

David Miller  
Shaklee - Independent Distributor  
1490 Bat Roost Rd  
Manchester, Ohio 45144  
937-779-0046

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<http://www.shaklee.net/mimc/>

Introducing Shakleebaby™ and Shakleekids™



**Introducing Shakleebaby™ - Always Safe. Always Gentle. Always Healthy.  
Open Order 5/1**

**Babies are the most precious gifts in the world. Keep yours happy and healthy with Shakleebaby. Safe, pure, and natural, our pediatrician tested baby care products are formulated to keep your little one's bottoms soft, itty-bitty toes clean, and growing body healthy.**



### Gentle Wash

Clean, fresh baby. This extra gentle wash is made with organic chamomile and lavender, pH balanced and sensitivity tested to shower even the most tender skin with love. 99% Natural; 76% Organic.

#30108 <http://www.shaklee.net/mimc/>



### Soothing Lotion

So soft. Organic sunflower seed oil and shea butter moisturize, and organic chamomile and lavender soothe. 99% Natural; 87% Organic.

#30106 <http://www.shaklee.net/mimc/>



### Diaper Rash Cream

Naturally soothing. Zinc Oxide protects baby's delicate skin from wetness, keeping skin healthy and dry, and helps heal diaper rash. Organic and natural oils keep skin hydrated and smooth while chamomile, aloe, and calendula extracts soothe. 99% Natural. 78% Organic.

#30109 <http://www.shaklee.net/mimc/>



### Massage Oil

Perfect for massaging baby or moisturizing after a bath. With organic sunflower oil, lavender, and chamomile to moisturize and smooth. 99% Natural, 99% Organic.

#30107 <http://www.shaklee.net/mimc/>



### Multivitamin & Multimineral Powder

One of the most comprehensive infant-toddler supplements available, it contains prebiotics to help promote a healthy immune system and bundles of vitamin D to support strong bones and teeth. Star-K Certified. \*

#20057 <http://www.shaklee.net/mimc/>

\* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



**Introducing Shakleekids™ - Supersmart. Supersafe. Supernutritious.**  
Open Order 5/1

**Behold the powers of Shakleekids Mighty Smart and Incredivites! These dietary supplements are made with supersafe ingredients that bring out the best in kids, like rad vision, smart noggins, and a rockin immune system. \***



### Incredivites™

Shakleekids Incredivites is the first kids chewable multivitamin in the U.S. with lactoferrin, a protein that helps busy bodies' immune systems stay supercharged. Packed with 23 essential nutrients, it's one of the most comprehensive supplements available - with 600IU of vitamin D to support strong bones and teeth, and 100% of the daily value for vitamins C and E per serving. \*

#20002 <http://www.shaklee.net/mimc/>

Note: Vita-Lea® Ocean Wonders™ will continue to be available.



## Mighty Smart™

Shakleekids Mighty Smart is scientifically formulated with a power-packed blast of ultra-pure DHA. Essential for early brain development, this omega-3 fatty acid has been shown to support mighty memory, mad concentration, and fierce mind skills. Star-K Certified.

#20058 <http://www.shaklee.net/mimc/>

Shaklee®

# product brief

Women's Health



## Menopause Balance Complex\*

For Hormonal Balance during Menopause\*

### What Is Menopause Balance Complex\*?

Based on more than 40 years of clinical use in Europe and recent scientific studies, Shaklee scientists have created this absolutely unique formula. Menopause Balance Complex is a natural, concentrated source of phytoestrogens from various plants and herbs proven to help regulate hormonal balance in women during the transitional period of menopause.\*

Shaklee Menopause Balance Complex contains black cohosh, a well-researched herb that helps regulate hormonal balance in women during the transitional period of menopause, along with phytoestrogens from soy and flaxseed.\* Similar in structure to human estrogen, soy isoflavones and flaxseed lignans can bind to estrogen receptors, thereby exerting an estrogen-like effect.\* Menopause Balance Complex\* also provides phytoestrogens from dong quai, red clover, and licorice.

### What Is Menopause?

A completely natural biological event, menopause is the time in a woman's life that signals the end of her childbearing years. Several years prior to menopause marks a time of transition — a time where a woman's ovaries begin to produce less of the reproductive hormones, estrogen, and progesterone.



**Menopause Balance Complex\***  
60 capsules  
#20645

### Why Do So Many “Changes” Happen During Menopause?

The fluctuation in the level of hormones causes a “chain reaction” of effects on a woman's body chemistry. That's because hormones like estrogen are involved in hundreds of bodily processes, including the regulation of:

- Normal body temperature
- Normal sleep patterns
- Balancing one's mood and sense of well-being

### Does Science Support a Natural Approach to Menopause?

Scientific studies suggest that along with a healthy diet and lifestyle, consuming phytoestrogens (plant estrogens) may compensate for some of the reduced production of hormones during menopause.

### Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 30

Amount Per Serving	
Calories 10	Calories from Fat 10
% Daily Value	
Total Fat 1 g	2%**
Black Cohosh Extract 80 mg	†
<i>(Cimicifuga racemosa)</i> (root) (Standardized to contain 2.5% total triterpene glycosides as 27-deoxyactein)	
Soy Isoflavones 30 mg	†
Flaxseed Extract 333 mg	†
<i>(Linum usitatissimum)</i> (seed)	
Flaxseed Oil 600 mg	†
Phytofem® Enhanced Proprietary Blend 100 mg	†
Dong Quai Extract ( <i>Angelica sinensis</i> ) (root), Red Clover Extract ( <i>Trifolium pratense</i> ) (herb), Licorice Extract ( <i>Glycyrrhiza glabra</i> ) (root)	

\*\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily values not established.

**Other Ingredients:** Soybean Oil, Beeswax, Soy Lecithin, ShakleeGuard® (Ascorbyl Palmitate, mixed Tocopherol concentrate, Rosemary extract) to maintain quality, in a gelatin capsule (Gelatin, Glycerin, Water, Annatto).

\*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.

## Phytoestrogens — How Do They Work?

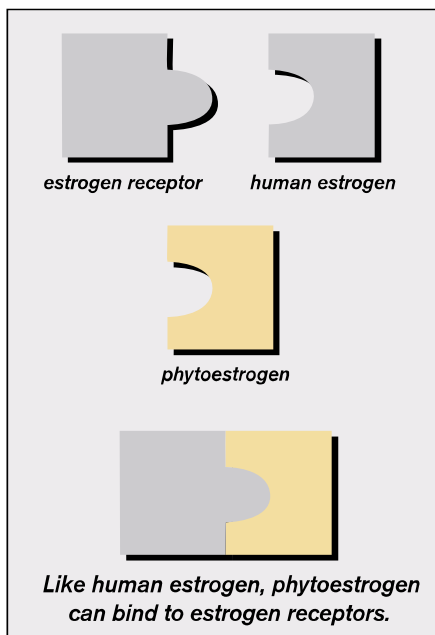
Phytoestrogens occur in significant amounts in specific plants and are remarkably similar in molecular structure to the female hormone estrogen. They are thought to exert estrogen-like activity in the body, thus helping regulate the normal hormonal fluctuation that occurs during menopause.

## Who Might Benefit from Menopause Balance Complex\*?

- Women, usually between 45 and 55 years of age, who are experiencing changes associated with the transitional period of menopause, such as hot flashes, mood swings, and insomnia.
- Younger women who have undergone induced menopause due to surgery or other causes and are experiencing changes associated with the transitional period of menopause, such as hot flashes, mood swings, and insomnia.

## How Does Menopause Balance Complex\* Work?

Phytoestrogens or plant estrogens like those in Menopause Balance Complex are believed to produce clinical benefits during menopause by influencing hormone-regulatory mechanisms. During menopause, when hormones fluctuate, plant estrogens can bind to estrogen receptors on the surface of many cells of the body, thereby exerting a mild estrogen-like effect.



## How Do I Use Menopause Balance Complex\*?

The recommended daily serving of Menopause Balance Complex\* is two capsules daily.

Two Menopause Balance Complex\* softgel capsules supply a concentrated source of these beneficial phytonutrients and phytoestrogens:

<b>Black Cohosh Extract</b> (standardized to contain 2.5% total triterpene glycosides as 27-deoxyactein)	80 mg
<b>Soy Isoflavones</b>	30 mg
<b>Flaxseed Extract</b>	333 mg
<b>Flaxseed Oil</b>	600 mg
<b>Phytofem® Enhanced Proprietary Blend</b>	100 mg
Dong Quai Extract	
Red Clover Extract	
Licorice Extract	

**ShakleeGuard®** to ensure product freshness

A daily serving of Menopause Balance Complex supplies 30 mg of isoflavones (genistein, daidzein, and glycitein), compounds that are currently the subject of scientific research for their role in the many health benefits associated with soy.

Menopause Balance Complex, taken along with a serving of either Energizing Protein or Shaklee Instant Protein® Soy Mix, easily provides the level of isoflavones showing promise in supporting hormonal balance during menopause.

## What Are the Phytoestrogens in Menopause Balance Complex\*?

Black cohosh contains compounds that appear to act on the hypothalamus and vasomotor centers of the brain, areas that help regulate bodily functions such as temperature control, sleep patterns, and a sense of emotional well-being.\*

Phytoestrogens present in soy and flaxseed may also influence a woman's transition to menopause because these compounds are similar in chemical structure to the estrogen produced by the body.\*

Menopause Balance Complex\* also provides phytoestrogens from dong quai, red clover, and licorice.

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The combination of these actions appears to be beneficial, and Menopause Balance Complex\* provides these amazing plant-based compounds in a concentrated, convenient form.

### **More about Black Cohosh**

A member of the buttercup family and a native American plant, black cohosh is one of the best-researched herbs for use during menopause.

Used by Native Americans for hundreds of years, it has been intensely studied in Europe for more than 40 years as a natural means of regulating hormonal balance during menopause.

Recent European clinical studies of this valuable herb have shown that black cohosh has several chemical actions relevant to menopausal events:

- The complex chemicals triterpenes and flavonoids are believed to act on the pituitary gland located at the base of the brain to suppress the secretion of luteinizing hormone (LH). High levels of LH in the blood are often associated with menopause.
- Other compounds have been found to bind to estrogen receptors on the surface of many cells in the body, producing “estrogen-like” activity.
- Still other compounds in the plant promote mild relaxation.

This herb is used widely in Germany to help regulate hormonal balance during menopause. Taken as directed, Menopause Balance Complex\* provides the amount recommended by the German Commission E. Menopause Balance Complex\* contains an extract of black cohosh (standardized to contain 2.5% total triterpene glycosides as 27-deoxyactein), believed to be an important marker compound for the herb.

### **More about Soy Isoflavones**

Current evidence indicates that increasing your intake of plant-based foods that are good sources of phytoestrogens provides many potential benefits. Soy is naturally high in these important plant compounds and the most common source of them in our diets. The class of phytoestrogens found in soy is called isoflavones; the two major isoflavones found in the human body are genistein and daidzein. For the menopausal woman, soy has particular interest, as it is studied for both its apparent beneficial effect during menopause, as well as for bone-building and maintaining healthy cholesterol levels.

Evidence of the value of **isoflavones** in **menopausal stages** comes in part from studying women in countries where consumption of soy is high. In Asia, where consumption of isoflavones from a variety of soy foods is estimated to be in the range of 20–80 mg per day, women report a **smoother transition** through **menopause** than women in Western cultures, where soy is consumed only at about 1–3 mg per day.

### **More about Flaxseed**

Whole grains are universally recommended as an important part of the diet. They are valuable sources of nutrients that are sometimes in short supply in our diets, including fiber, trace minerals, certain vitamins, and compounds such as antioxidants and phytoestrogens.

Flaxseed, also known as linseed, is one of the most valuable whole-grain sources of a class of phytoestrogens called lignans. Like soy isoflavones, these lignans are structurally similar to endogenous estrogen (that found in the human body) and can bind to estrogen receptors, thereby exerting an estrogen-like effect.

Researchers believe that lignans may be one of the compounds in grains that account for some of the protective properties of vegetarian diets.

The amount of flaxseed extract provided in a daily serving of Menopause Balance Complex\* is equivalent to about 2 g of whole flaxseed, a concentrated source in a convenient form.

### **More about Shaklee’s Unique Proprietary Blend of Traditional Phytoestrogens...**

**Dong quai** — One of the best-known Chinese herbs, dong quai has been widely used in combination with other herbs such as a uterine tonic. The roots, harvested after a three-year cultivation, are rich in a number of chemical constituents, such as essential oils, coumarins, and flavonoids.

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**Red clover** — A plant that grows throughout the United States, Europe, and northern Asia, the blossoms of red clover contain phytoestrogens similar to those found in soy. The isoflavones formononetin, biochanin A, daidzein, and genistein are present and have been found to exert estrogen-like activity.

**Licorice** — Along with dong quai, licorice root has a long history of use dating back thousands of years in Asian culture. It, too, has been found to be a source of phytoestrogens.

## Menopause Balance Complex\*

- A unique blend of well-researched ingredients known to provide nutritional support for hormonal balance during the transitional period of menopause, only Menopause Balance Complex contains a unique combination of black cohosh, soy isoflavones, flaxseed, and a proprietary phytoestrogen blend of dong quai, red clover, and licorice.\*
- No artificial colors or flavors.
- No synthetic preservatives.

## Shaklee Products of Particular Interest to Women During Menopause:

- Shaklee Basics®
- Energizing Soy Protein
- Super Cal Mag Plus
- Chewable Cal Mag Plus
- GLA Complex
- Optiflora® Complex System

## Try These Other Great Shaklee Products:

- Joint Health Complex\*
- MoodLift® Complex\*
- Mental Acuity Plus™
- Gentle Sleep Complex\*

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If for any reason a Shaklee product is not satisfactory, return it to your Shaklee Independent Distributor or Shaklee Corporation for exchange or a full refund.



For more information, visit [www.shaklee.com](http://www.shaklee.com).

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