

# What's New!

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B vitamins are made up of 8 water-soluble vitamins that help to maintain the body's normal functions. It was once thought that the B vitamins were just one vitamin, similar to Vitamin C or Vitamin D; however, further studies concluded that there were actually 8 clinically distinct vitamins which coexist in the same foods.

You may have heard of some of the B vitamins, including thiamine (B1), riboflavin (B2), niacin (B3), biotin (B7), and folic acid (B9).

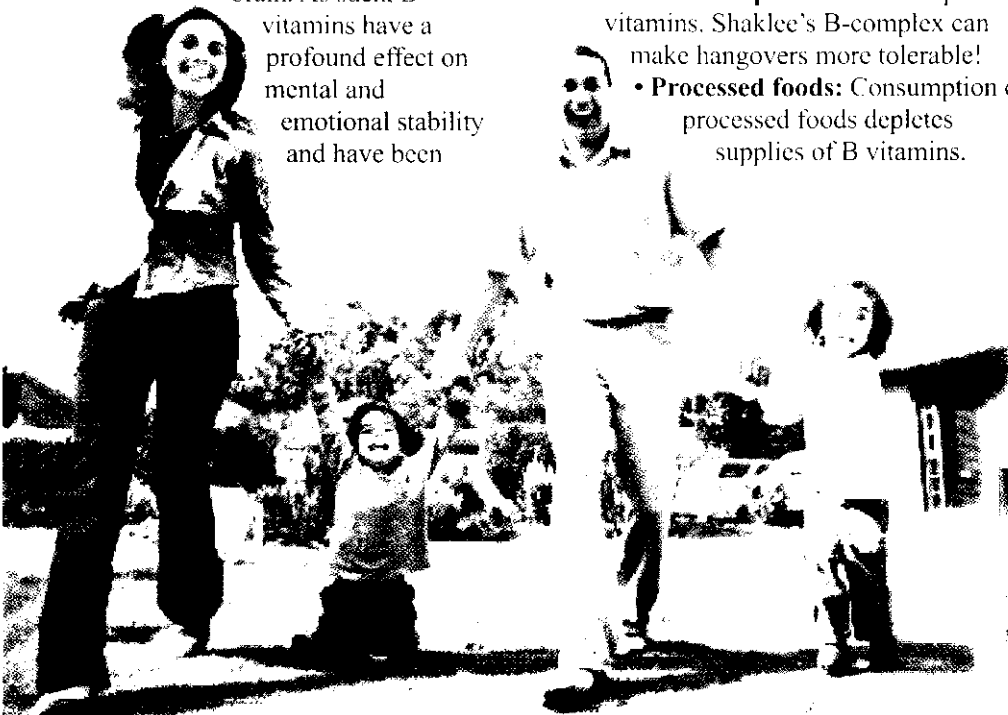
The B vitamins are central to the nervous system and produce a definite chemical reaction on the nerve endings. This affects the neurotransmitters, which activate the networks of nerve cells and allow messages to reach the

brain. As such, B vitamins have a profound effect on mental and emotional stability and have been

used successfully to help hyperactivity and schizophrenia.

B vitamins are water-soluble and are not stored in the body, which means that our bodies are constantly being depleted of B vitamins. Other factors dependent on various lifestyles increase the need for B vitamins to keep our bodies functioning at full capacity. Here are some reasons that our bodies may lack B vitamins:

- **Stress:** stress depletes supplies of the Bs.
- **Antibiotic use:** prolonged use of antibiotics may decrease absorption of folic acid and B12.
- **Excess sugar consumption:** sugar destroys some B vitamins.
- **Alcohol consumption:** alcohol depletes B vitamins. Shaklee's B-complex can make hangovers more tolerable!
- **Processed foods:** Consumption of processed foods depletes supplies of B vitamins.

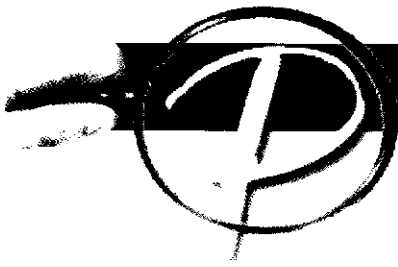


Shaklee's B-Complex contains a perfect balance of all eight B vitamins to help keep your body strong and fill in the nutritional gaps to help your heart, lungs, brain and other essential organs function at optimum capacity. The patented nutrient delivery system is available in an easy-to-swallow tablet.

Shaklee B-complex is made with the finest quality torula and brewer's yeast or a truly complete, balanced formula.

*Shaklee's B-Complex*  
#20194





# Product Focus

Everyone feels some type of stress at some point—in fact, half of all Americans between the ages of 18 and 49 report feeling stress on a daily basis. Whether it's a lot of stress or just a little, we would all like to reduce the stress in our lives.

We hear so much about stress, but we often don't realize how stress affects our bodies. Are all kinds of stress bad? What causes stress? How can stress be reduced or eliminated safely?

Contrary to popular belief, stress can be good for you in small amounts. Small amounts of stress can offer energy and alertness—keeping you on your toes. Sometimes we need a little bit of pressure to get our gears working and our hearts pumping. Adrenaline flowing through the body can aid in the thought process and keep the mind focused on the task at hand. People feeling this type of stress often claim to be feeling "wired," or "jazzed." Sometimes a good workout can induce this type of stress and help your body



to get the blood flowing!

Stress can be dangerous when our ability to cope or function becomes compromised. Lack of control or loss of control in one's social and physical environment can be a big warning sign of being over-stressed. It is important at this point to seek a method for controlling and reducing the stress so that it doesn't cause a break-down or damage one's physical, psychological, or interpersonal well being.

We all know that stress is usually induced by being "overwhelmed," but it can actually be caused by any event that threatens one's ability to cope. This means that we all handle stress in different ways—some of us can handle a great deal of pressure, while others simply cannot. Large amounts of untreated stress can cause a number of diseases and conditions. The Centers for Disease Control estimates that 75-90% of trips to the doctor's office are stress related!



Many people turn to behaviors such as drinking, smoking, or overeating to relieve stress, but these practices are more likely to increase stress in the long run. Small amounts of stress can be combated by light and relaxing physical exercise. Herbal supplements such as Shaklee's Stress Relief Complex can be used to naturally suppress levels of cortisol—the

hormone that is produced during periods of stress and has been known to have long-term adverse effects on the body.

Stress Relief Complex contains a unique blend of natural ingredients that provide quick relief from tension while promoting alertness. It contains L-theanine, which produces a relaxed and alert state in high-anxiety individuals; Ashwagandha (*withania somnifera*) to enhance performance during stress; and Beta-Sitosterol, which has a positive effect on immune function and lowers cortisol levels.

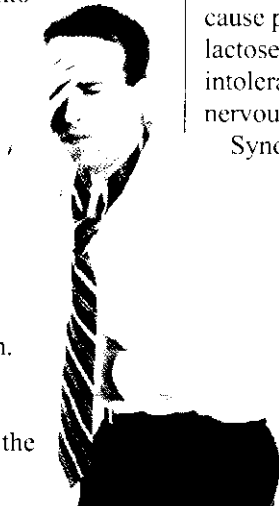
More than one third of Americans have tried to alleviate stress with supplements, especially the herbal supplement kava. However, kava can produce unwanted drowsiness. In 2002, the FDA advised consumers of the potential risk of severe liver injury associated with use of kava-containing dietary supplements. Stress Relief Complex does not contain kava. Shaklee's stringent standards and the integrity of its research and development processes have helped to avoid a potentially dangerous ingredient.





Adequate digestive health is essential for overall wellbeing. If our bodies aren't doing their job to break down foods, then vital nutrients aren't getting to the places where they are needed the most. This can cause a series of discomforts and embarrassments, and over time can lead to serious health issues. Some common discomforts caused by inadequacies of the digestive system include heartburn, lactose intolerance, gas, bloating, diarrhea, and upset stomach.

Heartburn is a burning sensation usually felt in the chest, but can spread to the neck and throat as well. It is caused by backflow of the stomach's acids, which have been pushed through the lower esophageal sphincter and into the esophagus, leading to painful inflammation. Nearly one-third of the American population suffers from heartburn, also known as acid-reflux. Factors such as eating fatty or greasy foods, smoking, alcohol use, chocolate and caffeine overdoses, and using certain medications can relax the sphincter, increasing reflux into the esophagus. Eating an excessively large meal (over-working the digestive system), obesity, and pregnancy can increase pressure on the abdomen and push the contents of the stomach (namely acids) into the esophagus, causing heartburn. Proper diet and exercise combined with Shaklee's EZ-Gest® can help alleviate the symptoms of heartburn.



In bodies that are functioning normally, the enzyme lactase (produced by cells in the lining of the small intestine) breaks down lactose into simple sugars that can be absorbed by the bloodstream and used by the body. However, in lactose intolerant individuals, the cells have stopped producing lactase; this is common in adolescence. When small amounts of dairy products are ingested, those suffering from lactose intolerance can experience nausea, gas, cramps, bloating and diarrhea. The undigested lactose provides a source of energy for bacteria that inhabit the large intestine, causing the uncomfortable symptoms.

Bloating is a common condition reported by millions of Americans. The uncomfortable feeling that bloating sufferers experience is due to abnormal swelling in the abdomen, which causes a tight and full feeling. This feeling can also increase pressure on the abdomen, causing pain and sometimes cramping. Several conditions can initiate the symptoms of bloating and cause pain. They include overeating, lactose intolerance, other food intolerances, swallowing air (a nervous habit), Irritable Bowel Syndrome, partial bowel obstruction, constipation, and small bowel bacterial overgrowth. Shaklee's EZ-Gest® can help alleviate the symptoms of bloating.



This condition is probably the most embarrassing of stomach disorders. Flatulence occurs for a variety of reasons, but primarily because of high-fat foods or because food has not been broken down completely. If food enters the large intestine partially digested, gas is formed and can cause discomfort in the abdomen until the gas is released. Foods high in fat generate excess carbon dioxide, which is produced in the small intestine. Flatulence with a strong odor usually results from the metabolism of sulfur-containing proteins and amino acids in the small intestine. Also, certain foods such as beans are inherently gas-producing. Shaklee's EZ-Gest® can help to alleviate flatulence, comforting your stomach as well as those around you!

More than one-third of all Americans suffer from some type of digestive-related disorder. The most common of these is acid reflux. Some people suffer from multiple symptoms, which can include bloating, gas, diarrhea, and constipation, just to name a few. Although serious disorders are common, most

people suffer from milder symptoms that are more embarrassing than harmful. They can be caused by a variety of factors such as diet, weight, or family history. Such symptoms can be treated easily using a supplement such as Shaklee's EZ-Gest®.

For many people, digestion inhibits their lifestyle, as its improper functioning limits food choices and may cause undue embarrassment and discomfort. Shaklee's EZ-Gest® can help regain the joy of eating tasty foods and restore confidence in those susceptible to the embarrassments and discomforts the digestive system can cause. EZ-Gest® works to optimize digestion with its multi-enzyme formula offering comprehensive digestive support. The enzymes work to more effectively break down "hard to digest" foods such as beans, dairy products and vegetables. Shaklee's EZ-Gest® contains enzymes

found in other digestive aids such as Lactaid®, Beano®, and others, all in one formula. Other digestive aids use animal-based enzymes; however, EZ-Gest® uses multi-action plant-based enzymes derived through natural fermentation for optimal digestion of all foods.  
**EZ-Gest® #20633**

For those who have given up the foods they enjoy because they cause an upset stomach, Shaklee's Stomach Soothing formula contains stomach calming herbs used for thousands of years by ancient cultures. Recent studies have shown that supplementing the diet with ginger may help to maintain a calm stomach. The unique four-herb formula contains ginger, peppermint, anise, and fennel, all of which are known for their stomach calming effects. Shaklee's Stomach Soothing is perfect when passengers feel queasy on car, air and bus rides.

**Stomach Soothing #20601**

Take one caplet daily during periods of stress. Some individuals may wish to take two caplets on occasion. Can be used as part of a stress-management program that includes a healthy diet, regular exercise, and good social support.  
**Shaklee Stress Relief Complex #20656**



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