

DIGESTIVE HEALTH SOLUTIONS*

DIETARY SUPPLEMENT PACK

PROACTIVE ANSWERS FOR OPTIMUM DIGESTIVE FUNCTIONING



Digestive Health solutions brings together five products that provide comprehensive support for promoting a healthy digestive system—from helping you digest tough and starchy foods with beneficial bacteria to keeping you regular with soluble and insoluble fibers. This group of products also offers a laxative, sourced from nature and designed to encourage your body's natural cleansing process.*

CHALLENGE

For overall good health, we need a healthy digestive system. To keep it in top form, we need adequate amounts of soluble and insoluble dietary fibers, and trillions of microflora, helpful bacteria that “feed” on undigested dietary fiber. All too often, however, our hectic schedules, lifestyle choices, and personal preferences translate into less-than-perfect digestive functioning and gastrointestinal distress, such as feeling bloated and gassy. Research also suggests that with age, prebiotic and probiotic microflora diminish in both men and women. In the short term, you may feel like reaching for relief, but for long-term digestive health, you need a plan of action. To help with this challenge, Shaklee offers Digestive Health Solutions designed to boost overall digestive health.

DIGESTIVE HEALTH SOLUTIONS*

This Health Solutions pack provides comprehensive dietary supplements that promote healthy digestion*:

- Five levels of support for short- and long-term digestive and colon health*
- Beneficial microflora, plus prebiotic support from inulin to promote a healthy colon and immune system*
- Soluble and insoluble fibers.

WHO MIGHT BENEFIT FROM DIGESTIVE HEALTH SOLUTIONS?

Men who:

- Those who eat a typical American diet, which is high in fat and animal protein and low in fiber
- Those who experience occasional stomach upsets, such as bloating and gas, due to poor digestion*
- Those looking for a convenient way to add and maintain a normal, healthy balance of intestinal microflora.*

HOW SHOULD DIGESTIVE HEALTH SOLUTIONS BE USED?

Except for Herb-Lax, which should be used only occasionally, each of the products is designed to be taken daily with meals to promote and support long-term digestive and colon health. Fiber Plan® Daily Crunch™ is versatile and can be added to many of your favorite foods. EZ-Gest is useful for those who have trouble digesting fat-laden meals or fibrous vegetables and starchy legumes that cause flatulence.*

Each Digestive Health Solutions includes:

- **EZ-Gest®**
*Natural, comprehensive support for better digestion**
 - Uses plant enzymes to help the body absorb critical nutrients
 - Aids digestion of “troublesome” foods, such as dairy products, legumes and fibrous vegetables that cause gas, proteins, starchy carbohydrates, and fats*
 - Helps eliminate that bloated and gassy feeling



Digestive Health Solutions

#81385



- **Optiflora® Probiotic Complex**

*Necessary bacteria that help maintain healthy digestive balance, each and every day**

- Provides supportive populations of bifidus and acidophilus, helping to boost the body's natural defenses
- Triple-layered capsule withstands acidic stomach environments, ensuring delivery of more than 1/2 billion live, "friendly" microflora to the small intestines
- Works synergistically with prebiotics to help beneficial bacteria flourish in the intestinal tract—where they're needed most

- **Optiflora® Prebiotic Complex**

*Nutrients that selectively nourish friendly bacteria in the colon**

- Proprietary formula blends inulin, fructooligosaccharides (FOS), and Jerusalem artichoke flour. The gamma tocopherol is a nutrient associated with a healthy colon.
- Works with probiotics to help maintain levels of beneficial bacteria and microflora.

- **Herb-Lax**

*A natural, dietary supplement for relief from occasional irregularity**

- Gentle, fast-acting, and promotes the body's natural cleansing processes*
- Proprietary blend includes senna leaf, a centuries-old botanical, used as natural laxative*
- Eight complementary botanicals, sourced from anise and fennel seeds, and alfalfa, licorice, and rhubarb roots, among others

- **Fiber Plan® Daily Crunch™**

*Promotes heart and colon health, good digestion, and regularity**

- Each 1/4 cup serving supplies 20 percent of the recommended daily dietary fiber (based on a 2,000 calorie diet) and two grams each of soluble and insoluble fiber. Convenient to use. Sprinkle on yogurt, cereals, or salads. Or add to your favorite bread, muffin, or other recipes. Low in fat and cholesterol free.

SCIENTIFIC EVIDENCE IN SUPPORT OF THE INGREDIENTS IN DIGESTIVE HEALTH SOLUTIONS

- Based on tests, Optiflora® Probiotic Complex does not deteriorate in acidic stomach environments. The triple layer coating protects the microflora until they are released in the small intestines for maximum effect.
- As part of a diet low in fat, soluble and insoluble fibers promote the health of both the heart and colon, and help to keep normal cholesterol levels where they should be.*
- The psyllium in Fiber Plan® Daily Crunch™ absorbs excess water while stimulating normal bowel movements.*

COMPLEMENTARY SHAKLEE PRODUCTS FOR SHAKLEE MEN'S HEALTH PACK

- **Essential Foundation** — Provides comprehensive vitamins, minerals, and essential amino acids — #59073 (Natural Vanilla without Iron), #59074 (Creamy Cocoa without Iron)
- **Powerful Antioxidant Solutions: FlavoMax™ and CarotoMax®** — A nutritional cornucopia—in a supplement. Phytonutrients for cutting-edge protection against free radicals* — #59083
- **Stomach Soothing Complex*** — When stomach upsets threaten to stop you in your tracks, reach for this blend of gentle but effective herbs, some of which have been used for centuries to quell queasiness* — #20601
- **Super Cal Mag Plus** — Our most potent formulation, delivering 1,200 mg of calcium. — #20656 (180 tablets) / #20658 (540 tablets)

Digestive Health Solutions is one of nine product packs, each targeted for a particular health matter. Each ingredient contained in Health Solutions is thoroughly researched and tested with optimal health in mind. To learn more about Digestive Health Solutions and other targeted product packs, visit Shaklee.com.



Put AutoShip to work for you! AutoShip is the easiest and most convenient way to ensure that your targeted product pack arrives on time. All you do is sign up and your products are automatically delivered to you. Sign up AutoShip today. Visit Shaklee.com for more details.

Each product in the Digestive Health Solutions is backed by the 100% Shaklee Guarantee.

* 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.

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.

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