

# What's New!

Volume 35

NURTURING HEALTH AND NATURE THROUGH SHAKLEE

Issue 2

## OmegaGuard

### Full-Spectrum Potency of Seven Omega-3s

Omega-3 fatty acids are a form of polyunsaturated fats, one of four basic types of fat that the body derives from food. (Cholesterol, saturated fat, and monounsaturated fat are the others.) All polyunsaturated fats, including the omega-3s, are increasingly recognized as important to human health.

Omega-3s and omega-6s are termed essential fatty acids (EFAs) because they are critical for good health. However, the body cannot make them on its own. For this reason, omega-3s must be obtained from food, thus making outside sources of these fats “essential.”

Although the body needs both omega-3s and omega-6s to thrive, most people consume far more 6s than 3s.

#### The Types of Omega-3s

Key omega-3 fatty acids include eicosapentaenoic acid (EPA) and docosahexanoic acid (DHA). Both are found primarily in oily cold-water fish such as tuna, salmon, and mackerel. Aside from fresh seaweed, a staple of many cultures, plant foods rarely contain EPA or DHA. A third omega-3, called alpha-linolenic acid (ALA), is found primarily in dark green leafy vegetables, flaxseed oils, and certain vegetable oils. Although ALA has different effects on the body than EPA and DHA do, the body has enzymes that can convert ALA to EPA. All three are important to human health.

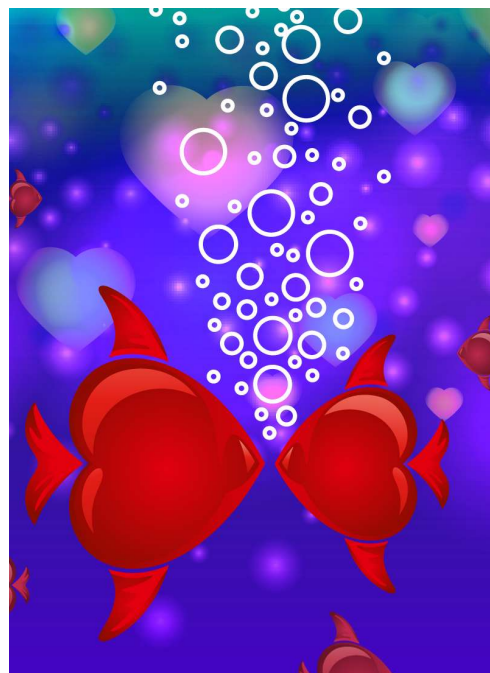
#### Deficiencies

Over 2,000 scientific studies have demonstrated the wide range of problems associated with omega-3 deficiencies. The American diet is almost devoid of omega 3s, except for certain types of fish.

In fact, researchers believe that about 60% of Americans are deficient in omega-3 fatty acids, and about 20% have so little that test methods cannot even detect any in their blood.

Omega-3 deficiencies have been tied to many of the following conditions:

- heart disease
- depression
- violence
- dyslexia
- allergies
- arthritis
- diabetes
- hyperactivity
- memory problems
- learning disorders
- behavioral problems
- inflammatory diseases
- cracked heels
- eczema



#### Protect Your Heart

According to the American Heart Association (AHA), omega-3 fatty acids benefit the heart of healthy people as well as those at high risk and those who have cardiovascular disease. Research shows that high levels of omega-3 fatty acids promote cardiovascular health and help retain normal blood pressure and triglyceride levels.

While the AHA recommends that we eat two servings of fish rich in omega-3 fatty acids every week, most people don't follow these guidelines. Moreover, there are growing concerns about unsafe levels of contaminants like mercury and lead that are commonly found in fish today.

OmegaGuard  
60 softgels  
#22077  
180 softgels  
#22078



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# OmegaGuard *continued from page 1*

## Shaklee's OmegaGuard

Now you don't have to worry about avoiding fish.

Shaklee has introduced a new standard in purity and full-spectrum potency with **OmegaGuard**.

This formulation offers a unique combination of all seven ultra-pure omega-3 fatty acids naturally found in cold water fish - EPA, DHA and ALA - plus four other naturally occurring omega-3s (1,200 mg total).

**OmegaGuard** also contains higher levels of EPA and DHA than leading

brands. DHA is critical for brain development and function.



## Triple Molecular Distillation

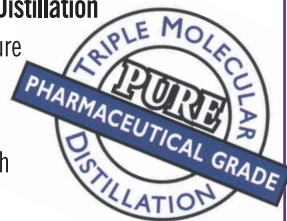
Only **OmegaGuard** uses a state-of-the-art, proprietary, triple molecular distillation process that guarantees purity. This process helps remove contaminants such as lead, mercury, arsenic, cadmium,

dioxins, PCBs and other impurities. This expensive filtering process helps concentrate the finest pharmaceutical-grade omega-3 fish oils by reducing oxidation and avoids the formation of trans fats. It also minimizes odor and fishy aftertastes.

To promote a healthy heart and support brain, vision, and joint function, use the world's finest fish oil - Shaklee's **OmegaGuard**. Take 2 softgels one or two times daily with meals.

## Triple Molecular Distillation

is a low temperature process using controlled vacuum vaporization, which minimizes heat degradation.



# B-Complex Balance is the Key

B vitamins are some of the most essential vitamins needed to maintain the body's normal functions, yet they are the most fragile. Because they are water-soluble, they are not stored in the body and need to be consumed on a daily basis.

Because of the typical American lifestyle, B vitamins are easily depleted. Factors that increase the need for Bs are:

- Stress
- Prescription Drugs
- Sugar
- Alcohol
- Caffeine
- Processed Foods

## The Need for Bs

B vitamins support the body's performance by helping to power the brain, heart, lungs, and other organs - and promote cellular energy production. They have also been known to help support and elevate metabolism levels, maintain and improve healthy skin, improve muscle tone, enhance

immune system functions, enhance nervous system functions, promote cell growth and division, combat the symptoms of stress, depression and cardiovascular disease.

## Balance of Bs

There are 8 essential B vitamins and they all need to be in a natural balance since they are designed to work together for maximum efficiency. Each B vitamin is dependent upon other B vitamins. When taken singly, they can create deficiencies in the others. It's important that they always

be taken in a complex form.

The B vitamins folic acid (B9), B6, and B12 promote a healthy cardiovascular system by helping to maintain homocysteine levels in the blood.

Thiamin (B1), Riboflavin (B2) and Niacin (B3) are important in helping the body convert food into energy. They work with the family of Bs metabolizing carbohydrates, fats and proteins.





Pantothenic Acid (B5) helps the body to metabolize fats and produce red blood cells and hormones from the adrenal gland.

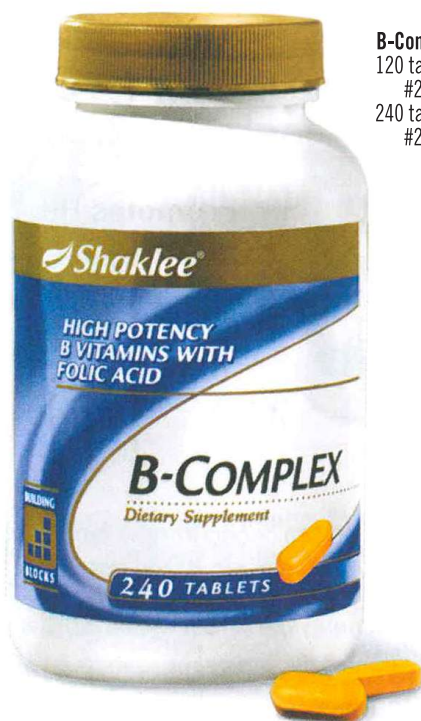
Biotin (the most expensive of the B vitamins) is used for preventing and treating deficiencies associated with hair loss, brittle nails, skin rashes, diabetes, and mild depression.

### Shaklee's B-Complex

Shaklee's **B-Complex** was designed to deliver a high-potency of the B vitamins in properly balanced amounts. It delivers all eight B vitamins in ratios that are consistently related to the amounts needed by the body daily. Shaklee's **B-Complex** gives you 100% or more of each and every B vitamin while other companies include few or none of the more expensive B vitamins such as biotin and folic acid.

Because of the cost, biotin is the most limiting vitamin in other brands. Adequate amounts of folic acid in a healthy diet may reduce the risk of having a child with neural tube birth defects. With the patented Shaklee delivery system for folic acid in the tablet coating, the immediate release of this nutrient in the stomach is enhanced, making its absorption readily available.

Shaklee's **B-Complex** contains a perfect balance of all eight B vitamins to help keep your body strong and fill in the nutritional gaps to help your heart, lungs, brain and other essential organs function at optimum capacity. Take 2 or more easy-to-swallow tablets daily.



**B-Complex**  
120 tablets  
#20186  
240 tablets  
#20194



Fennel Seed

# Stomach Soothing Complex

## Relief for Upset Stomach

An upset stomach can be caused by many different factors. Some of the most common stomach ailments are caused by foods that we eat. However, factors such as stress, genetics, environment, and dehydration can be causes as well. Frequent stomach ailments may be a sign of gastrointestinal issues, but most stomachaches can be calmed naturally and easily.

### Shaklee's Stomach Soothing Complex

Shaklee has developed a unique four-herb formulation, **Stomach Soothing Complex**, which may be the answer to whatever stomach condition you may be experiencing. Shaklee's **Stomach Soothing Complex** contains peppermint powder, peppermint oil, and ginger powder – herbs used traditionally over many centuries for their stomach soothing effects, as well as fennel powder and anise powder to aid with digestion and gas.

Peppermint has been used as early as the 12th century for digestive disorders, headaches, menstrual pain, flatulence, fevers, burns, bug bites, and inflammations. The active medicinal ingredient in pep-

permint is menthol. Menthol is a cooling compound that triggers sensors in the body to temporarily feel coolness. This helps prevent and relieve digestive-related pain by easing gas that moves through the stomach and intestines after eating. Peppermint produces choleric activity that stimulates the liver and gall bladder to release bile, and research has shown peppermint to be effective for irritable bowel syndrome.



Ginger

Ginger has been used in Chinese medicine for over 2,000 years to treat symptoms such as nausea, heartburn, and upset

stomach. Researchers are now finding that ginger has many more health benefits than ever known before. It has been shown to ease motion sickness, morning sickness, the pain of menstrual cramps, and aid in cold and flu symptoms. Ginger actually

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## Soothe the Stomach *continued from page 3*

Star Anise



comes from the bulbous stem of the plant that grows underground, not from the roots as commonly believed. Ginger contains four oils that give it its distinct flavor. These oils calm stomach spasms by neutralizing acids and increasing enzymes in the digestive tract.

Anise is a sweet tasting herb with an expectorant effect that encourages secretion of excess fluids from the digestive system. Anise powder made from the seed of the plant, can be helpful in treating ailments such as upset stomach and colic, and has also been shown to reduce flatulence,

improve digestion, benefit the liver, and soothe mucous membranes of the body.

Fennel is another sweet herb that contains many health benefits. Fennel seeds are rich in minerals such as magnesium, which is known to calm and relax the stomach muscles. Fennel seeds are also a good source of phytoestrogens, which help treat stomach upsets, irritable bowel syndrome, colic, bloating, flatulence, and indigestion. In India, fennel seeds are chewed after meals to aid digestion.

Shaklee has created this four-herb proprietary blend in order to give you the best dietary supplement there is to soothe and



Peppermint

calm your stomach ailments. Take 3 tablets after mealtime or when needed. The tablets may also be crushed and added to boiling water for a natural tea. Shaklee's **Stomach Soothing Complex** is gluten free with no artificial flavors, sweeteners, colors, or preservatives added.

Stomach  
Soothing  
Complex  
90 tablets  
#20601

