

SAFE + NATURAL + HEALTHY

The FDA prohibits Shaklee from making medicinal claims regarding this incredibly valuable product. However, if you do your research, you will discover a tea that you will want to drink everyday due to its long list of benefits.

- :: energy & fat loss stimulators
 - :: detoxifiers
 - :: protect against cardiovascular disease
 - :: anti-inflammatory
 - :: anti-carcinogenic
 - :: immunostimulatory
 - :: anti-microbial
- + have been known for centuries to have many positive properties such as:
- + are ranked as leading health-giving substances in traditional Chinese medicine.
- + RED, WHITE, GREEN, & MATCHA TEAS...

Reports affirming the benefits of Red, Green & White and Matcha Teas

WebMD Medical News, March 11, 2003—Green Tea & White Tea Fight Colon Cancer—Drink 3 cups a day for cancer-prevention benefits. "Antioxidants and polyphenols—cancer prevention compounds—are found in highest levels in white tea, which is the least processed of all teas," writes lead author Gayle A. Orner, PhD, a researcher with the Linus Pauling Institute at Oregon State University. Her study of teas protective effects against colon cancer appears in the February 2003 issue of "Carcinogenesis".

American Cancer Society—Those who regularly drink green tea are 48% less likely to develop stomach cancer, and 51% less likely to develop chronic gastritis than those who do not regularly drink green tea.

Boston University Schools of Medicine & Public Health—Drinking green tea may help protect women from getting breast cancer.

National Library of Medicine—Consumption of green tea may be prophylactic for arthritis and may benefit the arthritis patient by reducing inflammation and slowing cartilage breakdown.

Clinical Cancer Research, University of California, Los Angeles (Feb. 15, 2005 issue)—Green tea thwarts cancer and many of green tea components work synergistically to protect us.

Science Daily—Mayo Clinic researchers have discovered that a component in green tea helps kill cells of the most common leukemia in the United States. CLL (Chronic Lymphocytic Leukemia) is a malignant blood disease that afflicts about 7,000 Americans per year and kills 4,500. But now scientists at the Mayo Clinic have found a way of killing CLL cells in the test tube that could potentially be developed into a treatment for CLL, and possibly other cancers in living humans. The agent in question is called epigallocatechin (EGCG). It is an antioxidant that is found in both black and green tea, but more abundantly in the unfermented green variety. The anticancer activity of green tea has been known for years. Scientists have identified at least one of the mechanisms by which EGCG seems to work to fight cancer ... it inhibits a key "signaling pathway", called vascular endothelial growth factor (VEGF), which is responsible for transmitting instructions at the molecular level to cancer cells, prompting them to grow and multiply.

Fujiki, 120, 128, 129—Green tea is an acknowledged cancer preventative in Japan. It is possible that the catechins, particularly EGCG, inhibit the initiation and promotion phases of cancer development by preventing free radical damage to DNA. They have a wide range of target organs, such as the digestive tract including esophagus, stomach, duodenum, and colon, plus liver, lung, pancreas, and skin. Recently breast, bladder and prostate have been added to the list. This wide range of target organs makes green teas significantly different from standard cancer preventative drugs. Green tea has inhibitory effects on growth of cancer cells. The tea has also been shown effective in helping prevent recurrence.

American Journal of Clinical Nutrition November 1999—Green tea increases noradrenalin levels. Noradrenalin is a chemical neurotransmitter in the nervous system that plays a major role in activation of brown fat tissue. Activation of brown fat is significant, because it burns calories from the white fat located around our waistline, hips and thighs.

WebMD Medical News January 26, 2003—Catechins in green tea not only help burn calories, but also they lower LDL cholesterol.

Content prepared by Martha Willmore, a Wellness Coach, internationally known educator, and author in the field of complementary health care.

As you will discover inside, there are many incredible health benefits in each Shaklee 180 "tea stick". Carry them in your purse, your pocket, or your briefcase! It's an effective alternative for boosting energy with only 5 calories per serving. Enjoy hot or on ice.

- + Taurine—an amino acid
 - + Maltodextrin—polysaccharide produced from corn starch
 - + Rooibos Red Tea Extract—a native plant (herb) only found in the Cedarburg mountain region of South Africa—known as "The Miracle Tea" or "Long Life Tea"
 - + Green Tea Extract—antioxidant blend
 - + White Tea Extract—the least processed form of tea
 - + Matcha Green Tea Powder—Japan's highest grade of green tea (the greener than green "super food"). Shaklee refers to it as "Liquid Oomph".
 - + Natural Flavors
- SHAKLEE 180 ENERGIZING TEA contains:



Take your shape in a whole new direction™

Energizing Tea BENEFITS

A natural energy lift. Part of the Shaklee 180 Weight-Loss Program



ROOIBOS RED TEA

- + is a native plant (herb) only found in Cedarburg mountain regions of South Africa where it is known as “The Miracle Tea” or “Long Life Tea”.
- + reduces aging of the skin, muscles, internal organs and brain.
- + has 50x the antioxidant properties of green tea.
- + is naturally high in Super Oxide Dismutase (SOD), an outstanding antioxidant and a prime preventative of free radical damage.
- + is beneficial in treating insomnia, irritability, headaches, cataracts, nervous tension and hypertension.
- + contains anti-spasmodic agents which helps relieve stomach cramping and colic.
- + is used in South Africa to treat allergies such as hay fever, asthma and eczema.
- + contains alpha-hydroxy (for healthy skin) and is very useful in treating irritated skin.
- + contains antioxidants that protect against free radical damage that can lead to cancer, heart attack, and stroke (slows the aging process and boosts the immune system).
- + contains a smorgasbord of minerals.

WHITE TEA

- + is the least processed form of tea, made from buds and young leaves.
- + has more anti-mutagenic (anti-cancer) activity than green tea (highly recommended to reduce the risk of colon cancer).
- + contains 9x the beta-carotene of spinach and 4x the beta-carotene of carrots.
- + boosts energy levels without the crazy over-stimulating effects of coffee (and is also gentle on the tummy and gastrointestinal system).
- + boosts metabolic rate by 35-40%, therefore increasing weight loss.
- + energizes detoxification of the liver and the entire body, including the brain.
- + contains an abundance of the amino acid L-Theanine and has the paradoxical effect of causing relaxation and alertness simultaneously.
- + contains high concentrations of catechins including EGCG Matcha Green Tea Powder.



MATCHA—Japan’s highest grade of tea

- + is made from gyokuro, a green tea that has been grown under 90% shade 21 days prior to harvest.
- + contains 10-200 times the antioxidant levels of normal green tea.
- + contains about 70x more antioxidants per serving than a glass of orange juice.

TAURINE—an amino acid

- + provides detoxifying properties.
- + provides antioxidant properties and guards cellular tissue against toxic substances.
- + causes fat solubilization.
- + increases the production of bile in the liver (helps keep bile in a liquid state, and is less likely to form gallstones).
- + is critical for brain development and is used to treat anxiety, epilepsy, hyperactivity, poor brain function and seizures.
- + is critical for eye health in which adequate amounts of taurine reduce the risk of macular degeneration.
- + stabilizes cell membranes in electrically active tissues such as the brain and heart. In the heart, it strengthens the heart muscle and helps stabilize arrhythmias by keeping potassium and magnesium inside the cells and keeping excess sodium out.
- + helps regulate blood pressure and reduces serum cholesterol levels.
- + acts like a diuretic without the side effects of pharmaceutical diuretics.
- + reduces symptoms of Type 1 or insulin-dependent diabetes by strengthening the beta cells in the pancreas.
- + helps people with cystic fibrosis to digest fats more successfully.
- + provides respiratory protection and is useful in the treatment of Asthma.

GREEN TEA

- + 2 cups of green tea are approximately twice the antioxidants of red wine and 7x that of orange juice and 20x that of apple juice.
- + protects health and delays aging.
- + contains ingredients that cause body fat reduction therefore aiding in weight loss.
- + increases the metabolism.
- + alkalizes the body and intestinal tract (thus helping to reduce Candida). It also improves conditions of intestines by blocking growth of bad bacteria and enhancing good bacteria like bifidus.
- + reduces the risk of several cancers according to epidemiological reports.
- + protects the cardiovascular system (reduces significantly serum and liver cholesterol, reduces the risk of death from heart disease, and controls blood pressure).
- + protects the brain and the kidneys.
- + helps lower blood sugar in diabetics.
- + suppresses aggregation of platelets and prevents thrombosis such as heart attacks and brain strokes.
- + controls the production of nitric oxide.
- + promotes oral health & hygiene—inhibits the causative bacteria which contributes to the formation of dental plaque and cavities. *Green tea has been found to be a potential chemopreventative agent for the treatment of oral leukoplakia, a precursor lesion to oral cancer.*
- + will effectively maintain WBC counts in cancer patients compared to non-supplemented patients.
- + reduces high blood sugar.
- + contains about 15-30mg of caffeine per cup but because green tea contains L-theanine (an amino acid that calms), it counteracts the effects of caffeine.
- + aids in the detoxification of heavy metals (such as lead, mercury, cadmium, etc...).

ACTIVE INGREDIENTS INCLUDE:

- + **Polyphenols**—a class of phytochemicals found in high concentrations in green tea and have been associated with heart disease and cancer prevention. One cup of green tea provides 10-40mg of polyphenols and has antioxidant effects greater than a serving of broccoli, spinach, carrots, or strawberries.
- + **Catechins**—a category of polyphenols that work to scavenge active oxygen species in the blood and help protect the body from harmful microorganisms.
- + **EGCG**—(epigallocatechin gallate) a specific catechin which reduces inflammation in many types of conditions including Crohn’s disease and arthritis. It has antioxidant activity about 25-100 times more potent than vitamins C & E.
- + **L-Theanine**—an amino acid that produces tranquilizing effects in the brain (3-4 cups of green tea are expected to contain 100-200mg of theanine).
- + **Saponins**—natural inflammatory agents.
- + **Flavonoids**—substances essential for processing vitamin C and for maintaining the strength of the capillary walls.

