensitive skin

The Youth Skin Care Line is powered by:

- **Youth Complex:** patent-pending botanical blend infused with the following
 - Lotus japonicus: activates a newly discovered key youth protein that signals skin cells to produce more collagen and elastin, regenerating the skin.
 - Schisandra chinensis fruit extract: structurally helps transport key nutrients into skin cells to provide energy and nutrients for optimal function
 - Apple cell extract plus gentle vitamin A (retinol): helps accelerate skin cell turnover, or renewal rate, to a more youthful rate - meaning your skin ‘acts younger’.
- **Vital Repair+[®] Complex:** multi-patented, exclusive, highly derma-available complex containing
 - Vitamin E: antioxidant defense; creates silky softness
 - Vitamin C: protects against breakdown of skin-firming collagen
 - Vitamin A: increases skin’s natural moisture retention
 - Panthenol (pro-vit B5): boosts skin’s elasticity
 - Grape seed extract: interrupts enzyme reactions that break down skin-firming collagen
 - Superoxide Dismutase (SOD): neutralizes free radicals that visibly age skin
 - Beta Glucan: soothes environmental irritation
- **Muscadine grape extract:** patent-pending polyphenol blend protects and repairs skin’s cellular DNA while blocking collagen and elastin breakdown.

- **New Active Cellular Hydration Technology™**: helps restore efficiency of skin's natural hydration system; rehydrates; revitalizes; acts as moisture magnet, allowing skin to act as moisture reservoir locking in hydration; works at cellular level; reduces appearance of fine lines and redness. Exclusive formula provides advanced technology and powerful botanicals including
 - Hyaluronic acid: 10 times the concentration with a unique blend of 4 forms of hyaluronic acid; can retain up to 1000 times its weight in water to trap and retain moisture in skin's deeper layers
 - Cactus extract: helps attract and hold moisture in outer layers, transporting it throughout skin
 - 100% sustainable plant-based squalane: helps build protective barrier to reduce water loss, sealing in hydration for lasting results
 - 100% plant-based lipids: known to hold moisture in skin

YOUTH® Skin Care – targets the cellular level of your skin		
Following information taken from https://member.myshaklee.com		
CLEANSER	YOUTH Luminous Gel Oil Cleanser	3-in-1 cleanser. Gently purifies, polishes & prepares skin. Patented blend of vitamins, polyphenols & exfoliating sage. Soap-free & pH balanced. Powered by Vital Repair+® Complex, muscadine grape extract, exfoliating green algae complex & Youth Complex. Create light lather with pea-sized drop. Use on wet skin. Thoroughly rinse. Use morning & night.
TONER	YOUTH Perfecting Skin Toner	Exfoliates, hydrates & nourishes. Remove dull cells & environmental pollutants. Patented blend of vitamins, polyphenols & botanicals. Powered by Vital Repair+® Complex, muscadine grape extract, rejuvenating green algae complex & Youth Complex. Gently wipe face with saturated cotton pad/ball. Use morning & night. Avoid eye area.
SERUMS	YOUTH Activating Serum	Advanced renewal. Powerful blend of vitamins, polyphenols & Youth Complex allows regeneration at the cellular level by supporting collagen production & making the skin act younger. Contains 10x the concentration of Youth Complex, plus apple cell extract, encapsulated vitamin A (retinol), Vital Repair Complex. Apply morning & night. Use 1 – 1½ pumps & smooth in gently. Avoid contact with eyes. NOTE: If dryness, flaking, redness or irritation occurs, decrease usage to once every other day, or less, until skin adjusts.
	YOUTH Moisture Activating Serum	Intensely hydrates skin; plumps & quenches dry skin; restores natural moisture; builds moisture barrier to reduce water loss; decreases appearance of fine lines & redness. Clinically proven to deliver 212% increase in skin hydration with one application. <ul style="list-style-type: none"> ➤ 100% of women reported measurably more hydrated skin immediately ➤ Increased hydration levels were maintained for 8 hours with one use ➤ 92% of women exhibited significantly hydrated skin for up to 24 hours Exclusive formula combines: <ul style="list-style-type: none"> ➤ New Active Cellular Hydration Technology™ ➤ Youth Complex & Vital Repair+ Complex key active ingredients ➤ Muscadine grape extract ➤ Note: does not contain retinol Fast-absorbing gel. Apply morning & evening to clean face, after toning. Dispense 1 to 1½ pumps onto fingertips, smooth gently into skin, continue with remaining skin care regimen. Adjust frequency of use according to skin's hydration needs.

MOISTURIZERS	YOUTH Age Defense Mineral Moisturizer SPF30	Daytime nourishment & protection. Naturally-derived mineral zinc oxide provides chemical-free SPF 30 broad-spectrum UVA/UVB protection. Patented antioxidants protect against free radicals. Natural marine biopolymers protect from pollution. Nourishing oils & vitamins moisturize skin & improve skin tone appearance. Powered by mineral SPF 30, Vital Repair+® Complex, muscadine grape extract & Youth Complex. Use a nickel to quarter-sized amount & dot over face, then smooth in. DO NOT use on damaged/broken skin. Keep out of eyes. Rinse with water to remove. For external use only – if swallowed seek immediate medical help. Keep away from children.
	YOUTH Moisture Lock Day Cream	Hydrates, plumps, softens, smoothes, replenishes & revitalizes; protects from moisture loss; seals in active ingredients of serum maximizing benefits; prepares skin for perfect makeup application. Exclusive formula combines: <ul style="list-style-type: none"> ➤ New Active Cellular Hydration Technology™ ➤ Youth Complex & Vital Repair+ Complex key active ingredients ➤ Muscadine grape extract Apply in morning, after Moisture Activating Serum or serum of choice & before make-up or SPF product. Smooth dime-size amount gently into skin, including neck or problem areas.
NIGHT CREAM	YOUTH Advanced Renewal Night Cream	Targeted night-repair cream. Supports skin's cell renewal. Proprietary botanical blend helps collagen & elastin production making skin appear younger, smoother & more luminous. Available in... Light: if a lighter texture is preferred. Powered by Vital Repair+® Complex, schisandra & Lotus japonicus. Rich: to deeply hydrate & soften skin. Powered by Vital Repair+® Complex, Lotus japonicus, shea butter & jojoba. Apply dime-sized amount to face & neck nightly, after Activating Serum is fully absorbed.
ADDITIONAL SUPPORT	YOUTH Radiance C+E	Plumps, brightens, visibly reduces appearance of lines & wrinkles. Reduces appearance of age spots, smoothes texture, improves tone. Convenient single-dose capsules allow for preservative-free formula. Capsules are plant-based, vegan & 100% biodegradable. Powered by patented formula of 20% pure vitamin C, vitamin E & raspberry cell extract. Use morning &/or evening. Twist off tab, smooth over clean face after toner use. Follow with serum & day or night moisturizer.
	YOUTH Activating BB Cream	5-in-1 beauty balm. Corrects, evens, hydrates, nourishes & protects. Nourishes with vitamins C, E & B5. Free radical protection with muscadine grape polyphenols. Green algae improve firmness. An ocean-derived polymer shields against pollution. Chemical-free SPF 30 broad-spectrum protection with naturally-derived zinc. Available in 4 blendable shades. Last step in your regimen. Apply small dots over face & blend in. Apply once for a natural look or layer for more coverage. DO NOT use on damaged/broken skin. Keep out of eyes. Rinse with water to remove. For external use only – if swallowed seek immediate medical help. Keep away from children.

EYE	YOUTH Restoring Eye Treatment	<p>All-in-one eye treatment. Reduces appearance of: lines, wrinkles, crow's feet; puffiness; dark circles, eyelid sagging. Firms, hydrates, moisturizes, smoothes, brightens & protects. Delivers anti-aging benefits. Supports collagen, elastin & fibrillin production & accelerates skin cell renewal.</p> <p>Formulated with botanicals including a peptide blend, licorice extract & hyaluronic acid, plus muscadine grape extract & Vital Repair ®+ Complex. Suitable for contact wearers. Use morning & night after Perfecting Skin Toner & prior to other treatment products. Squeeze pearl-sized drop onto applicator tip & smooth over eye area, including under eye to outer corner, upper eyelid & brow bone area. Treat expression lines & crow's feet. Massage in with unique cool metal tip applicator to refresh & energize.</p>
	YOUTH Lash Revitalizing+ Conditioning Mascara	<p>2-in-1 lash conditioner & mascara; lengthens, volumizes, lifts, strengthens, defends against environmental damage.</p> <p>Contains Botanical Complex & Lash Protection Complex. NEW</p> <p>Innovative 2-sided brush creates volume & definition.</p>
BEAUTY MASKS	YOUTH Purifying Clay Mask	<p>Detoxifying & purifying skin mask; absorbs & removes pollutants, impurities & excess sebum; helps minimize appearance of pores; reveals smoother, more radiant skin. No stripping or drying.</p> <p>Contains naturally derived mineral-rich clays, superfine charcoal powder & volcanic ash (sourced from Jeju Island in the Pacific Ocean).</p> <p>Use 1-2 times per week. May combine use with Hydrating Gel Mask to specifically address precise areas that require more moisturizing versus detoxifying.</p> <p>Apply to clean face, relax for 10 minutes, rinse with wet cloth.</p> <p>Contains 6 to 8 applications.</p>
	YOUTH Hydrating Gel Mask	<p>Deeply moisturizes, revitalizes, hydrates & soothes skin.</p> <p>Formulated with hyaluronic acid, aloe leaf juice & a multiherbal blend.</p> <p>Use 1-2 times per week. May combine use with Purifying Clay Mask to specifically address precise areas that require more detoxifying versus moisturizing.</p> <p>Apply to clean face, relax for 10 minutes, rinse with wet cloth.</p> <p>Contains 6 to 8 applications.</p>

The YOUTH® skin care line is designed to work together to enhance skin health and appearance. Choose from the following 4 regimens or customize your approach as desired.

A - Anti-Aging Regimen - 3 step process:

1. Cleanse with Luminous Gel Oil Cleanser
2. Tone with Perfecting Skin Toner
3. Day – moisturize and protect with Age Defense Mineral Moisturizer SPF30
Night – repair and renew with Advanced Renewal Night Cream (Light or Rich)

How should I use the YOUTH skin care line?

B - Advanced Anti-Aging Regimen - 4 step process:

1. Cleanse with Luminous Gel Oil Cleanser
2. Tone with Perfecting Skin Toner
3. Renew and regenerate with Activating Serum
4. Day – moisturize and protect with Age Defense Mineral Moisturizer SPF30
Night – repair and renew with Advanced Renewal Night Cream (Light or Rich)

A, B, C, D or your choice...

NOTE: Information is educational only & merely offers nutritional support. It is not intended to replace medical advice or treatment.
Nov, 2020 - Update File for "Why Do I Feel This Way?", 2017 Edition

C - Advanced Hydration Regimen - 4 step process:

1. Cleanse with Luminous Gel Oil Cleanser
2. Tone with Perfecting Skin Toner
3. Replenish and maintain hydration levels with Moisture Activating Serum
4. Day – moisturize and protect with Moisture Lock Day Cream
Night – repair and renew with Advanced Renewal Night Cream (Light or Rich)

D - Personalized Regimen - 4 step process:

1. Cleanse with Luminous Gel Oil Cleanser
2. Tone with Perfecting Skin Toner
3. Your choice of Activating Serum or Moisture Activating Serum
4. Day – your choice of Mineral Defence Moisturizer SPF30 or Moisture Lock Day Cream
Night – repair and renew with Advanced Renewal Night Cream (Light or Rich)

Additional targeted treatments:

- **Radiance C+E** - takes any regimen to another level, further enhancing results:
 - Plumps, brightens, visibly reduces appearance of lines & wrinkles. Reduces appearance of age spots, smoothes texture, improves tone.
 - Add to your regimen after Perfecting Skin Toner and before Activating Serum
- **Activating BB Cream** - the final step &/or as a foundation for your makeup:
 - Beauty balm corrects, evens, hydrates, nourishes and protects skin with SPF 30 protection
 - May apply one layer for a natural look or multiple layers for more coverage
- **Restoring Eye Treatment** – use daily or as desired
- **Beauty Masks** – use 1-2 times per week or as desired

What if I experience skin redness, flakiness or irritation?

What if ... ?

It is important to remember that the YOUTH products are designed to heal skin at a deep cellular level hence you may experience some skin 'detoxing' at the beginning. This has the potential to cause redness or irritation as your skin clears, adjusts and heals. Be patient with your healing process.

A note about retinol (vitamin A):

Potential reactions to retinol ...

Retinol is often added to skin care products to: boost collagen production; plump skin, reduce fine lines and wrinkles; improve skin tone; smooth uneven color; slow aging; clear acne. Some may experience redness or irritation when beginning the use of products containing retinol or retinyl palmitate. This can be a normal reaction and should subside as the skin adjusts and heals. It is recommended that retinol use be followed by the application of a moisturizer. The only YOUTH product containing retinol is the YOUTH Activating Serum. If there is any concern, begin with, or decrease usage of this product to once every other night, or even less if you are extremely sensitive or have much healing to do. Increase usage slowly once any irritation subsides. Of course, everyone is different and if your circumstance is such, seek further advice or discontinue use.

What is hyaluronic acid and how is it beneficial to skin?

Why hyaluronic acid?

Hyaluronic acid is a natural compound found in the body throughout connective, epithelial and neural tissues. The most beneficial features of hyaluronic acid are its ability to ...

- attract and hold immense amounts of moisture, creating balanced skin hydration
- scavenge/protect from free-radicals, protecting against environmental assaults
- support skin cell replenishment, playing a major role in tissue repair
- provide anti-aging properties resulting in a more firm, pliable, supple, plump, youthful and radiant appearance, reducing the look of fine lines and redness
- gently calm agitated skin, making it safe for virtually all skin types, even sensitive or blemish/redness prone skin and those with rosacea, eczema, etc. As everyone is different, those with significant skin challenges should test slowly to assess benefits.

Part 7 - Body Pollution

Get Clean

Moisturizing Hand Sanitizer

Antibacterial hand gel with plant-based moisturizers. Kills 99.99% of germs & bacteria including E. Coli, salmonella, staph, candida & Aspergillus niger. Has not been tested directly on COVID-19. Protects against bacteria & fungi commonly found in public places. Alcohol-based gel does not dry out hands. Skin stays protected & soft. No need to rinse or dry with towels. Safe for whole family. Fragrance free.

NEW

Part 8: Nutritional Products

Product availability changes:

- Fiber Advantage Bar - discontinued
- Glucose Support Complex - discontinued in Canada
- Mental Acuity Plus - available in Canada
- Performance Zero Calorie Energy Drink - discontinued in Canada
- Fitness Pack - Energy Chews replace Zero Calorie Energy Drink in Canada only

NEW product updates: see following pages for details

- Sustained Release Vitamin C
- Shakleekids Increditives
- Shaklee 180 Energizing Tea now available in Elderberry flavor – see “WHY” book page 178

NEW products: see following pages for details

- Turmeric Boost
- Triple Defense Boost – available in U.S. only at this time
- Shakleekids Super Immunity Gummies
- Shakleekids Increditives – new to Canada, replaces Vita-Lea Ocean Wonders
- Chewable Vita-C - replaces Chewable Vita-C 100

NEW reformulated Life Shakes: see following pages for details

- Life Shake Soy Protein: french vanilla, rich chocolate, strawberry, cafe latte
- Life Shake Plant Protein: French vanilla, rich chocolate

Additional protein options remain the same

- Energizing Soy Protein, chocolate (U.S. only) & vanilla – see “WHY” page 140
- Instant Protein Soy Mix, Unflavored (U.S. only) – see “WHY” page 140
- Meal Shakes, chocolate & vanilla (U.S. only) – see “WHY” page 183
- Shaklee 180 Whey Protein Smoothee Mix, vanilla – see “WHY” page 179
- Shaklee 180 Meal Replacement Bars & Snack Bars – see “WHY” page 179
- Performance line of products as described on following pages

New Life Shakes will have a new logo and clearly state the following on their labels:

- **“BEYOND ORGANIC ... Beyond Organic is our philosophy that Shaklee standards go beyond how and where an ingredient is grown. We look to confirm the purity and potency of ingredients after harvest to guarantee that the final finished product is free of hundreds of chemical contaminants.” See Shaklee.com/beyondorganic for more details.**

Shaklee Life Shakes – New formulations

What's in it for me?

Ultra-pure, plant-based, readily absorbed, biologically balanced & complete source of protein providing all 9 essential Amino Acids. Powered by leucine (see "WHY" page 179). Richer & smoother texture with improved fiber system. New sweetener system (Reb M + 5 g natural cane sugar). Stevia free. Non GMO. Vegan. Kosher. Gluten & dairy free. Low glycemic. No cholesterol. Source of Omega-3s. Keto-friendly.

How do I take it?

See label.
Mix 2 scoops with 8 oz of beverage of your choice.
For children age 3 & up, may give 1 scoop mixed in 6 oz.

What has changed?

- **Life Shake SOY PROTEIN** (2 scoop serving provides):
 - Protein (20 g), carbohydrate (14 g), fiber (6 g); 24 vitamins & minerals
 - Proprietary protein blend: soy, pumpkin seed protein, chia seed protein
 - Proprietary prebiotic fiber blend: soluble corn fiber plus ancient grains blend (amaranth, buckwheat, millet, quinoa, chia – all gluten free)
 - Digestive enzyme blend aids digestion: papain, bromelain
 - ALA (an essential omega-3 fatty acid): milled golden flaxseed
 - New low glycemic sweetener system: Reb M + 5 g natural cane sugar – see below
 - Available in French vanilla (150 cal), Strawberry (150 cal), Cafe latte (150 cal) or Rich chocolate (160 cal)
- **Life Shake PLANT PROTEIN – Soy Free** (2 scoop serving provides):
 - Protein (20 g); carbohydrate (10 g); fiber (6 g); 24 vitamins & minerals
 - Proprietary protein blend: pea protein, pumpkin seed protein, chia seed protein
 - Proprietary prebiotic fiber blend: soluble corn fiber plus ancient grains blend (amaranth, buckwheat, millet, quinoa, chia – all gluten free)
 - Digestive enzyme blend aids digestion: papain, bromelain
 - ALA (an essential omega-3 fatty acid): milled golden flaxseed
 - New low glycemic sweetener system: Reb M + 5 g natural cane sugar – see below
 - Available in: French vanilla (160 cal); Rich chocolate (170 cal)

What is the major difference between the two options?

SOY Protein formula vs PLANT Protein formula: one contains soy protein, the other replaces the soy with pea protein for those who want a soy-free formula.

What is Reb M?

Rebaudioside M is a no-calorie, zero-glycemic **natural** sweetener. It is made through a fermentation process of sustainably sourced sugarcane. Reb M has a more pure & pleasant sweetness very similar to sugar, with the wonderful added benefit of no bitterness or aftertaste. The 5 g of natural cane sugar is about the equivalent of ¼ of a medium apple. Shaklee has created a Life Shake that minimizes blood sugar spikes & crashes, leaving you feeling satisfied for hours.

Why take it?

These new shakes remain a fundamental component of the Shaklee 180 program. For full information on Life Shakes & the benefits of protein see "WHY" book pages 139-144.

Shaklee Life-Strips – New & Improved (both with & without Iron)

What has changed?

- Both U.S. & Canadian formulas are now the same
NOTE: Canadians please refer to the U.S. formula as listed on page 147
- Ingredient total amounts, as per U.S. formula, have changed as follows:
 - Phosphorus (28 mg) - was 50 mg
 - Magnesium (200 mg) - was 225 mg
 - Lutein (5 mg) - was 2 mg
 - Zeaxanthin (250 mcg) - was 80 mcg
- OmegaGuard Plus softgels:
 - smaller & easier to swallow
 - some vitamin E & all coenzyme Q10 has been removed & added to multivitamin tablet
- Advanced Multivitamin tablets:
 - contain more vitamin E & added coenzyme Q10
- B + C Complex:
 - now flavored with orange oil for a more pleasant taste

Organic Greens Booster

What's in it for me?

1 scoop (2.5 g) serving contains 10 calories. Organic greens booster powder blend (2500 mg) made from kale, spinach & broccoli. Zero fat. 1 gr carbohydrates. Non-GMO. Gluten free. Vegan. Kosher.

How do I take it?

See label. Add 1 scoop or more to whatever you like.

Why take it?

A whole food supplement that provides the equivalent of 1 cup of raw, organic, nutrient-rich green veggies per scoop. Contains dehydrated kale, spinach & broccoli. All the fiber is kept intact. Rich in vitamins & minerals. Excellent source of vitamin K, lutein & zeaxanthin. Needs no refrigeration.

What can I add it to?

Ideal way to get additional veggies into your diet, providing a boost of phytonutrients. Easily delivers the benefits of veggies into the diets of children, convalescents, elderly, those who 'don't like veggies' or don't get enough of them (which is pretty much all of us). Convenient & economical for those who are unable or unwilling to spend much time preparing/cooking veggies, or for whom buying large quantities of organic veggies is problematic.

Try adding 1 or more scoops to your shakes, beverages, soups, sauces, stews, casseroles, or anything you can think of. Some are creating interesting healthier desserts. Be innovative.

Grandma would be happy to hear that we are 'eating more veggies'. The benefits of additional phytonutrients would support virtually any & all concerns.

What issues can it support?

NOTE: Those with allergies to any of these ingredients should avoid this product; those on blood-thinning or other medications that limit vitamin K intake should consult their health care professional about the use of this product.

Optiflora DI

What's in it for me?

1 capsule provides 10 billion CFUs in an Enhanced Proprietary Blend containing 4 bacterial strains:

- Bifidobacterium lactis HN019
- Lactobacillus acidophilus La-14
- Lactobacillus plantarum Lp-115
- Lactobacillus rhamnosus GG

Gluten, soy & dairy free. Kosher D. No refrigeration is required.

How do I take it?

See label. Take 1 capsule daily. Capsule may be opened & added to smoothies, applesauce, etc.

DO NOT heat or add to anything hot.

Why take it?

Essential to help establish a healthy balance of 'good' vs 'bad' bacteria within the gut. This microflora balance is perhaps the most fundamental & critical component to not only digestive health, but also immune function, as well as overall physical, mental & emotional health.

The prevalent strain in Optiflora DI, Bifidobacterium lactis HN019, has been clinically proven in peer-reviewed, published studies to support both digestive & immune health.

NOTE: as with all probiotics, when first taking a new probiotic the body may respond with bloating, gas, some minor discomfort or changes in bowel movements as the body adjusts.

What is a CFU?

CFU, or Colony Forming Unit, is a unit used to measure the viable number of bacteria in a sample. This indicates the number of live, active bacteria that are available to replicate under specific conditions within a specific environment - in this case, the large intestines. This replication gives rise to a colony of bacteria, thereby significantly increasing their numbers & effectiveness. See next page for additional information.

Restore intestinal microflora balance; digestive issues; bowel concerns; immune challenges; traveller's diarrhea; intestinal flu; food poisoning; parasites; candida; SIBO; C-difficile; & so much more as a healthy digestive tract & a balanced microbiome is absolutely fundamental to any health concern - be it physical, mental or emotional.

For more detailed information, review "Optiflora" in Part 8, "Microflora Balance, Dysbiosis, Candida" in Part 1, & "Candida, Intestinal Dysbiosis, Microflora Balance" in Part 9.

What issues can it support?

Optiflora vs Optiflora DI

Optiflora

How are they different?

1 pearl provides 500 million bacteria from 2 strains:

- Bifidobacterium longum
- Lactobacillus acidophilus

Note: consuming the Optiflora Prebiotic Powder along with the pearl vastly enhances active proliferation of bacteria.

Pearl is triple-encapsulated to ensure the active bacteria 'arrive alive' to their 'organ of use' (large intestine). See "WHY" book pages 146 & 163 for full details.

Excellent probiotic for digestive & overall health, thereby also supporting immune health.

Optiflora DI

1 capsule provides 10 billion CFUs from 4 strains:

- Bifidobacterium lactis HN019
- Lactobacillus acidophilus La-14
- Lactobacillus plantarum Lp-115
- Lactobacillus rhamnosus GG

Laboratory tested to survive stomach acid & passage through digestive tract to 'arrive alive' to their 'organ of use' (large intestine).

Clinically proven in peer-reviewed, published studies to support both digestive & immune health.

Can, or should, I take both?

Yes, as they provide different strains, hence offering enhanced support. You decide if, when & how often you choose to take both, either, or perhaps alternating products, based on your individual requirements & desires.

Are probiotic products truly beneficial? Is it all about the number of CFUs on the bottle? Is more always better? Let's review. Our intestinal tract is populated by numerous organisms, some beneficial, some not so much. As usual, it is about creating the right balance of 'good' vs 'bad'.

To accomplish this, we need to ensure 4 things:

- Plentiful amounts of high quality, bioavailable, bioactive (live) 'good guys' (probiotics)
- A transportation method that ensures these guys 'arrive alive' to their 'organ of use' (large intestine)
- A hospitable environment that supports the 'good' guys & is hostile to the 'bad' guys
- A plentiful supply of high quality food (prebiotics) available to feed the 'good' guys, plus minimal amounts of the stuff enjoyed by the 'bad' guys (typically sugar & simple carbs)

Let's talk numbers...

What did we learn? The bottle can claim any number of CFUs. But, if they die off in the bottle, or are killed off during their journey to the large intestine they are of no benefit. Similarly, if they arrive & find a hostile environment or no suitable prebiotics (food supply) they will perish. Like all living creatures, they require proper support to thrive, multiply & function optimally.

Note: the Optiflora Prebiotic Powder and the new Life Shakes provide an excellent food supply.

Let's talk diversity...

Our gut is home to 100s of types of organisms. We each have a unique variety & combination. Science is beginning to understand the crucial connection between our gut microflora & not only our physical, but also our mental & emotional health. Diversity in favor of the beneficial microorganisms is key. Fermented vegetables, kefir & more are very beneficial (see "WHY" book page 28).

Ongoing debates deliberate the benefit of consuming probiotics while on a course of antibiotics versus waiting until the prescription is finished. It is up to each individual to decide, with the advice of their natural health care provider if required, which approach is best for each situation. But consider this: is it more helpful to provide additional soldiers during a battle, or wait until the skirmish is over before sending in reinforcements? The choice is yours.

Let's talk antibiotics...

For a much better understanding, review "Microflora Balance, Dysbiosis, Candida" in Part 1.

NOTE: Information is educational only & merely offers nutritional support. It is not intended to replace medical advice or treatment.

Nov, 2020 - Update File for "Why Do I Feel This Way?", 2017 Edition

www.healththroughknowledge.com

PERFORMANCE™ SPORTS NUTRITION - NOT JUST FOR ATHLETES!

Performance™ Sports Nutrition

Everything you need. Nothing you don't. Exceptional quality control.
No trans fats, artificial sweeteners, colors, flavors, preservatives. Gluten free.

What's the Shaklee difference?

No banned substances = No test worries! World-class Shaklee-sponsored athletes have won well over 100 medals. Seven of Time Life's "Greatest Adventures of All Time" were powered by Shaklee (see "Shaklee Brag File", Part 4). Used at the highest levels of competition so you can trust them before, during & after workouts or competitions. Train harder & longer. Recover faster. Perform better. Clinically tested, proven results. Ideal for elite & 'everyday' athletes, those who visit the gym or enjoy the yoga studio, weekend warriors, gardeners, convalescents &/or elderly (to maintain/build strength & muscle), recovery from injury, surgery, illness. Review official Shaklee publications & websites for more details & study results.

Whatever your needs or desires are, the Performance Sports line has a product to help maximize your results...

Energize...

- Zero Calorie Energy Drink
- Energy Chews

Hydrate..

- Low-Calorie Electrolyte Drink
- Endurance Electrolyte Drink

Build...

- Physique + Bio-Build® Recovery Shake
- Advanced Physique 100% Grass-Fed Whey Protein

Recover...

- P.M. Recovery Complex

Lifestyle athlete, endurance athlete or elite athlete – Choose your pack or customize your approach as desired.

1. Fitness Pack:

- Designed for lifestyle athletes: strength training, hitting the gym, spinning/biking, yoga, cross-training, jogging, zumba, etc. - those wanting to tone & strengthen with an active lifestyle
- Energizes, hydrates, supports/builds strong muscles, helps burn more fat, speeds recovery
- Low in carbohydrates/sugar. Low in calories. Full of power. Ideal for those 'watching their weight'.
- Includes:
 - Zero-Calorie Energy Drink (replaced by Energy Chews in Canada only)
 - Low-Calorie Electrolyte Drink
 - Advanced Physique 100% Grass-Fed Whey Protein
 - P.M. Recovery Complex

2. Endurance Pack:

- Designed for endurance/elite athletes: high-intensity aerobic activities, marathon runners, long-distance cyclists, soccer or hockey players, tri-athletes, elite athletes, those 'in training', etc.
- Provides long-lasting energy, protein & electrolyte support, builds strong muscles, supports muscle repair, speeds recovery – so you can train harder
- Includes:
 - Energy Chews
 - Endurance Electrolyte Drink
 - Physique + Bio-Build Recovery Shake
 - P.M. Recovery Complex

ENERGIZE...**Performance Zero Calorie Energy Drink (U.S. only)**

What's in it for me?

Each stick pack provides 147 mg of Energy Blend: green coffee bean extract & Guayusa leaf extract. Provides 120 mg natural caffeine. Sweetened with monk fruit extract. Also contains apple juice powder, chicory root powder, coconut water powder. Refreshing lemon-lime flavor. Non-GMO. Gluten free. Kosher.

How do I take it?

See label.
Mix 1 stick pack with 8 oz water or juice.
Not recommended for children, pregnant or lactating women, or those sensitive to caffeine.

Why take it?

Convenient individual stick packs easily go in your gym bag, sport bag, purse, etc. – so you are 'ready to go' for whatever activity you're about to take on.
Provides quick & lasting clean energy powered by natural caffeine.

What is Guayusa?

Guayusa is a tree native to the Amazon Rainforest that naturally contains caffeine. The leaves are dried & brewed like a tea for their stimulative effects. It has been used for 100s of years by indigenous people. Unlike coffee, the natural caffeine in Guayusa does not cause the 'jitters'.

This superleaf contains antioxidants, polyphenols, some B vitamins, natural caffeine, theobromine (acts like a diuretic reducing inflammation & blood pressure), L-Theanine (an amino acid that produces dopamine, the 'feel good' hormone, calming the mind while increasing alertness, focus & learning). Guayusa is considered a safe source of energy as it has no detrimental effect on blood pressure or heart rate.

Ideal for a 'before workout' boost or anytime a burst of energy is desired: sport events, strenuous activities, etc.

What issues can it support?

ENERGIZE...**Performance Energy Chews**

- The Energy Chews as described on page 181 of the "WHY" book have been renamed/rebranded

HYDRATE...**Performance Low-Calorie Electrolyte Drink**

What's in it for me?

Each 1 stick serving (3.3 g) provides 2 gr of carbohydrates with only 10 calories & 1 g organic cane sugar. Electrolyte blend includes natural electrolytes from coconut water. Available in lemon-lime or orange flavor. Contains coconut. Non-GMO. Gluten free. Kosher.

How do I take it?

See label. Mix 1-2 stick packs with 8 oz or more of water.

Why take it?

Convenient individual stick packs easily go in your gym bag, sport bag, purse, etc. – so you are 'ready to go' for whatever activity you're about to take on.

Low-calorie fluid & electrolyte replacement drink. Prevents dehydration with the delivery of readily absorbable essential electrolytes (mineral ions lost through perspiration) but without extra sugar or calories. Includes natural electrolytes from coconut water powder.

Before, during & after sport events, strenuous activities, etc. Fluid & essential electrolyte replacement on hot days, during illness (flu, diarrhea, nausea, vomiting, dizziness, etc.), for elderly, convalescents, after surgery, anytime food or drink is not well tolerated or may be lacking, for active children.

What issues can it support?

HYDRATE...**Performance Endurance Electrolyte Drink**

- The Shaklee Performance as described on page 181 of the "WHY" book has been renamed/rebranded
- Repackaged into larger size canister - 840 g (was 540 g)
- Non-GMO, Gluten free, Kosher
- Orange flavor is also now available in Canada

BUILD... Performance Advanced Physique 100% Grass-Fed Whey Protein

What's in it for me?

Each 2 scoop serving provides 20 g protein, 3 g carbohydrate, 2 g fat. 110 calories with water.

Contains full-spectrum of essential amino acids: 18 branched-chain amino acids including 3 g leucine. Clean grass-fed whey proteins.

Available in vanilla or chocolate. Sweetened with stevia leaf extract.

Non-GMO. Gluten free. Kosher dairy.

How do I take it?

See label. Mix 2-3 scoops in 6-8 oz with water, juice, milk.

Why take it?

Designed as a post-workout replenishing drink. Provides nutrients required to fuel, reenergize, build & speed repair of muscle tissue after physical activity. Builds lean muscle mass. Low carbohydrate & sugar levels provide nutrient support without the extra calories. Ideal for those with an active lifestyle who also want to 'watch their weight'.

An alternative to soy. Easy to digest.

For best results take within 30 minutes after a workout.

What's the Shaklee difference?

- Powered by a scientifically developed, intelligent-release blend of whey-protein sourced from 100% grass-fed 'clean' cattle.
- Made with a proprietary cold-filtration process to preserve essential bioactive ingredients.
- Contains 50% more leucine than traditional whey protein. Leucine is the key amino acid that helps maintain & build lean muscle. Page 179 of the "WHY" book gives more details.
- Free of antibiotics & rBGH/rBST. What is this? rBGH (recombinant bovine growth hormone), also known as rBST (recombinant bovine somatotropin), is a genetically engineered artificial hormone that is injected into dairy cows to increase milk production.

After workouts, sport events (hockey, golf), strenuous activities (gardening, shoveling, construction). Body building, build lean muscle mass. Aids elderly & those with chronic illness/weakness (chronic fatigue, fibromyalgia, MS, diabetes, etc.) to build/repair muscle, strength & energy. Speeds recovery & rebuilding from injury, trauma, illness or surgery.

What issues can it help me support?

BUILD... Performance Physique + Bio-Build Recovery Shake

- The Shaklee Physique as described on page 180 of the "WHY" book has been renamed/rebranded.
- Non-GMO, Gluten free, Kosher dairy.

RECOVER...**Performance PM Recovery Complex**

Each 2 capsule serving provides:

Proprietary Recovery Complex Blend (745 mg) with tart cherry extract, boswellia extract, safflower extract.

Gluten free. Kosher dairy. Vegan/vegetarian.

What's in it for me?

How do I take it?

See label. Take 2 capsules before bed.

Why take it?

Clinically proven to optimize recovery & reduce exercise-induced muscle soreness. Patented pain relief blend helps relieve pain caused by overexertion. Contains ultra-pure tart cherry extract, rich in polyphenols – powerful antioxidants. Also contains boswellia & safflower extract – for more information see “Pain Relief Complex” on page 170 of the “WHY” book. Compounds provide significant anti-inflammatory & pain relief. Less discomfort helps improve quality of sleep.

According to www.webmd.com

“Sour cherry is used for osteoarthritis, muscle pain, exercise-related muscle damage, gout, insomnia, to increase urine production, and to help digestion.” “Sour cherry fruit contains ingredients that are thought to reduce inflammation. It also contains melatonin which helps to regulate sleep patterns.”

<https://www.webmd.com/vitamins-supplements/ingredientmono-771-sour%20cherry.aspx?activeingredientid=771&activeingredientname=sour%20cherry>

Taken before bed to reduce or alleviate soreness from exercise or overexertion, thereby helping to improve quality of sleep. Optimizes workout recovery.

What issues can it support?

NEW

Turmeric Boost

What's in it for me?

1 capsule provides: Turmeric extract (500 mg), Black pepper extract (5 mg)
Gluten free. Vegan. Kosher.

How do I take it?

See label. Take 1 capsule daily, best taken with a meal. Not intended for children, pregnant or lactating women. Consult your physician if on medication, pregnant, lactating or under age 18.

Why take it?

Potent antioxidant support provided by curcuminoids extracted from turmeric root. Black pepper extract enhances the absorption & bioavailability of these active ingredients, increasing their antioxidant power. Curcumin is a highly studied & researched compound within the scientific community indicating its powerful potential to support the body on numerous levels.

The terms turmeric & curcumin are often, but incorrectly, interchanged. Curcuminoids are the active compounds found in turmeric, the popular distinctive golden spice. Turmeric is part of the ginger family. It has been used for centuries as a key ingredient in cuisine, as well as for medicinal & healing purposes. Curcumin is the primary & most powerful of these curcuminoids & is known to be the most beneficial.

Turmeric vs Curcumin?

What is the Shaklee difference?

Turmeric root powder contains very low amounts of active curcumin, hence turmeric extracts are made by extracting curcumin from the root. Many manufacturers use toxic solvents in their extraction process. Shaklee uses an all-natural, safe, clean extraction method to concentrate high levels of curcumin standardized to contain 95% curcuminoids. Known in the industry for their very high standards of testing & product purity, Shaklee's powerful & pure Turmeric Boost has earned the title of "Beyond Organic".

Any challenge or condition that would benefit from antioxidant (fight free radical damage) &/or anti-inflammatory support – which is pretty much anything & everything – from aches & pains to arthritis to virtually any disease process, including cancer. It may also be helpful for: diabetes, blood sugar conditions; depression; PMS; immune support for the common cold/flu, infections or more severe immune challenges; cardiovascular & circulatory health, cholesterol levels; cognitive challenges, Alzheimer's, dementia; digestion, IBS, inflammatory bowel disease; joint pain, arthritis, headaches, pain relief; inflammatory skin conditions: psoriasis, eczema; autoimmune challenges; energy levels; detoxification; & much more.

What issues can it support?

NEW

Triple Defense Boost – Currently available in U.S. only

What's in it for me?

1 stick serving provides: Vit C (1000 mg), Vit D (50 mcg/2000 IU), Zinc (2 mg), plus Immune-Boosting Proprietary Blend: Beta-Glucans, Reishi mushroom extract, Ginseng root extract (365 mg), plus Immune-Defending Proprietary Blend: Elderberry extract, Echinacea extract, Quercetin, Hesperidin complex (190 mg).

Naturally berry flavored. Sweetened with natural cane sugar. 10 calories per serving. Gluten, soy & dairy free. Kosher. Caffeine free.

How do I take it?

See label. Mix 1 stick with 8 oz of hot or cold water, or consider adding to smoothie. May be used daily, or as needed. Not intended for children, pregnant or lactating women. If on medication, or have a medical condition, consult your physician. Store at room temperature. Protect from moisture.

Why take it?

Provides powerful support for the immune system on 3 levels:

- Essential micronutrients that power immune function
 - Potent levels of Vitamin C, Vitamin D & Zinc
- Patent-pending proprietary blend of immune boosting botanicals designed to engage & boost immune responses, boost natural killer cell activity & increase proliferation of lymphocytes.
 - beta-glucan: helps normalize/modulate immune response
 - Reishi mushroom: “king of mushrooms”, used for 1000s of years for its healing abilities. Considered an adaptogenic herb or immune modulator, meaning it can help bring body systems back to homeostasis/balance. Powerful antioxidant & anti-inflammatory properties.
 - Panax ginseng: potent antioxidant & anti-inflammatory, boosts immune function
- Immune-defending proprietary blend to stimulate natural immune defenses
 - elderberry, Echinacea & quercetin

Triple Defense Boost contains 1000 mg of Vitamin C & 2000 IU of Vitamin D. When adding this powerful immune support drink to your regime, take these levels into consideration when combining this drink with other Vitamin C &/or Vitamin D supplementation.

Note...

The Shaklee difference...

Laboratory studies have shown the Immune Boosting Blend to boost natural killer cell activity by 3x & increase proliferation of other critical immune cells by 5.8x.

A super boost to the immune system when the body could use powerful support such as: colds, flu; infections of all sorts; allergies, asthma, sinus conditions, respiratory health; virtually any inflammatory or immune challenge.

What issues can it support?

NEW

Shakleekids Super Immunity Gummies

What's in it for me?

Each 3 gummie serving provides: Vitamin C (210 mg), Vitamin D (15 mcg/600 IU), Zinc (5 mg), Elderberry (70 mg).
Naturally sweetened. Sugar free, corn syrup free, gluten free. Vegan.
Bear shaped. Cherry flavor.

How do I take it?

See label. Children 4 years & up take 3 gummies per day.
Great for adults as well.

Why take it?

Provides essential immune support.

Made with an organic fruit powder blend of orange, lemon, strawberry, raspberry, blueberry, tart cherry, pomegranate & cranberry. Sweetened with 'tooth friendly' erythritol, xylitol & stevia. Made with pectin & is gelatin free.

Ideal for those who have difficulty swallowing pills.

Is it safe for children to take alongside Increditives? Yes.

As the name indicates, helpful for any time you need an immune boost: colds, flu, sinus or respiratory challenges, allergies, asthma, any type of infections, etc.

What issues can it support?

Shakleekids Increditives

NEW to Canada - Replaces Vita-Lea Ocean Wonders

Product update:

What's in it for me?

NOTE: Available in 2 formulas

- Kosher Dairy – contains lactoferrin, an ingredient sourced from milk. Available in U.S. only.
- Star-K Kosher – contains no lactoferrin. This formula is now available in Canada.

Both formulas are lactose & gluten free. Kosher.

Natural grape flavor. Colored with vegetable juice. Sweetened with stevia extract, sorbitol & xylitol.

For more product details & information on lactoferrin see "WHY" book page 182.

Vitamin C

Sustained Release Vita-C 500

What's in it for me?

Product update:

1 tablet provides: Vitamin C (500 mg), Proprietary Rose Hips & Bioflavonoid Blend: Rose hips, Grapefruit bioflavonoid, Hesperidin, Lemon bioflavonoid, Orange bioflavonoid (50 mg).
Shown to raise blood levels of vitamin C for 12 hours.

How do I take it?

See label. Divided doses as needed. Listen to your body.

NEW & IMPROVED: Chewable Vita-C - Replaces Chewable Vita-C 100

What's in it for me?

1 tablet provides: Vitamin C (250 mg).
Provides amount of vitamin C found in 3.5 oranges.
Gluten & soy free. Kosher dairy. Sweetened with sorbitol & fructose. Colored with turmeric. Contains dairy.
Ideal for those who have difficulty swallowing tablets. Lemon cream flavored.

How do I take it?

See label.
Adults: 2 tablets daily.
Children ages 4-12: chew 1 tablet daily.

What are bioflavonoids?

Bioflavonoids, or flavonoids, are biochemically active substances that naturally occur alongside vitamin C in fruits & veggies such as citrus, grapes, broccoli & more. They enhance the action of vitamin C. Bioflavonoids are water-soluble antioxidants & provide free-radical protection.

See "WHY" book page 157 for more information on the benefits of Vitamin C.