

## **WHAT KIND OF VITAMINS DO YOU TAKE?**

In athletics, just like in daily life, we all want to be as good as we possibly can be. Yet, it takes more than skill to be the best, it also takes proper nutrition. You may be surprised to know that Olympic, professional and everyday athletes like us can sweat away as much as 1-8 pounds during a game, event or workout.

A commitment to the regular use of effective vitamins and nutritional supplements is important to the success of all athletes. Choosing the right supplement is important because all vitamins and nutrients are not equal. It is vitally important to select a nutritional company that offers products that: provide exactly what it is advertised on the label, offer delivery systems that maximizes bio-availability so the body can effectively use the nutrients, and whose product effectiveness is backed up by hard science, and produced from chemical-free food sources with the highest purity and safety standards.

Plenty of companies claim their products work but The Shaklee Corporation offers definitive proof. You see it in: over 100 scientific papers (90 of them published as peer-reviewed journals); the 2007 Landmark Study conducted in collaboration with researchers from the UC Berkley School of Public Health and the 54 Gold Medals won by Shaklee powered world-class athletes. Shaklee's patented SMART (Shaklee Micronutrient Advanced Release Technology) vitamin delivery system insures the right nutrients get to the right place at the right time for optimal absorption by the body.

In the 2010 Vancouver Games, Shaklee is the Official Nutritional Sponsor for the U.S. Ski and U.S. Snowboarding Teams. The trainer is Troy Flanagan. He says "The U.S. Ski and Snowboarding Teams have been working with Shaklee since 1980. Shaklee provides us with their broad array of unique and cutting edge products that we trust will be safe, effective and give us the edge over the competition".

## **CHANGING BRANDS CAN CHANGE YOUR LIFE**

Watch for Vitality Quiz next month

For additional information, contact Kilmarlic Member and Shaklee Distributor, Lola Hilton at 252-619-6723 or visit [www.shaklee.net/lolahilton](http://www.shaklee.net/lolahilton).