

## WOMEN'S STARTER SYSTEM



Women have special nutritional needs and cutting down on calories to prevent weight gain makes it very hard to meet those needs from diet alone. That's why a **WOMEN'S NUTRITION PROGRAM** makes good sense.

START WITH :

**Multi vitamin** - Because most of us do not get all the nutrients we need from diet alone – **AND** – the American Medical Association recommends that adults take a multivitamin daily to prevent chronic diseases.

**Soy Protein** – Because soy protein has been shown to boost energy levels and lower the risk of breast cancer and osteoporosis - **AND** – the American Heart Association recommends soy protein as part of a heart healthy diet.

**Sustained Release Vita-C** - Because Vitamin C can help protect us from the dangerous free radicals that can cause cancer and other degenerative diseases - **AND** - many women do not get enough vitamin C from their diet.

**Vita-E Complex** - Because vitamin E can reduce your risk of heart disease by 40% or more **AND**- vitamin E also helps with Fibrocystic Breast Disease and the symptoms of PMS and menopause

**B-Complex** - Because women of childbearing age have special nutritional needs for B vitamins (especially if you use oral contraceptives) -**AND** - most women don't get all the B vitamins they need from their diet.

### PLUS, FOR YOUR SPECIAL NUTRITIONAL NEEDS

**Carotenoid Complex** - Because it contains the essential phytonutrients found in those fresh fruits and vegetable that we are **not** eating on a regular basis - **AND** - the phytonutrients in fruits and vegetables have been shown to significantly reduce the risk of heart disease, cancer, and eye disease.

**GLA** - Because GLA reduces the symptoms of PMS and menopause -**AND**- it reduces the symptoms of inflammatory diseases.

**Calcium** - Because most women do not get enough calcium in their diet - **AND** - lifelong calcium deficiency is a major factor in osteoporosis (brittle bones).

**Acidophilus/bifidus probiotic and probiotic** - Because “bad” bacteria in our intestine can cause excess gas & bloating, weaken our immune system, and increase our risk of cancer. Similarly, yeast in our intestine can cause a variety of serious health problems - **AND** – a good acidophilus/bifidus supplement prevents those problems by providing a regular source of “good” bacteria, which crowd the “bad” bacteria and yeast out of our system.

**DO YOU NEED A WOMEN'S NUTRITION PROGRAM?** Here are some questions to ask yourself:

1. Do you often use convenience foods or eat at fast food restaurants because of cost, convenience, or lack of time? YES NO

2. Do you often use "artificial" or "imitation" food products because they are low in calories, fat, or cholesterol? YES NO

...If your answer to either of these questions was YES, you would likely benefit from the nutrition insurance of Shaklee's Vita-Lea.

3. Do you suffer from mid morning or afternoon "slumps" OR do you often wish that you had more energy? YES NO

...if so, you may wish to consider a high quality Soy Protein in place of some of the animal protein in your diet.

4. Do you consume at least 2 - 4 servings of fresh fruits every day? YES NO

...If not, you're probably not getting the vitamin C you need AND you would benefit from the phytonutrients found in a carotenoid supplement.

5. Are you consuming 3-5 servings of fresh vegetables and 6-11 servings of whole grains each day? YES NO

...If not, you may wish to consider the added insurance of a high quality B Complex supplement AND you would benefit from the phytonutrients found in a carotenoid supplement

6. Do you eat cold-pressed vegetable oils, raw seeds and nuts, and whole grain products on a daily basis? YES NO

...If not, you're probably not getting the vitamin E you need.

7. Do you drink 3 or more glasses of milk every day (4 or more if you're a teenager and at least 4 to 5 if you're past menopause)? YES NO

...If not, you're probably not getting the calcium you need.

8. Do you have PMS symptoms? YES NO

...If so, you will probably benefit from GLA, vitamin E, B complex, and soy protein.

9. Do you have problems with inflammation? YES NO

...If so, you will probably benefit from GLA and vitamin E.

10. Do you have gas & bloating and/or problems with yeast? YES NO

...If so, you will probably benefit from a good acidophilur/bifidus product