



Two Studies, a Lifetime of Proven Results

The Landmark Studies comprise the first multi-study, comprehensive look at the health impacts of long-term usage of a broad array of dietary supplements. The two studies, conducted in collaboration with the University of California Berkeley (2005) and, later, Tufts University (2015), compared long-term Shaklee adherents with a control group of US adults who took either no supplements or two or fewer supplements.

In the first study, members of the Shaklee group had healthier biomarkers and higher blood nutrient levels.* These differences generally persisted over the 10 years between the two studies. Additional findings from the 10-year follow-up study included a lower usage of medication in the Shaklee group, who were now an average age of 72.

32%

Lower Levels of Triglycerides, a critical biomarker for heart health.*

13%

Lower Levels of Homocysteine, an indicator of brain and cognitive health.*

36%

Lower Levels of C-Reactive Protein, a key biomarker for long-term biological stress.*

32%

Higher HDL, "good" cholesterol associated with a lower rate of heart disease*

*Data for nonusers was obtained from NHANES 2001–2002 and NHANES 1988–1994. Long-term Shaklee users clearly demonstrated lower levels of the most important heart-health biomarkers recognized by the American Heart Association