



7-Day Healthy Cleanse

Feel better in one week.
Guaranteed.[§]

Improves focus and energy^{*†}

Enhances mood and sleep quality^{*†}

Supports detox and healthy digestion^{*†}

Jump-starts weight loss and
reduces cravings^{*†}

 **Shaklee**[®]

†Preliminary Study Results showed an average weight loss of 6.8 pounds and 1.62 inches, plus increased focus, energy, and improved sleep quality. Based on a 7-day pilot study conducted by three Shaklee Distributors—a medical doctor and two nutritionists—under the supervision of Shaklee Medical Affairs. §Or your money back.

* 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.

STEP 1: Preparation (One week out)

Set a date to begin the 7-Day Healthy Cleanse program.

Optional: Find someone who will partner with you to do a cleanse.

Start reducing your consumption of coffee, soft drinks, alcohol, fatty or high-starch foods, and refined sugars.

Plan for a variety of veggie recipes and stock up accordingly. Buy plenty of fruits too—fresh and frozen.

STEP 2: Start the 7-Day Healthy Cleanse

Be prepared to GRAZE ALL DAY—pack vegetables and fruits for convenience.

Eat at least every 2 hours.

Eat raw fruits/vegetables all day.

Drink at least 6–10 glasses of water each day.

Evening meal should be a large salad with full-fat dressing or vegetable stir-fry with a starchy vegetable.

In addition to the 7-Day Healthy Cleanse program, you may continue to take all your regular Shaklee supplements.

7-DAY HEALTHY CLEANSE SUPPLEMENTS



Optiflora® DI probiotic to help promote healthy intestinal activity and good digestive health.*

1

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Alfalfa Complex to help provide a wide variety of nutrients, including calcium, phosphorus, vitamins, chlorophyll, and bioflavonoids.

5

5



Liver DTX® Complex to help maintain normal liver function including bile flow and protection from toxins.*

1

2



Herb-Lax® to encourage a mild cleansing action to aid the body's natural processes.*

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2

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HERE ARE SOME TIPS TO ENSURE YOUR SUCCESS WITH THE 7-DAY HEALTHY CLEANSE



FOCUS MORE ON VEGGIES

They are generally higher in fiber and nutritional value. For your daily intake, aim for 2/3 veggies and 1/3 fruit.

IT'S IDEAL TO SELECT FRESH FRUITS AND VEGETABLES

But if you don't have a great variety of fresh choices available to you, frozen fruits and vegetables or low-sodium canned vegetables are acceptable alternatives.

VARIETY IS THE KEY

You can eat your vegetables raw, steamed, or sautéed with a little olive oil. Steaming or sautéing can help release many phytonutrients, especially fat-soluble ones such as lutein and lycopene. Please do not boil vegetables.

FOODS TO EMBRACE		
	<p>VEGETABLES:</p> <ul style="list-style-type: none"> Asparagus Beets Bell peppers Bok choy Broccoli Carrots Celery Collard greens Cucumber Eggplant Green beans Jicama Kale Leeks Lettuce Mushrooms Mustard greens Radishes Spinach Summer squash Swiss chard Watercress Winter squash <p>Limit the following to no more than 1 serving per day:</p> <ul style="list-style-type: none"> Avocado (<i>limit to 1/2-1 per day</i>) Rutabagas Sweet potatoes Turnips Yams 	 <p>BEVERAGES:</p> <ul style="list-style-type: none"> Noncaffeinated green or herbal teas Filtered water Fresh vegetable juices (<i>although best to eat whole vegetables and fruit</i>) <p>Avoid:</p> <ul style="list-style-type: none"> Alcohol Soda Fruit juices Energy drinks Caffeinated beverages
	 <p>FRUITS:</p> <ul style="list-style-type: none"> Apples Apricots Bananas (<i>limit to 1/2 per day</i>) Berries Cantaloupes Nectarines Oranges (<i>limit to 1 per day</i>) Papayas Peaches Tomatoes 	 <p>FATS: Extra virgin olive oil = 1-2 tablespoons per day for salad dressing or sautéing.</p>
	 <p>CONDIMENTS: All herbs and spices—fresh and dried.</p> <p>Veggies can be dipped in mustard, or fresh salsa.</p>	
	 <p>SWEETENERS: Stevia</p> <p>Avoid: refined sugars, added sugars including agave, honey, and maple syrup, or artificial sweeteners.</p>	

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STEP 3: Day 8 and After

Having completed your 7-Day Healthy Cleanse, we recommend you continue eating plenty of fresh vegetables and fruits as you introduce other healthy foods back into your diet. Spicy foods should only be added slowly.

IF GETTING TO A HEALTHY WEIGHT IS YOUR GOAL, continue your journey with our clinically proven Shaklee 180 program that has helped people all over the world lose more than 2 million pounds and over 1 million inches and counting.‡



The Shaklee 180 program helps you achieve and maintain a healthy weight and includes meal replacement shakes and bars, snacks, teas, and metabolic support, plus recipes, healthy tips, exercise programs, and more.

**SHAKLEE 180®
TURNAROUND® KIT
#89280** Includes all you need for your first month.

**SHAKLEE 180®
STARTER KIT #89426** Includes all you need for your first 2 weeks.

FOR OPTIMAL, ONGOING NUTRITIONAL SUPPORT, try safe, proven, guaranteed Shaklee vitamins and supplements. Creating your Personal Health Plan is as simple as 1+2+3.



1 Choose your Multi+ and Protein, the Building Blocks for Life.



+2 Choose your Targeted Solutions, ultra-pure supplements with clinically proven ingredients designed to address your unique health concerns.



+3 Choose your Boost. A powerful boost of the key vitamins, minerals, and nutrients when you need them most.

Visit www.shaklee.com or ask your Shaklee Independent Distributor to get started today!

7 DAYS TO A HEALTHIER, HAPPIER YOU.

#ShakleeCleanse

@ShakleeHQ



THE SHAKLEE DIFFERENCE®



Our products are safe, proven, and 100% guaranteed.

At Shaklee, we never sacrifice safety and purity for efficacy. We create safe products that do what we say they will do. Every single time. We ensure the highest quality standards—conducting over 100,000 quality tests per year.

The 7-Day Healthy Cleanse program can be used up to 2 times per year.

CAUTION: This program is not intended for use by children, or pregnant or lactating women. If you are taking medication or have a medical condition, please discuss with your physician prior to use.

‡Based upon cumulative sales of Shaklee 180 shakes and the expected average weight loss.

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