

# The Landmark Health Study

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The Landmark Health Study is one of the most unique studies of long-term supplement usage. Over a 10-year period, we tracked people who had taken multiple Shaklee supplements for up to 50 years. They showed significantly healthier biomarkers than people who took no supplements at all.

The results were truly remarkable.

## SHAKLEE USERS HAD\*

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### NUTRIENTS

#### Higher Levels of Key Nutrients

Our users had higher levels of key nutrients like vitamin D, folate, and vitamin B<sub>12</sub>.<sup>1,2</sup>



### BIOMARKERS

#### Healthier Key Biomarkers

Our users had significantly healthier biomarkers related to heart, brain, and metabolic health<sup>1,2</sup>



### BIOLOGICAL STRESS

#### Healthier Levels of C-Reactive Protein

Our users had 59% lower levels of C-reactive protein<sup>1</sup>



### HEART HEALTH

#### Better Cardiovascular Health

- 33% lower levels of triglycerides<sup>1</sup>
- 11% lower ratios of total cholesterol/HDL cholesterol<sup>1</sup>



### METABOLIC HEALTH

#### Lower Blood Sugar Levels

Lower levels of hemoglobin A-1c across the age spectrum<sup>2</sup>



### OVERALL HEALTH

#### Very Good to Excellent Health

84% of Shaklee supplement users rated their health as very good to excellent, 50% more than those using other supplements<sup>1</sup>

<sup>1</sup> Block et al., "Usage patterns, health and nutritional status of long-term multiple dietary supplement users—a cross-sectional study" Nutrition Journal 2007, 6:30-41.

<sup>2</sup> Jacques et al., J. American College of Nutrition 2019, in press.

\*Percentages reflect Shaklee supplement users compared with non-supplement users. Data for nonusers was obtained from NHANES 2001–2002 and NHANES 1988–1994. Long-term Shaklee users clearly demonstrated lower levels of the most important heart-health biomarkers recognized by the American Heart Association.