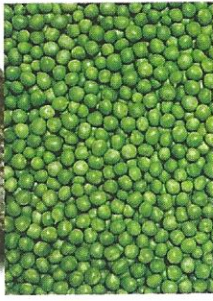


Free Membership with Vitalizer

Get a free Shaklee membership (a \$19.95 value)
and save 15% on future purchases.



Boron
in 1½ avocados



Folic acid
in 4 cups
of cooked
green peas



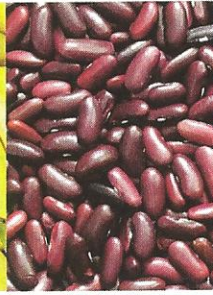
Niacin
in 5 chicken
breasts



Riboflavin
in 19 cups of
plain yogurt



Vitamin B₆
in 17 bananas



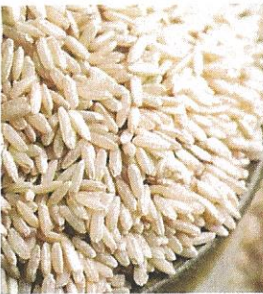
Zinc
in 3¾ cups of
kidney beans



Copper
in 2 cups of
cooked lentils



Phosphorus
in 1 cup
of cooked
soybeans



Selenium
in 3¾ cups of
brown rice



Beta carotene
in 1½ cups of
raw spinach



**Berry Seed
Extract**
in seeds from
1 cup of fresh
berries

(This is a weight-based
equivalent, not nutrient
based)



**Lutein +
zeaxanthin**
in 16 spears
of asparagus

How Do Your Vitamins Stack Up?

55 years of nutritional
science in one daily
serving

12 Based on 12 clinical
studies

12 patents and patents
pending

0 added artificial flavors,
sweeteners, or
preservatives

1,000+ quality tests
every time
Vitalizer™
is made

80 bio-optimized
nutrients

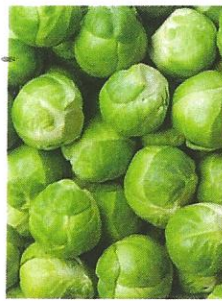


1 Convenient Vita-Strip™
Exclusive benefits in one easy
daily serving of Vitalizer

All In One Vita-Strip™

With our busy lifestyles, we know making healthful food choices every single day is virtually impossible. That's why we packed plenty of good nutrition into a daily serving of Vitalizer.

For each of the nutrients shown below, here is what you would have to eat to get the same amount found in one daily serving of Vitalizer†:



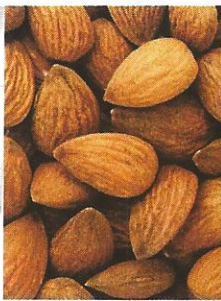
**Vitamin A
in 1 cup of
Brussels
sprouts**



**Vitamin C
in 7 medium
oranges**



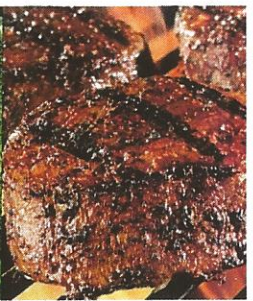
**Vitamin D
in 8 cups
of fortified
milk**



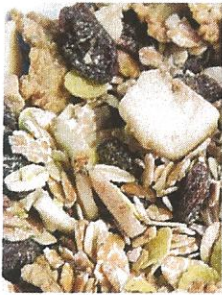
**Vitamin E
in 27 servings
of dry-roasted
almonds‡**



**Vitamin K
in 1 cup of
broccoli**



**Vitamin B₁₂
in 15 servings of
top sirloin steak†**



**Thiamin
in 6 cups
of fortified
cereal**



**Biotin
in 1 dozen
eggs**



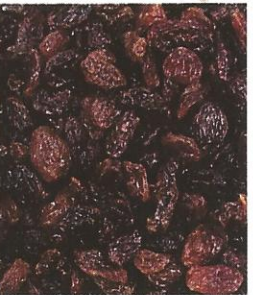
**Pantothenic acid
in 12 cups of
mushrooms**



**Calcium
in 3 slices
of cheese**



**Magnesium
in 3 servings of
mixed nuts‡**



**Iron (Women
formula only)
in 6 cups of raisins**



**Iodine
in 2 baked
potatoes**



**Manganese
in 1 cup of
pineapple**



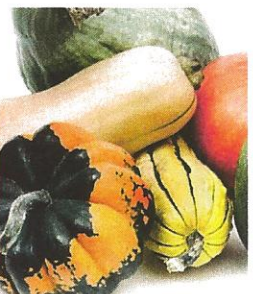
**Chromium
in 15 glasses of
grape juice**



**Omega-3s
in 50 grams of
sardines**



**Lycopene
in 1½ tomatoes**



**Alpha carotene
in 1/3 cup of winter
squash**

†The nutrient content of a daily serving of Vitalizer™ is not the same as the amount of nutrients found in the foods shown. Detailed nutritional information can be found on the Vitalizer supplement facts box. Every food provides nutrients beyond those listed in this chart.

‡A serving of nuts = 1 oz., a serving of steak = 3 oz.