



Shaklee 180® Program

Get leaner and healthier

Imagine getting fit for life. Here's the "lite" at the end of your tunnel. The Shaklee 180 Program is the beginning of your journey to a leaner and healthier you.

For healthy weight loss, it isn't just about calories and exercise – you need the right nutrition and the right support tools. Powered by Leucine®, our clinically tested products help you keep muscle you have, burn fat you don't need, and lose inches you don't want. It's real science with real results.

THE SHAKLEE DIFFERENCE™



The power of nature,
unleashed by science.
Safe. Proven. Guaranteed.

At Shaklee, we're committed to innovating through science and looking to nature for the answers that can provide healthier lives. We ensure the highest quality and safety standards, exceeding most standards set for purity by the United States Pharmacopeia. (USP).

All Life Shakes™ and bars:



Have absolutely no artificial flavours, sweeteners, colours, or preservatives added



Are low glycemic



Use non-GMO protein sources



Are gluten free



Are vegan (or vegetarian)

A SIMPLE HEALTHY WEIGHT PROGRAM FOR YOU

Here's a snapshot of your day:

BREAKFAST



LIFE SHAKE™ OR
MEAL-IN-A-BAR
+
METABOLIC BOOST

LUNCH



LIFE SHAKE™ OR
MEAL-IN-A-BAR
+
METABOLIC BOOST

SNACK



SHAKLEE 180 SNACK BAR

DINNER



BALANCED MEAL
+
METABOLIC BOOST

Shaklee 180® Program

Get leaner and healthier

The Shaklee 180 Program includes:

Life Shake™

Our most delicious, clinically proven shake

- The foundation of the Shaklee 180 Program
- **Packed with Shaklee-powered protein:** 20 grams of ultra-pure, non-GMO protein per serving
- Contains added leucine, an essential amino acid that helps build and maintain muscle mass so that you **burn fat and not muscle**
- Features added digestive enzymes to provide comfort
- Fibre rich; each serving supplies 6 grams of dietary fibre to help keep you feeling full longer
- Available in up to four delicious flavours: Vanilla, Chocolate, Strawberry, and Café Latte
- Available in soy and plant protein formulas, with or without stevia



Shaklee 180® Meal-in-a-Bar

A convenient meal in your pocket

- Powered by Leucine®
- Each bar delivers 18–20 grams of non-GMO protein and 6–7 grams of dietary fibre to help keep you feeling full longer
- Available in three delicious flavours: Peanut Butter & Chocolate Chip, Blueberry & Almond Crisp, and White Chocolate Cinnamon

Metabolic Boost

Helps burn calories naturally

- A special blend with calorie-burning, clinically proven EGCG (from green tea)
- Helps provide support for healthy blood glucose levels, which, in turn, may help keep your energy up and your food cravings down

ORDER NOW

#79280

Shaklee 180® Turnaround Kit

Member Price: \$271.80 | Point Value: 172.65

#79426

Shaklee 180® Starter Kit

Member Price: \$194.05 | Point Value: 129.45

Shaklee 180® Program

Get leaner and healthier

Shaklee 180® Snack Bar

A sweet, guilt-free treat

- Powered by Leucine®
- Each bar delivers 9–10 grams of non-GMO soy protein and 3 grams of dietary fibre to help keep you feeling full longer
- Available in four delicious flavours: Crunchy Peanut Butter, Toffee & Chocolate Crunch, Cherry & Almond, and Chocolate & Coconut
- Also available in an Assortment Pack: 3 each of Toffee & Chocolate Crunch and Crunchy Peanut Butter, and 2 each of Cherry & Almond and Chocolate & Coconut



Shaklee 180® Snack Crisps

A satisfying, savoury snack

- Each serving delivers 6 grams of non-GMO soy protein to help keep hunger away and cravings under control

What's
in Your
Breakfast?



Starbucks® Classic Coffee Cake and Almond Milk Latte, Grande (473 mL/16 U.S. oz)		Shaklee 180® Vanilla Plant Protein Life Shake® with 296 mL/10 oz Cold Water	
490	CALORIES	140	
22 g	TOTAL FAT	3.5 g	
8 g	PROTEIN	20 g	

Life Shake and the additional meal listed in this chart provide nutrients beyond those listed. Detailed nutritional values for Life Shake can be found on the label. The nutrition information for the other meal listed above was obtained from the official Website of the above company on November 20, 2018. All trademarks are the property of their respective owners.

*Before taxes.

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SHAKLEE 180 PROGRAM RESOURCES

- Shaklee Members have exclusive access to the Shaklee 180 Resources at ca.shaklee.com/shaklee-180-resources, which includes everything you need to succeed. Ask your Shaklee Distributor for more information.
- Visit our blog, *Naturally* – Your Resource for a Healthier Life for healthy meal and shake recipes, along with lifestyle and nutrition information.

GET FIT FOR LIFE WITH SHAKLEE

For continuing nutritional support after you reach your healthy weight goal, choose from one of the following plans to help you stay fit for life:



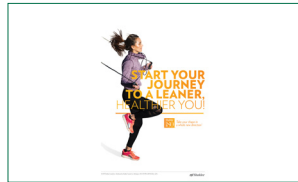
Life Plan: our best, most comprehensive nutritional system ever. Feel better in 30 days – we guarantee it! – with this combination of non-GMO protein and nutrients that are clinically proven to help provide the foundation for a healthier life. Features Life Shake™ and Life-Strip.



Vitalizing Plan: advanced nutrition for optimal health.

Feel healthier every day with this plan, which features Vitalizer™ and Life Shake.

LEARN MORE



Shaklee 180 Program Guide



Life Shake Product Sheet



Shaklee 180 FAQs



Shaklee 180 Success Stories



Meal Comparison Graphic

Shaklee 180® Program

Get leaner and healthier

Shaklee 180 Snack Bar – Crunchy Peanut Butter



Serving size: 1 bar	31 g
Servings per container	10
Amount per Serving	
Calories	130
Calories from fat	25
Amount Per Serving / % Daily Value*	
Total fat	3 g / 5%
Saturated fat	0.5 g / 3%
+ <i>Trans</i> fat	0 g
Cholesterol	0 mg / 0%
Sodium	190 mg / 8%
Potassium	100 mg / 3%
Total carbohydrate	15 g / 5%
Dietary fibre	3 g / 12%
Sugars	10 g
Protein	10 g / 20%

% Daily Value				
Vitamin A	0%	•	Niacin	25%
Vitamin C	0%	•	Vitamin B ₆	25%
Calcium	4%	•	Folate	25%
Iron	6%	•	Vitamin B ₁₂	25%
Thiamine	25%	•	Biotin	25%
Riboflavin	25%	•	Pantothenic acid	25%

*Percent Daily Values are based on a 2,000 calorie diet.

CRUNCHY PEANUT BUTTER INGREDIENTS: SOY PROTEIN CRISP (SOY PROTEIN ISOLATE, TAPIOCA FLOUR, SALT), PEANUT FLOUR, FRUCTOSE SYRUP, FRUCTOSE, PEANUT BUTTER, BROWN RICE SYRUP, HONEY, GLYCERIN, INULIN, L-LEUCINE, ACACIA GUM, GUAR GUM, NATURAL FLAVOUR, MEDIUM CHAIN TRIGLYCERIDES, SALT, NIACINAMIDE, CALCIUM PANTOTHENATE, VITAMIN B₆, RIBOFLAVIN, THIAMINE MONONITRATE, FOLIC ACID, BIOTIN, VITAMIN B₁₂.

Shaklee 180 Snack Crisps



	Sea Salt
Serving size: 1 bag	25 g
Servings per container	10
Amount per Serving / % Daily Value*	
Calories	100
Calories from fat	30
Total fat	3 g / 5%
Saturated fat	0 g / 0%
+ <i>Trans</i> fat	0 g
Cholesterol	0 mg / 0%
Sodium	200 mg / 8%
Potassium	250 mg / 7%
Total carbohydrate	13 g / 4%
Dietary fibre	2 g / 8%
Sugars	0 g
Protein	6 g

% Daily Value*			
Vitamin A	0%		
Vitamin C	0%		
Calcium	2%		
Iron	8%		

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: POTATO STARCH, DEFATTED SOY FLOUR, SOY PROTEIN CONCENTRATE, HIGH OLEIC SUNFLOWER OIL, CANOLA OIL, AND SEA SALT.

Shaklee 180 Meal-in-a-Bar – Peanut Butter & Chocolate Chip



Serving size: 1 bar	70 g
Servings per container	7
Amount per Serving	
Calories	270
Calories from fat	60
Amount per Serving / % Daily Value*	
Total fat	7 g / 11%
Saturated fat	2.5 g / 13%
+ <i>Trans</i> fat	0 g
Cholesterol	0 mg / 0%
Sodium	400 mg / 17%
Potassium	150 mg / 4%
Total carbohydrate	32 g / 11%
Dietary fibre	6 g / 24%
Sugars	19 g
Protein	20 g / 40%

% Daily Value				
Vitamin A	20%	•	Biotin	35%
Vitamin C	35%	•	Pantothenic Acid	45%
Calcium	35%	•	Phosphorus	35%
Iron	25%	•	Iodine	35%
Vitamin D	45%	•	Magnesium	40%
Vitamin E	35%	•	Zinc	40%
Thiamine	40%	•	Selenium	45%
Riboflavin	60%	•	Copper	35%
Niacin	35%	•	Manganese	35%
Vitamin B ₆	40%	•	Chromium	80%
Folate	40%	•	Molybdenum	35%
Vitamin B ₁₂	50%	•	Chloride	8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

PEANUT BUTTER & CHOCOLATE CHIP INGREDIENTS: SOY PROTEIN CRISP (SOY PROTEIN ISOLATE, TAPIOCA FLOUR, SALT), FRUCTOSE SYRUP, SEMISWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, DEXTROSE, SOY LECITHIN), HONEY, ACACIA GUM, SHAKLEE 180 PROPRIETARY PROTEIN BLEND (SOY PROTEIN ISOLATE, L-LEUCINE, RICE PROTEIN CONCENTRATE), BROWN RICE SYRUP, ROASTED PEANUTS, PEANUT BUTTER, GLYCERIN, PEANUT FLOUR, ROLLED OATS, GUAR GUM, DICALCIUM PHOSPHATE, SOY LECITHIN, SALT, MAGNESIUM OXIDE, OAT FLOUR, ASCORBIC ACID, COPPER GLUCONATE, NIACINAMIDE, VITAMIN E ACETATE, FERROUS FUMARATE, BIOTIN, ZINC OXIDE, CALCIUM PANTOTHENATE, VITAMIN A PALMITATE, RIBOFLAVIN, VITAMIN B₆, MANGANESE SULFATE, THIAMINE MONONITRATE, VITAMIN D, CHROMIUM NICOTINATE, MOLYBDENUM AMINO ACID CHELATE, POTASSIUM IODIDE, SODIUM SELENITE, VITAMIN B₁₂, FOLIC ACID.

Metabolic Boost



Serving size: 3 tablets	Servings per container: 30
Medicinal ingredients:	
Green tea extract	150 mg
Calcium (calcium phosphate dibasic)	60 mg
Evodia (<i>Euodia ruticarpa</i>) fruit extract (5:1)	10 mg
Banaba (<i>Lagerstroemia speciosa</i>) leaf extract (180:1)	0.6 mg
Chromium (chromium polynicotinate)	133 mcg
Vanadium (sodium metavanadate)	33.3 mcg

NON-MEDICINAL INGREDIENTS: CELLULOSE GUM, CROSCARMELLOSE SODIUM, DEXTRIN, DEXTROSE, MAGNESIUM STEARATE, MICROCRYSTALLINE CELLULOSE, PURPLE CORN EXTRACT, SILICON DIOXIDE, SODIUM CITRATE, SOY LECITHIN.

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Life Shake – Vanilla



Serving size / Servings per container:	Soy Protein		Plant Protein	
	Amount Per Serving (dry mix)	% Daily Value*	Amount Per Serving (dry mix)	% Daily Value*
2 scoops (35 g) / 15			2 scoops (36 g) / 15	
Calories	130		140	
Calories from Fat	30		30	
Total Fat	3 g	5%	3.5 g	6%
Saturated fat	0 g	0%	0.5 g	3%
Trans fat	0 g		0 g	
Polyunsaturated fat	0.5 g		1.5 g	
Monounsaturated fat	1 g		1 g	
Cholesterol	0 mg	0%	0 mg	0%
Sodium	320 mg	13%	320 mg	13%
Potassium	250 mg	7%	50 mg	1%
Total Carbohydrate	8 g	3%	10 g	3%
Dietary fibre	6 g	24%	6 g	24%
Total sugars	<1 g		<1 g	
Added sugars	0 g		0 g	
Protein	20 g	40%	20 g	40%

	% Daily Value*	% Daily Value*
Vitamin A	10%	10%
Vitamin C	35%	35%
Calcium	20%	20%
Iron	15%	20%
Vitamin D	35%	35%
Vitamin E	35%	35%
Thiamine	35%	35%
Riboflavin	35%	35%
Niacin	35%	35%
Vitamin B ₆	35%	35%
Folate	35%	35%
Vitamin B ₁₂	35%	35%
Biotin	35%	35%
Pantothenic Acid	35%	35%
Phosphorus	30%	30%
Magnesium	25%	25%
Zinc	35%	35%
Selenium	35%	35%
Copper	35%	35%
Manganese	35%	35%
Chromium	80%	80%
Molybdenum	35%	35%
Chloride	8%	0%

*Per cent Daily Values (DV) are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. These are current U.S. Daily Values.

INGREDIENTS (SOY): SHAKLEE PROPRIETARY PROTEIN BLEND (SOY PROTEIN CONCENTRATE, SOY PROTEIN ISOLATE, L-LEUCINE, ORGANIC PUMPKIN SEED PROTEIN, ORGANIC CHIA SEED PROTEIN), OAT FIBRE, SUNFLOWER OIL POWDER, PROPRIETARY VITAMIN AND MINERAL BLEND (DICALCIUM PHOSPHATE, POTASSIUM CHLORIDE, MAGNESIUM OXIDE, VITAMIN D₂ FROM *AGARICUS BISPORUS* ORGANIC MUSHROOM POWDER, ASCORBIC ACID, SELENIUM YEAST, D-ALPHA-TOCOPHERYL ACETATE, MOLYBDENUM YEAST, NIACINAMIDE, ZINC OXIDE, COPPER GLUCONATE, CALCIUM PANTOTHENATE, VITAMIN A PALMITATE, VITAMIN B₁₂, MANGANESE SULPHATE, CHROMIUM NICOTINATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMINE MONONITRATE, FOLIC ACID, BIOTIN), MILLED GOLDEN FLAXSEED, NATURAL FLAVOUR, ORGANIC ANCIENT GRAINS BLEND (ORGANIC AMARANTH, ORGANIC BUCKWHEAT, ORGANIC MILLET, ORGANIC QUINOA, ORGANIC CHIA), REBAUDIANA A (STEVIA EXTRACT) (LEAF), DIGESTIVE ENZYME BLEND (PAPAIN, BROMELAIN). **(PLANT):** SHAKLEE PROPRIETARY PROTEIN BLEND (PEA PROTEIN, L-LEUCINE, ORGANIC CHIA SEED PROTEIN, ORGANIC PUMPKIN SEED PROTEIN), OAT FIBRE, MILLED GOLDEN FLAXSEED, ORGANIC ANCIENT GRAINS BLEND (ORGANIC AMARANTH, ORGANIC BUCKWHEAT, ORGANIC MILLET, ORGANIC QUINOA, ORGANIC CHIA), PROPRIETARY VITAMIN AND MINERAL BLEND (DICALCIUM PHOSPHATE, MAGNESIUM OXIDE, VITAMIN D₂ FROM *AGARICUS BISPORUS* ORGANIC MUSHROOM POWDER, SELENIUM YEAST, D-ALPHA-TOCOPHERYL ACETATE, MOLYBDENUM YEAST, NIACINAMIDE, ZINC OXIDE, COPPER GLUCONATE, CALCIUM PANTOTHENATE, VITAMIN A PALMITATE, VITAMIN B₁₂, MANGANESE SULPHATE, CHROMIUM NICOTINATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMINE MONONITRATE, FOLIC ACID, BIOTIN), NATURAL FLAVOUR, SUNFLOWER OIL POWDER, REBAUDIANA A (STEVIA EXTRACT) (LEAF), DIGESTIVE ENZYME BLEND (PAPAIN, BROMELAIN).

Life Shake – Stevia-Free Soy Protein, Vanilla



Serving size: 2 scoops (45 g)
Servings per container: 15

	Amount Per Serving (dry mix)	% Daily Value*
Calories	170	
Calories from Fat	30	
Total Fat	3 g	5%
Saturated fat	0 g	0%
Trans fat	0 g	
Polyunsaturated fat	0.5 g	
Monounsaturated fat	1 g	
Cholesterol	0 mg	0%
Sodium	320 mg	13%
Potassium	250 mg	7%
Total Carbohydrate	18 g	6%
Dietary fibre	6 g	24%
Total sugars	10 g	
Added sugars	10 g	
Protein	20 g	40%

	% Daily Value*
Vitamin A	10%
Vitamin C	35%
Calcium	20%
Iron	15%
Vitamin D	35%
Vitamin E	35%
Thiamine	35%
Riboflavin	35%
Niacin	35%
Vitamin B ₆	35%
Folate	35%
Vitamin B ₁₂	35%
Biotin	35%
Pantothenic acid	35%
Phosphorus	30%
Magnesium	25%
Zinc	35%
Selenium	35%
Copper	35%
Manganese	35%
Chromium	80%
Molybdenum	35%
Chloride	8%

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INGREDIENTS: SHAKLEE PROPRIETARY PROTEIN BLEND (SOY PROTEIN CONCENTRATE, SOY PROTEIN ISOLATE, L-LEUCINE, ORGANIC PUMPKIN SEED PROTEIN, ORGANIC CHIA SEED PROTEIN), NATURAL CANE SUGAR, OAT FIBRE, SUNFLOWER OIL POWDER, PROPRIETARY VITAMIN AND MINERAL BLEND (DICALCIUM PHOSPHATE, POTASSIUM CHLORIDE, MAGNESIUM OXIDE, VITAMIN D₂ FROM *AGARICUS BISPORUS* ORGANIC MUSHROOM POWDER, ASCORBIC ACID, SELENIUM YEAST, D-ALPHA-TOCOPHERYL ACETATE, MOLYBDENUM YEAST, NIACINAMIDE, ZINC OXIDE, COPPER GLUCONATE, CALCIUM PANTOTHENATE, VITAMIN A PALMITATE, VITAMIN B₁₂, MANGANESE SULPHATE, CHROMIUM NICOTINATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMINE MONONITRATE, FOLIC ACID, BIOTIN), MILLED GOLDEN FLAXSEED, NATURAL FLAVOUR, ORGANIC ANCIENT GRAINS BLEND (ORGANIC AMARANTH, ORGANIC BUCKWHEAT, ORGANIC MILLET, ORGANIC QUINOA, ORGANIC CHIA), DIGESTIVE ENZYME BLEND (PAPAIN, BROMELAIN).