

FREQUENTLY ASKED QUESTIONS

Healthy Cleanse



WHY SHOULD I DO A CLEANSE?

The Healthy Cleanse is designed to:

- support healthy digestion*†
- help jump-start weight loss
- help increase focus and energy*†
- help with hunger management*†
- help improve sleep quality*†

HOW OFTEN SHOULD I DO A CLEANSE?

The recommended use of Healthy Cleanse is once or twice a year.

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 more volume of vegetables and fruits. Protein options are suggested for those with tendencies to hypoglycemia or who can't manage hunger.

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

The average weight loss in a preliminary study was a little over 6 lbs. 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.

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 your physician before beginning the Healthy Cleanse.

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, peptic ulcer disease, or other, discuss the Cleanse with your physician.

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

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

WHAT IF I SKIP A SERVING?

Resume as soon as possible.

WHAT IF I EXPERIENCE DIARRHEA?

Not likely, but if severe or persistent, you may need to stop the program.

WHAT IF I EXPERIENCE CONSTIPATION?

You shouldn't, but if you do, increase water. If the condition persists when taking two Herb-Lax, increase to three a day.

*Based on a preliminary study conducted by three Shaklee Distributors, a medical doctor and two nutritionists, under the supervision of Shaklee Medical Affairs. The study did not include protein.

†When plan followed as directed over a seven-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.