



# Shaklee Basics®

Clinically Supported Nutrients to Promote Long-term Health and Well-being

## THE CHALLENGE

There are many potential obstacles to long-term health, like poor food choices, excess weight, and the aging process among others. It is important to make sure that your body has the right nutrients in the right amounts throughout life to support optimum health. A balanced diet, regular physical activity, and proper nutritional supplementation are the first steps to taking charge of your health and future.

## SHAKLEE BASICS®

- Promote the health of key body systems, including the heart and cardiovascular system, breast, lung, prostate, bones, muscles, blood vessels, eyes, teeth, and gums\*
- Promote healthy immune function\*
- Helps prevent free radical damage\*
- Helps reduce the risk of birth defects caused by the lack of folic acid

## THE SHAKLEE DIFFERENCE

- Vita-Lea® meets or exceeds the recommended daily values for every essential vitamin and critical mineral.
- B-Complex features a patented Bioactivated Absorption System™ for supplements that uses a folic acid coating to enhance the bioavailability of the critical B vitamin for better absorption.\*
- The sustained release delivery system in Sustained Release Vita-C® was the first clinically proven, all-natural system of its kind, delivering a constant supply of vitamin C throughout the day.
- Shaklee Vita-E Complex® contains naturally occurring d-alpha tocopherol, which is more biologically active and delivers more effective antioxidant protection than synthetic vitamin E.
- Backed by 50 years and \$250 million of research and development

## SHAKLEE BASICS CONTAIN

Each conveniently prepackaged Vita-Strip® Daily Pack has:

- Vita-Lea — The Perfect Multi — Provides a healthy balance of 23 essential nutrients at clinically proven levels
- Sustained Release Vita-C — Delivers the vitamin C equivalent of one-and-a-half oranges every hour for five hours
- B-Complex — Eight essential B vitamins encapsulated in a patented folic acid coating designed so that the body readily absorbs them
- Vita-E Complex — Provides potent antioxidant protection

IRON FORMULA — Also includes Iron Plus C Complex tablet, packaged separately

## WHO WILL BENEFIT FROM SHAKLEE BASICS?

- People interested in maintaining health as they grow older
- People whose diets are not always optimal
- Those whose lifestyles or family health histories place them at risk for age-related health concerns
- Men and women who want to promote bone health
- Those seeking to optimize antioxidant response to free radicals from the environment
- Women of childbearing age

## HOW SHOULD IT BE USED?

- Shaklee Basics Iron Formula: Women of childbearing age and teens, take two tablets daily. When ordering, use Item Code #20209.
- Shaklee Basics without Iron Formula: Men and postmenopausal women take the contents of one Vita-Strip and one Iron Plus C Complex tablet daily. When ordering, use Item Code #20207.
- To optimize absorption, take one of each supplement in the morning and the remainder in the evening.

## SCIENTIFIC EVIDENCE IN SUPPORT OF THE INGREDIENTS IN SHAKLEE BASICS

- In a 1998 clinical study, Vita-Lea was found to support the immune systems of healthy older adults.<sup>1</sup>
- Clinical studies show that Shaklee Sustained Release Vita-C delivers as much vitamin C as one-and-a-half oranges every hour for five hours.
- The B vitamins folic acid, B<sub>6</sub>, and B<sub>12</sub> promote a healthy cardiovascular system by helping to maintain low homocysteine levels in the blood.<sup>2</sup>
- Adequate amounts of folic acid in a healthy diet may reduce the risks of having a child with neural tube birth defects.<sup>3</sup>
- By preventing oxidation of LDL cholesterol and by protecting arterial walls, vitamin E is believed to be an important factor in promoting cardiovascular health.<sup>4</sup>
- Iron is an important mineral that helps form a protein responsible for carrying oxygen in the blood.

Shaklee Basics without Iron XD111A

Supplement Facts			Supplement Facts		
Serving Size: 1 Vita-Strip® Pack			Serving Size: 1 Vita-Strip® Pack		
Servings Per Container: 30			Servings Per Container: 30		
	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Calories	10		Phosphorus (as dicalcium phosphate)	350 mg	35%
Total Carbohydrate	2 g	<1%**	Iodine (as potassium iodide and sea kelp)	150 mcg	100%
Vitamin A (50% as beta-carotene and 50% as vitamin A acetate)	5000 IU	100%	Magnesium (as magnesium oxide)	200 mg	50%
Vitamin C (as ascorbic acid)	620 mg	1033%	Zinc (as zinc gluconate)	15 mg	100%
Vitamin D (as cholecalciferol)	400 IU	100%	Selenium (as trace mineral protein hydrolysate)	135 mcg	193%
Vitamin E (as d-α-tocopherol concentrate, d-α-tocopheryl acid succinate, and mixed tocopherols)	460 IU	1533%	Copper (as copper gluconate)	2 mg	100%
Vitamin K (as phytonadione)	80 mcg	100%	Manganese (as manganese gluconate)	2 mg	100%
Thiamin (as thiamin mononitrate)	21.75 mg	1450%	Chromium (as trace mineral protein hydrolysate)	120 mcg	100%
Riboflavin	24.65 mg	1450%	Molybdenum (as trace mineral protein hydrolysate)	75 mcg	100%
Niacin (as niacinamide)	290 mg	1450%	Sodium	10 mg	<1%
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride)	29 mg	1450%	Grapeseed extract ( <i>Vitis vinifera</i> ) (seed/skin)	38 mg	†
Folate (as folic acid)	800 mcg	200%	Nickel (as trace mineral protein hydrolysate)	15 mcg	†
Vitamin B <sub>12</sub> (as cyanocobalamin)	87 mcg	1450%	Tin (as trace mineral protein hydrolysate)	10 mcg	†
Biotin (as d-biotin)	600 mcg	200%	Vanadium (as trace mineral protein hydrolysate)	20 mcg	†
Pantothenic Acid (as d-calcium pantothenate)	145 mg	1450%	Boron (as trace mineral protein hydrolysate)	1 mg	†
Calcium (as dicalcium & tricalcium phosphate)	450 mg	45%	Silicon (as silicon dioxide)	2 mg	†

**OTHER INGREDIENTS:** (TABLETS) MICROCRYSTALLINE CELLULOSE, HYDROXYPROPYL METHYLCELLULOSE, CROSCARMELOSE SODIUM, TORULA YEAST, ROSE HIPS POWDER, CARNAUBA WAX, ALGINIC ACID, CARAGEENAN, PECTIN, GRAPEFRUIT BIOFLAVONOID, HESPERIDIN COMPLEX, LEMON BIOFLAVONOID, ORANGE BIOFLAVONOID, BREWER'S YEAST, ACACIA GUM, SPIRULINA, LOCUST BEAN GUM, GUAR GUM, HYDROXYLATED SOY LECITHIN, AGAR AGAR, INOSITOL, CHOLINE BITARTRATE, ALFALFA POWDER, RICE BRAN POWDER, ACEROLA EXTRACT, AND GRAPEFRUIT OIL, (GELATIN CAPSULE) GELATIN, SOYBEAN OIL, GLYCERIN, WATER, YELLOW BEESWAX, LECITHIN, AND COLORS FROM ANNATTO AND CARAMEL.

- <sup>1</sup> Spiller G, Bruce B, Morse S et al. Effect of long-term vitamin-mineral supplements on immune response in older healthy adults. *Journal of the American College of Nutrition* 1998; 12:511 (abst).
- <sup>2</sup> Ubbink JB, Vermaack WJH, van der Merwe A, Becker PJ. Vitamin B<sub>6</sub> and folate nutritional status in men with hyperhomocysteinemia. *American Journal of Clinical Nutrition* 1993; 57:47-53.
- <sup>3</sup> Milunsky A, Jick H, Jick S et al. Multi-vitamin/folic acid supplementation in early pregnancy reduces the prevalence of neural tube defect. *Journal of the American Medical Association* 1989; 262:2847-52.
- <sup>4</sup> Stephens NG, Parsons A, Scholfield PM et al. Randomized controlled trial of vitamin E in patients with coronary disease: Cambridge Heart Antioxidant Study (CHAOS) *Lancet* 1996; 347:781-6.

\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

We stand behind each and every one of our products. The ingredients, purity, safety, and performance of all our Nutrition, Healthy Home, and Personal Care products are 100% guaranteed.



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