



Nutritional Deficiency Symptoms in Women

Splitting nails	Mental confusion	Ridges in nails
Blue nails	White spots on nails	Paleness of skin
Skin problems	Headaches	Dull, lifeless hair
Hair loss	Premature aging	Sores at corner of mouth
Poor muscle tone	Fatigue	Mood swings
Irritability	Nervousness	Depression
Faintness, dizziness	Bleeding gums	Bruise easily
Low resistance	Cold hands & feet	Muscle twitching
Fluid retention	Digestive distress	Constipation
Cravings for junk food	Menstrual disorders	PMS
Anxiety attacks	Headaches	Dry hands (bleeding, cracking)
Cramps	Insomnia	

Basic Shaklee Nutrition Program for Women

Vita-Lea Multi-vitamin, B-Complex, Vita-C, Energizing Soy, Calcium

Nutritional Deficiency Symptoms in Children

Bedwetting	Persistent colds	Hyperactivity
Recurring nose bleeds	Mouth breathing	Headaches
Fatigue	Recurring ear problems	Irritability
Chronic winter coughs	Dark circles under eyes	Leg/muscle aches
Paleness of skin	Allergies	Puffiness in face
Constipation	Diarrhea	Poor school performance
Wheezing	Spots on tongue	Twitchiness
Stomach aches	Excessive sweating	Stuffy nose
Poor attention span	Picky eater	

Basic Shaklee Nutrition Program for Children

Vita-Lea (for Children or Infants and Toddlers), Chewable Vita-C, Chewable Calcium, Premium Garlic and/or Alfalfa, Meal Shakes

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