



FREQUENTLY ASKED QUESTIONS

7-Day Healthy Cleanse

WHY SHOULD I DO A CLEANSE?

The 7-Day Healthy Cleanse is designed to:

- Improve focus and energy**
- Enhance mood and sleep quality**
- Support detox and healthy digestion**
- Jump-start weight loss and reduce cravings**

HOW OFTEN SHOULD I DO A CLEANSE?

The recommended use of the 7-Day Healthy Cleanse is up to 2-3 times a year. You should generally space these out to allow 4 months between cleanses. Ideally, we hope people will embrace following the Shaklee 180® program for weight loss and continue the healthy habits that come from doing the Cleanse.

WILL I BE HUNGRY? AND WHAT IF I'M FEELING LOW IN ENERGY?

You may need to increase your water intake and be sure you are eating at least every two hours. You may also need to eat more vegetables and fruits. Protein is not a standard part of the Cleanse. For those who continue to struggle with hunger, try increasing water intake and consuming a larger volume or more frequent intake of fruits and vegetables. If necessary, added protein options such as a scoop of Life Shake™ in a smoothie, a hard-boiled egg, or a 4-oz. piece of baked chicken are acceptable.

WILL I LOSE WEIGHT AND/OR INCHES ON THE CLEANSE?

The biggest reason to do a cleanse (besides weight loss) is to improve eating habits and food choices. The average weight loss in a pilot study was a little over 6 pounds and an inch around the waist.‡

CAN I CONTINUE WITH MY CURRENT SHAKLEE SUPPLEMENTS?

Yes, you may continue with your daily Shaklee supplements throughout the Cleanse. With the exception of Alfalfa Complex, do not overlap on supplements included in the Healthy Cleanse (i.e., Optiflora® DI or Optiflora® Pearl, Herb-Lax®, and Liver DTX® Complex).

SHOULD I CONTINUE WITH MY CURRENT WORKOUT DURING THE CLEANSE?

We suggest light exercise only during the 7-day Cleanse period.

I'M ON PRESCRIPTION MEDICATIONS. CAN I DO THIS CLEANSE?

If you are under the care of a physician and/or taking prescriptions, consult with your physician or pharmacist before beginning the 7-Day Healthy Cleanse.

CAN I DO THE CLEANSE IF I HAVE DIABETES?

Please discuss the Cleanse with your physician prior to doing the Cleanse, especially regarding blood sugar management if using insulin or any diabetes medications.

CAN I DO THIS CLEANSE WHILE PREGNANT OR BREASTFEEDING?

No.

I HAVE A LOT OF DIGESTIVE ISSUES. SHOULD I CONSIDER THIS CLEANSE?

If you have been diagnosed with serious digestive system disorders, such as Crohn's disease, ulcerative colitis, or peptic ulcer disease, have other disorders, or have had weight loss surgery, talk to your physician prior to doing the Cleanse.

I'M EXPERIENCING CAFFEINE WITHDRAWAL/HEADACHE. WHAT SHOULD I DO?

Add some caffeine back into your regimen—try a cup of Shaklee 180® Energizing Tea.

WHAT IF I SKIP A SERVING OF SUPPLEMENTS?

If you remember within 2 hours, take them at that time; otherwise, it is ok to skip one packet.

WHAT IF I EXPERIENCE DIARRHEA?

This is unlikely, but if severe or persistent, you may need to stop the program.

WHAT IF I EXPERIENCE CONSTIPATION?

This is unlikely, but if you do, increase water intake throughout the day.

HOW OFTEN SHOULD I WEIGH AND MEASURE?

It is recommended that you weigh and measure at the beginning of the Cleanse and at the end of the Cleanse.

WHAT SHOULD I MEASURE?

Waist and hips.

IS THE HEALTHY CLEANSE VEGAN?

Yes.

*Based on a 7-day pilot study conducted by three Shaklee Distributors—a medical doctor and two nutritionists—in collaboration with Shaklee Medical Affairs. The study did not include protein.

‡When plan is followed as directed over a 7-day period.

*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.