

# Matters

*Go Bananas!*



This nifty yellow fruit is touted as the first “superfood.” It’s packed with fiber to make you feel full and vitamins that do your body good. Americans go bananas for them. They eat more than 27 pounds a year -- about 90 bananas. That’s more than oranges and apples combined.

### Good as Gold?

One large banana has about 120 calories and 490 milligrams of potassium. That’s 19% of a woman’s daily potassium needs and 15% of a man’s. This nutrient can remove sodium from your body and relax blood vessel walls, which helps manage blood pressure. The golden fruit is also a good source of vitamin B6, which is essential for your immune system, nervous system, and brain.

Add a banana for a smooth, creamy, healthy **SHAKLEE SHAKE**. YUM!  
When in a rush and running out the door ... grab a banana!  
How about bananas spread with “Nut Butter” for a healthy and filling “Snack”. Kids love it ... big Kids too!



## Germ Off Wipes

Clean and disinfect all at the same time. Germ Off Wipes will kill the COVID-19 virus in 1 minute!

- \* No need to rinse—even on food surfaces
- \* Use to disinfect bathrooms, kitchens, food surfaces, toys, and more!
- \* No harsh chemical residue
- \* Textured for better scrubbing power

### Works Fast

Kills viruses and 99% of bacteria on hard, nonporous surfaces in only 5 minutes

## Powerful Clean is One Wipe Away



**HOT FLASH ... that moment where you just can't take it anymore!**



### Reach for MENOPAUSE BALANCE COMPLEX

Menopause Balance Complex key ingredient, BLACK COHOSH has been widely studied, for its effects on:

- Reducing the frequency and severity of hot flashes**
- Promoting restful sleep, reducing mild mood swings**

Menopause Balance Complex also provides both soy isoflavones and flaxseed lignans - phytoestrogens that are currently being studied for heart, bone, and breast health.

**"I absolutely LOVE this product! I have struggled for many years with hot flashes. I started taking them last month (September) and in the 1st week of taking this I had 2 mild hot flashes. I have not had one since. I was having them multiple times a day. I am so grateful for such wonderful products. And may I add that my mood has changed for the better."**

**Robin B**

## OSTEOMATRIX:

### Clinically Tested For Absorption

Just two caplets of OsteoMatrix resulted in statistically significant increases in blood calcium levels as measured over a 12-hour period. For the body to use calcium to build and maintain strong bones, calcium must first be absorbed into the bloodstream.

### STRONG BONES NEED MORE THAN JUST CALCIUM

OsteoMatrix is formulated with a matrix of key nutrients:

Calcium from nature's most concentrated and easily absorbed sources

Vitamin D promotes absorption of calcium into the bloodstream

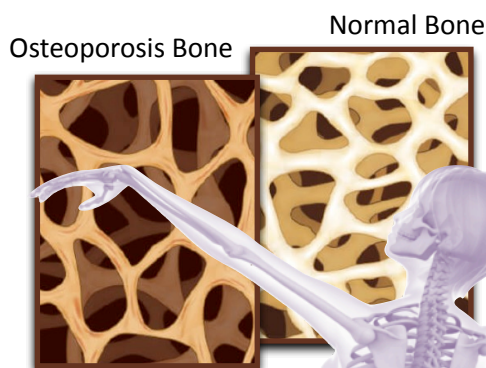
Magnesium helps to strengthen bones by aiding calcium incorporation in bones

Manganese, Copper, and Zinc aid in building bone mass

Vitamin K supports bone formation

## ARE YOU AT RISK For Osteoporosis?

**Be ProActive and Build Strong Bones Now!**



### OsteoMatrix Gets Results

**Love it !**

**OsteoMatrix has all the right ingredients for healthy bones. My 96 yr old Mother, my 41 year old daughter, and I have been taking them for years! We all have healthy bones thanks to Shaklee products!**

**Joycelyn M**

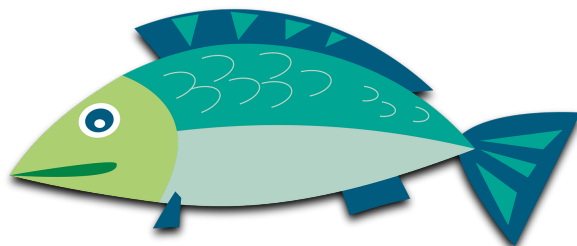
## IT'S A FISHY SITUATION .... OR NOT?

Shaklee's OmegaGuard (EPA) is made from whole sardines, herring, mackerel, and anchovies which are the RICHEST SOURCE for EPA, and harvested from the **uncontaminated cold waters off the coast of Chile and Peru.**

### Clinical Research

Extensive clinical research of Shaklee Corporation's Omega Guard at Chiba University School of Medicine Campus showed that it:

1. Provides a full spectrum of SEVEN natural omega-3 fatty acids – EPA, DHA, ALA and 4 n-3 fatty acids
2. Reduces the stickiness of platelets in the blood stream
3. Lowers triglycerides
4. Lowers LDL cholesterol
5. Lowers blood pressure
6. Improves bleeding time
7. Was 50% more concentrated (38% by weight)
8. Contains 1,200 mg. of fish oil per capsule
9. Is well absorbed
10. It has the exact ratio of DHA to be more effective
11. Does not contain any harmful contaminants including heavy metals – lead, mercury, arsenic, cadmium, dioxins and PCBs.



## SHAKLEE'S "OMEGAGUARD"

### Clean, Pure Omega-3s to Support Heart, Eye, Brain, and Joint Wellness

**My go-to choice** for clean, pure, and potent fish oils, without the terrible taste. Outstanding quality. Sometimes I buy smaller 60 ct. bottles because i can simply throw them into my computer bag and keep them with me, wherev'r I goest. That way, if I forget in the morning, it's not such a big deal. Omegaguard is important to me and my family for

several reasons; I rely upon it primarily for memory, and plan to incorporate the Memory Boosting B-complex, soon.  
Jonathan R

#### Amazing

It says it helps joints and I have bad knees. They feel so much better now. Can't recommend this enough.  
Yvonne



New Member Susan Swaii, posted her Youth testimonial on "100 Days to Amazing":

**"How about 2 days to amazing?** I've struggled for about 2 years with irritation on my hands. I've tried so many different creams and lotions. Most just caused painful stinging. The rest did nothing for my skin. Some made it itch almost unbearably. I figured I had nothing to lose, so a couple nights ago I tried putting the **YOUTH Rich Night Cream** on my hands before bed. Just 2 nights later and I'm so amazed. Not only is the itch going away, but also the redness, peeling and cracking. I'm actually seeing healthy skin coming back! I can't wait to see how my hands look and feel in just a few more days. Thank you, Shaklee, for such a wonderful product!!"

# CHOLESTEROL REDUCTION COMPLEX

A daily serving contains 2,000 mg. of natural plant sterols and stanols that have been clinically proven and are supported by more than 80 studies to lower LDL cholesterol.

To get this from your daily diet you would need to eat:



6.5 cups of soybeans

or



59 oranges

or



47.5 cucumbers

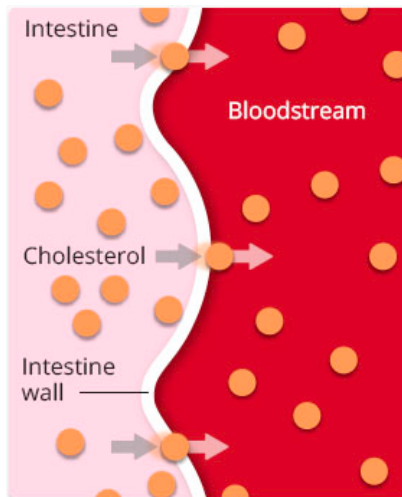
Mary's response to: **Anyone have good experiences with the Cholesterol Reduction Complex?**

"It worked for me. My cholesterol was over 600. In one months time it came down to a normal high. Just above 200. I also increased my veggie intake and reduced my simple carbs."

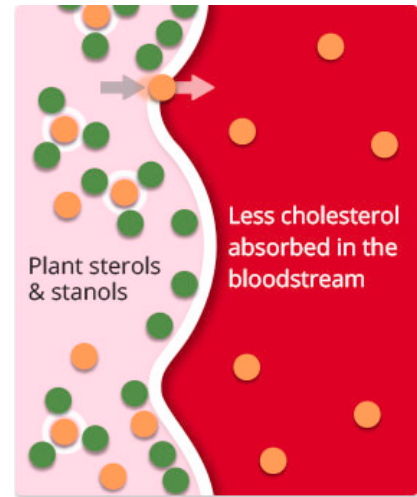
Mary McDowell

## How do plant sterols and stanols help reduce cholesterol?

They're similar in structure to cholesterol and compete for absorption in the intestines, so the presence of plant sterols and stanols leads to less cholesterol absorbed into the bloodstream, and betters your chances for lowering your LDL cholesterol.



Before taking plant sterols & stanols



After taking plant sterols & stanols



I needed to clean my oven, so I sprayed **ALL PURPOSE cleaner BASIC H** (general cleaning solution) in my oven while it was hot. **I forgot about it for two days!** This morning I went to use my oven and realized I hadn't cleaned it yet. It just wiped clean! No more scrubbing for me! Yay!

Sandy Bloesch



## "Basic H" Cleaner