



## Sports Nutrition™



### Put in the Best, Bring out the Best

Shaklee Sports Nutrition products are used at the highest levels of competition so you can trust them every time you take them—before, during, and after your workouts. Train longer. Recover faster. Perform better. And don't worry, these are natural products with no artificial flavors, sweeteners, or preservatives. Everything you need. Nothing you don't. **That's PURE performance.**

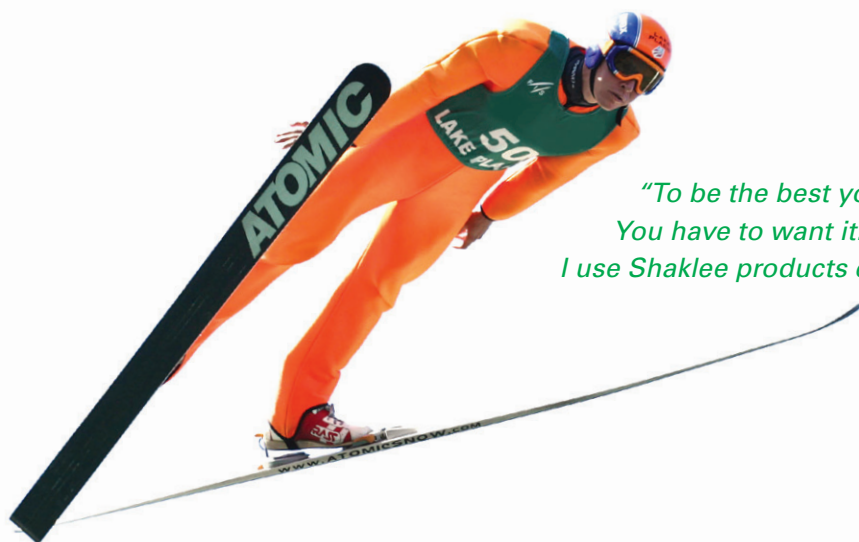
# Introducing Shaklee Sports Nutrition™

Powering athletes.  
Fueling dreams.  
From start to finish.



# Pure Performance

Shaklee Sports Nutrition products have helped Americans rule the podium—winning more than 100 gold, silver, and bronze medals! That's more than most countries! We have gone to the ends of the earth to prove Shaklee Sports Nutrition is the best. From the North Pole to the South Pole and all points in between. *In fact, seven of Time-Life's Greatest Adventures of All Time were fueled by Shaklee.*



*"To be the best you have to give it everything you've got. You have to want it. Want to hurt. Want to be the strongest. I use Shaklee products exclusively as part of my daily routine."*

**Billy Demong**

Two-time world champion and the only American ever to win gold in a Nordic skiing event.

Thousands of athletes around the world trust Shaklee Sports Nutrition. We've got you covered no matter what you play, where you play, or how hard you play. Shaklee powers athletes to push limits and achieve more. Be YOUR best—every time!

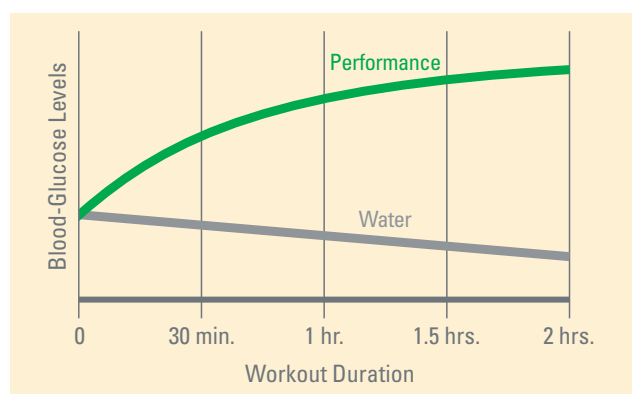
# Pure Science

Shaklee Sports Nutrition products can help you perform, and we have the tests to prove it! We've been clinically testing our products for decades to give you the best that science has to offer. Sustained energy. Long-lasting hydration. More complete recovery. The results speak for themselves.

It's a competitive world. If you want to maximize your performance, you've got to maximize your nutrition. Don't trust your body to empty promises, marketing hype, questionable science, or artificial ingredients.

## Shaklee Performance® Sustains Energy!

More energy! More endurance! The longer and tougher your workout, the better Performance gets.

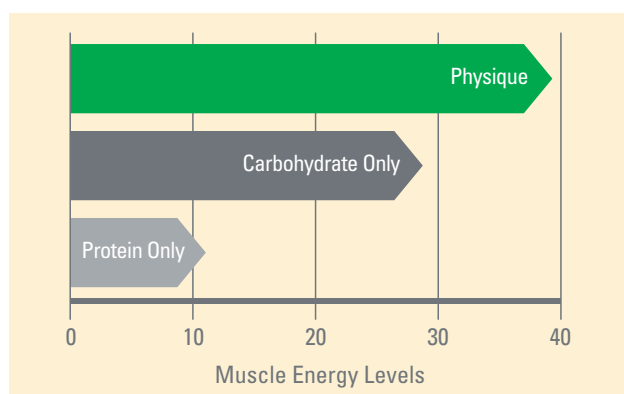


After 30 minutes: Blood-glucose levels 30% higher than water.  
After 2 hours: Blood-glucose levels 37% higher than water.

1. Wong LG, Jensen CD, Whittam JH. The effects of sodium carbohydrate (Na:Carb) ratios in rehydration beverages (RB) on plasma glucose (PG), osmolality (PO), volume (PV), and subject tolerance (ST). *FASEB J* 1990;4:A381 (abstr).

## Shaklee Physique® Improves Recovery!

Recover faster! Recover more completely! Physique restores energy to your muscles when taken immediately after working out and again two hours later.



Physique delivers a greater muscle glycogen response following exercise than either protein or carbohydrate alone. Muscle glycogen is the body's most critical (and limited) muscle energy source.

1. Zawadzki KM, Yaspelkis III B, Ivy JL. Carbohydrate-protein complex increases the rate of muscle glycogen storage after exercise. *J Appl Physiol* 1992;72:1854-9.

# Before Exercise

## Energy

### Pure Energy Chews



**Shaklee Energy\***  gluten free  
#20158 20 Energy Chews\* (1 pouch)

Shaklee Energy™ Chews provide a clean burst of healthy energy to help you get that extra edge when you need it most. Each chew contains a scientific blend of caffeine from natural green tea extract, plus L-tyrosine, L-theanine, B vitamins, and vitamin D, to help:

- + Sustain energy\*
- + Improve performance\*
- + Stay alert\*
- + Sharpen focus\*
- + Improve mood\*

\*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.

# During Exercise

## Performance®

### Pure Hydration Drink



**Shaklee Performance®** ★ kosher (gf) gluten free  
#20497 Natural Lemon-Lime 1 lb. 3 oz. (539 g)/19 servings  
#20496 Natural Orange 1 lb. 3 oz. (539 g)/19 servings  
#20498 Natural Lemon-Lime Team Pack 4.56 lb. (2.07 kg)/  
74 servings (5 gallons)  
#20499 Natural Orange Team Pack 4.56 lb. (2.07 kg)/  
74 servings (5 gallons)

Shaklee Performance is clinically proven to hydrate better than water. Plus, Performance has more electrolytes and provides more energy than the leading hydration drink. Our proprietary OPTI-LYTE™ electrolyte blend plus our unique mix of carbohydrates delivers instant and sustained energy and supports optimal hydration.

#### Clinically Proven

We call it Performance for good reason. Clinical tests with high-level athletes show that Shaklee Performance:

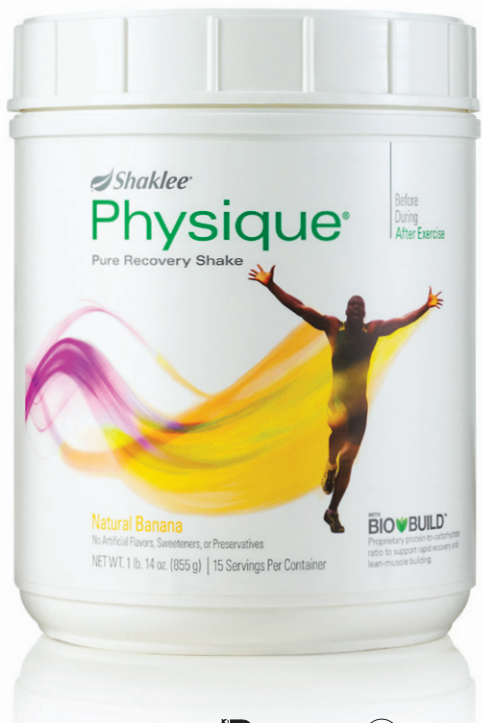
- + Minimizes fluid loss for enhanced hydration
- + Maintains blood-glucose levels to sustain intense energy output and to increase stamina
- + Increases endurance for better athletic performance



# After Exercise

## Physique®

Pure Recovery Shake



Shaklee Physique®  kosher dairy  gluten free  
#20495 Natural Banana 1 lb. 14 oz. (855 g)/15 servings

Shaklee Physique is a pure, natural, high-octane fuel for rapid muscle recovery, endurance, and strength. The intelligent-release protein blend and unique protein-to-carb ratio:

- + Allow your body to absorb a full spectrum of amino acids over time
- + Help build firm, lean muscles
- + Help restore muscle energy
- + Support muscle repair

### Clinically Proven

Physique with BIO-BUILD®, a unique blend of protein and carbohydrate sources, has been clinically proven to naturally activate and enhance the body's recovery process after exercise.



† Shaklee Performance® and Shaklee Physique® were tested in clinical studies.

## Put in the Best, Bring out the Best

With clinically proven formulas<sup>†</sup> that help you train longer, recover faster, and perform better, Shaklee Sports Nutrition™ provides what your body needs before, during, and after workouts. Natural ingredients you can trust, with no artificial flavors, sweeteners, or preservatives. Everything you need. Nothing you don't. That's **PURE** performance.

You can order these products only through your Shaklee Independent Distributor.



Contact Your Shaklee Independent Distributor: