



Success Stories



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All About Moms

New wardrobe for new mom

"Still down three sizes one year later. I lost the weight and gained the smarts to keep it off. No mom jeans for this mom."

Before to After: Lost 30 lbs*

Heather

Mount Laurel, NJ



*Results and experiences from the Shaklee 180 Program are unique to each person, so results may vary. People following the weight-loss portion of Shaklee 180 can expect to lose 1-2 pounds per week.

Young mom slims down for second honeymoon

"I lost 95 pounds and went from a size 18 to a size 4. Before I didn't care how I looked, but now I love being able to put on my fitted athletic wear and feel comfortable. No more loose, baggy pajamas!"*

Before to After: Lost 95 lbs*

Tasha

Selkirk, Manitoba, Canada



*Results and experiences from the Shaklee 180 Program are unique to each person, so results may vary. People following the weight-loss portion of Shaklee 180 can expect to lose 1-2 pounds per week.



Busy mom gets healthier for daughter

"Shaklee 180™ is perfect for the busy mom-on-the-go; it is great nutrition delivered in a fast and easy way. I lost 23 pounds. I want to stay healthier so I can be around for my daughter for a long, long time."*

Before to After: Lost 23 lbs*

Silvia

Missoula, MT



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New mom loses pounds and gains energy

"Before I had my son, I was on a variety of diets. Now, with Shaklee 180™, I am proud to say I lost all the weight I gained during pregnancy, plus I am 20 pounds lighter than I was before I got pregnant!* And I have gained more than enough energy to keep up with my son!"

Before to After: Lost 64 lbs*

Shawna

Inver Grove Heights, MN



*Results and experiences from the Shaklee 180 Program are unique to each person, so results may vary. People following the weight-loss portion of Shaklee 180 can expect to lose 1-2 pounds per week.



From stressed and discouraged
to energetic and happy

"I regained my confidence, lost a lot of stress, and am no longer miserable. I'm still the mother of three, but instead of feeling 25, I feel like a teenager in high school."

Before to After: Lost 91 lbs*

Soledad
Chicago, IL



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Mother of four gets back to her college size!

"I can say my self-confidence also increased, as I am no longer in that 'it's OK, you've had four kids' frame of mind. I actually lost beyond my goal and returned to my college weight."

Before to After: Lost 27 lbs*

Kristi

Des Moines, IA



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Busy mom can share an active lifestyle with her children

"I wanted to be a healthier mom for my kids. I didn't want to be a mom who sat on the couch and ate a box of cookies; I wanted to be a mom who took her kids to the park. Shaklee 180™ helped me. Now I like the person I see on the outside and love the person I've always been on the inside."

Before to After: Lost 63 lbs*

Kym

Wentzville, MO



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Hockey player helps mom get back in the game

"My son introduced me to Shaklee 180™ and I am thoroughly enjoying my new, more active life. Not only did I lose weight, but I was not hungry and my horrible cravings for sweets and carbohydrates went away. I felt satisfied, energized, and HEALTHIER!"

Before to After: Lost 83 lbs*

Debbie

Grand Ledge, MI



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From pear shaped to
proportionately shaped

*"Still can't believe it—
I can fit into my teenager's
prom dress and wore it to a
holiday party (as requested
by my husband)."*

Before to After: Lost 11 lbs*

Nina Gail
Princeton, FL



*Results and experiences from the Shaklee 180 Program are unique to each person, so results may vary. People following the weight-loss portion of Shaklee 180 can expect to lose 1-2 pounds per week.

A reclaimed figure after three children

"I had no idea how dramatically my body shape would change. I've gone from a size 7 to a size 4. Woo-hoo! All of this in 8 weeks...amazing!"*

Before to After: Lost 12 lbs*

Jen
Charlotte, NC



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Mother of three finds increased energy and feels GREAT!

"I attribute my success to Shaklee 180™, especially the lean muscle I retained while losing weight. My weight-loss journey was not magical or quick; however, it was continuous and, best of all, it was a healthy solution."

Before to After: Lost 45 lbs*

Laura

St. Thomas, Ontario, Canada



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Young mother gets her pre-baby body back

"I was a tight size 10 and now I'm a 4.* Now when I walk with my double stroller, people stop me and say, 'Are those your kids? You look great. I can't believe you have two kids!'"

Before to After: Lost 22 lbs*

Alyson
Clifton, VA



*Results and experiences from the Shaklee 180 Program are unique to each person, so results may vary. People following the weight-loss portion of Shaklee 180 can expect to lose 1-2 pounds per week.

New mom feels like a new person

"I can do 'normal' chores without being short of breath. Shaklee 180™ is easy on my schedule, too—I can go online when the baby is asleep and order my products. No need to leave the house or go to meetings."

Before to After: Lost 35 lbs*

Rebecca

Wallops Island, VA



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Wedding Stories

Mother-daughter duo makes it a beautiful wedding

"With Shaklee 180™ as our guide, we started on a remarkable journey to a healthier lifestyle. We had more energy, loved the taste of the products, and our bodies shrunk like magic. The wedding was lovely and the pictures turned out great. But the best gift of all is two healthier people."

Before to After: 2 sizes smaller*
Brooke

Before to After: Lost 27 lbs*
Fran

Lakewood, CO



*Results and experiences from the Shaklee 180 Program are unique to each person, so results may vary. People following the weight-loss portion of Shaklee 180 can expect to lose 1-2 pounds per week.

From struggling and discouraged
to a happier and healthier bride

*"I had an amazing wedding and
felt great thanks to Shaklee 180™.
I credit my success to Shaklee.
Not only did I get my fantastic
wedding, but I have more energy
and a new love of life!"*

Before to After: Lost 75 lbs*

Julie
Rochester, NY



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Personal Triumphs

Doctor sets good example for patients

"I lost 50 pounds and went from a size 16 to a size 4. I feel healthy and fit long after losing the weight. I'm now a positive example for my patients, and a healthy role model for my daughter."*

Before to After: Lost 50 lbs*

Dr. Lori

Mt. Vernon, WA



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A new outlook on life

"I have lost 65 pounds and regained my self-confidence. I feel stronger, healthier, and younger than I have in 20 years."*

Before to After: Lost 65 lbs*

Melissa

Berkeley Heights, NJ



*Results and experiences from the Shaklee 180 Program are unique to each person, so results may vary. People following the weight-loss portion of Shaklee 180 can expect to lose 1-2 pounds per week.

Busy student transforms his life for the better

"I lost 74 pounds and I feel great. I work out every day and I have learned to eat right and be healthier. Thank you, Shaklee, for giving me my life back."*

Before to After: Lost 74 lbs*

Andrew

Discovery Bay, CA



*Results and experiences from the Shaklee 180 Program are unique to each person, so results may vary. People following the weight-loss portion of Shaklee 180 can expect to lose 1-2 pounds per week.

From being hungry and tired
to energetic and happy

"I was extremely overweight and facing serious health issues as a consequence of my weight. I lost 100 pounds* and 30 inches and feel like Shaklee has given me my life back. I can play with my children, work, and go running—things that were hard to do before."

Before to After: Lost 100 lbs*

David
Princeton, IN



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Young father loses weight, gains self-esteem

"I lost 43 pounds.* I am no longer embarrassed by my size. I have more energy to play with my daughter and take walks with my wife. I have a better future, thanks to Shaklee and Shaklee 180™."

Before to After: Lost 43 lbs*

Donald
Sun Valley, CA



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Feeling energized

"I have lost 81 pounds, and people who have not seen me for a while are asking how I did it. I am sharing my Shaklee 180™ Weight-Loss story and enjoying my new, healthier lifestyle."*

Before to After: Lost 81 lbs*

Pablo

Chicago, IL



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What you think, you look.

What you think, you do.

"I lost 72 pounds* on Shaklee 180™. I am living proof that it works. I want to help people have healthier lifestyles. I know Shaklee products will be an integral part of my future plans."

Before to After: Lost 72 lbs*

Julie

Lake Forest, CA



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Because guys want to look good, too!

"Shaklee 180™ exceeded my expectations! Because of my weight loss, I slept more soundly, snored less, and I was still raring to go, even at 11 o'clock at night. It's even easier to get up in the morning. Who wouldn't want results like this?"

Before to After: Lost 30 lbs*

Charles

Bailey Island, ME



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Musician gets his groove back

"I am a New Orleans musician who lost 60 pounds* with Shaklee 180™. I gave up smoking, improved my health, and regained my self-confidence. It has helped my performances, as well: I am much more alive on stage."

Before to After: Lost 60 lbs*

Robert

New Orleans, LA



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From almost losing his job as a mechanic to losing 103 pounds*

"After dropping 103 pounds, I don't worry about my knees, my doctor told me I don't need blood pressure meds, and I don't desire fast food and 'toxic-to-the-waistline' cuisine! Shaklee has created a healthier life for me."*

Before to After: Lost 103 lbs*

Matt

Mocksville, NC



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Mother-daughter team does a Turnaround™

"The products are convenient, and when Shaklee makes it, I use it. The first thing I noticed was looser pants; once that happened, I was willing to stick with the program."

Before to After: Lost 14 lbs*

Deb

Naperville, IL

"Shaklee 180™ is now my way of life. I have a much more reasonable relationship with food; I eat all my favorites, just a lot less of everything."

Before to After: Lost 25 lbs*

Heather

Wylie, TX



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Former college football player tackles weight

"I said, 'You know what? It's about time. I'm almost 55. My family is concerned about my health. I can do 12 weeks.' Now I'm starting to think about things like body mass index, and trying to look a little leaner."

Before to After: Lost 80 lbs*

Bill
Millbrook, NY



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Quick and easy plan helps athlete regain youthful physique

"Before I knew it, people started noticing that I was dropping weight. During this time, my exercise routine remained the same as the prior 3-4 years, but the weight kept coming off. Shaklee 180™ has given me back the body I had in high school."

Before to After: Lost 30 lbs*

Richard
Lexington, SC



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New wardrobe, new attitude...
new outlook on life

"I'm happy to say Shaklee 180™ was one of the best things that ever happened to me. It helped me build a healthier relationship with food. Honestly, I was never hungry and I believe that's what helped me stay on it."

Before to After: Lost 60 lbs*

Wanda
Wellington, FL



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Two weeks can change your life forever

"I knew by the fourth day that Shaklee 180™ was different. Instead of feeling deprived, I felt satisfied. After two weeks I still felt great and had lost some weight. I said, 'I can do this!' And I liked the way I felt, so I committed to the program."

Before to After: Lost 65 lbs*

Karen
La Grange, IL



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From personal obstacles to personal triumphs

"Now I feel more alive and stronger...a role model to my family, to my students, and friends. Shaklee 180™ has made that possible."

Before to After: Lost 47 lbs*

Elana
Pikeville, MD



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From a long recovery after a
back injury to a trim, energetic guy

*"I want to be there when my
daughter gets married; I want
to be there for her kids and my
grandchildren's kids, too."*

Before to After: Lost 62 lbs*

Dub
Oceanside, CA



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From unhappy exhaustion to happily working double shifts

"I have more energy and feel fantastic. As a result of my weight loss, I am a happier person, no longer struggling with emotional difficulties. Thank you, Shaklee, for changing my life."

Before to After: Lost 25 lbs*

Sue

Clinton Township, MI



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Once embarrassed, now an aspiring health coach

"Yes, Shaklee 180™ lit my fire. After losing weight, I came away with more vitality, more passion for people and life, and more confidence. I completed a triathlon, and am on my way to being a certified health coach."

Before to After: Lost 30 lbs*

Cindy

Albuquerque, NM



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The difference is incredible!

"I feel like my body is more toned, and losing the weight has given me more confidence in myself. I have a lot more energy and I don't feel like I want to lie down and take a nap."

Before to After: Lost 21 lbs*

Christine

Hebron, IN



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From several diet fiascos to a
plan that brought success

*"As a result of losing weight,
I no longer battle acid reflux
and my knees are no longer in
constant pain."*

Before to After: Lost 46 lbs*

Mark
Ipswich, MA



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Active Lifestyles

Back in action

"I lost 200 pounds and 13 inches around my waist. I'm still losing weight and I'm more active and healthy like I was as a kid. I work out regularly, and I can run and play basketball without getting winded."*

Before to After: Lost 200 lbs*

Edgar

Lynwood, CA



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Slam dunk for new dad

"I lost 38 pounds and 3 inches around my waist. Now I lead an active and healthy lifestyle with my family."*

Before to After: Lost 38 lbs*

Zach

Kanakee, IL



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Dropping pounds. Dropping...golf scores?

"I now feel like I'm 30 again and I look forward to playing golf at least twice a week. With the help of the Powered by Leucine™ Shaklee 180™ Weight-Loss Program, my golf game benefited as I lost fat and retained lean muscle. I have also lowered my handicap by 12, and now I play in the 80s!!!"

Before to After: Lost 65 lbs*

Theresa

Before to After: Lost 45 lbs*

Leonard

St. Peters, MO



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Giving the gift of a healthier, happier you

"At this moment, I don't know exactly how many pounds I have lost. I have come to realize it is not just about the weight; it's about being the best you can be for yourself and all your loved ones!"

Before to After: Lost more than 100 lbs*

Eldner
Durham, NC



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I feel just as good now as I did
when I was in my 30s!

"I can't believe how much energy I
have. Friends and family tell me
I look great, and my husband
loves the new slimmer me! My
doctor is pleased with my weight
loss and told me to keep doing
whatever I'm doing."

Before to After: Lost 40 lbs*

Donna
DeForest, IL



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From “discouraged” to “delighted”

“I was discouraged, feeling deprived and, worst of all, in denial. As an older woman, my metabolism and my activity level were slowing down. I tried Shaklee 180™ and added some new words to my vocabulary: “determined,” “dedicated,” and, best of all, “delighted.” I now look forward to each day knowing I am healthier and more active than I have been for years.”

Before to After: Lost 40 lbs*

Dianna

Blue Springs, MO



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From a solid shape to a svelte new figure

"I told myself the extra weight was a 'mature woman's lot in life,' until I was introduced to Shaklee 180™. It never crossed my mind that my body could look as good as it does right now."

Before to After: Lost 25 lbs*

Marcia
Dallas, TX



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From a tight size 18 to
a size 8 and feeling great*

"Each week the pounds came off
and at the end of 12 weeks, I lost
30 pounds* and dropped 3½ sizes.
My body fat lowered by 6%.* Now
I have lost even more. I went from
an 18 to an 8, and my body fat
dropped 8.3%."

Before to After: Lost 40 lbs*

Suzanne
Elkhart, IN



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A caring nurse takes time to care for herself

"I'm good about taking 10,000 steps a day. If I haven't reached it by bedtime, I step in place by the bed until I get there! Cookies and candy don't tempt me anymore. I say no thanks, that's not my food."

Before to After: Lost 30 lbs*

Bernie
Rapid City, SD



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**Inspiring others,
one person at a time**

"I lost 63 pounds and was able to be active again. I feel engaged in life again, as if I have something to offer others. I want to help others with the struggle to a healthier life—it could actually help save lives!"*

Before to After: Lost 63 lbs*

Judy
Healdsburg, CA



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Back on track and feeling great

"I lost 40 pounds with Shaklee 180™ and recently completed a 57-mile ultramarathon in my fastest time yet. I felt strong all the way to the finish."*

Before to After: Lost 40 lbs*

Tim

Battle Creek, MI



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Exercising with greater ease

"When I started Shaklee 180™, I was overweight and could not exercise because of sore knees. I have now lost 80 pounds and, because of that weight loss, I can take walks and do water aerobics. I feel wonderful. Shaklee 180™ has changed my life."*

Before to After: Lost 80 lbs*

Marilyn

Isle, MN



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Looking and
Feeling Great

Feeling like a model again

"I lost 30 pounds* and went from a size 16 to a size 4. I've kept the weight off, and I look and feel 100% better than I did 10 years ago! I credit Shaklee 180™ products for my transformation."

Before to After: Lost 30 lbs*

Sophia
Chester, NY



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Wearing single-digit-sized
clothing and loving it

"I have lost 47 pounds
with Shaklee 180™.
Someone actually asked
me if I had liposuction."*

Before to After: Lost 47 lbs*

Dawn

Wilmington, NC



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Cravings were the first to go,
followed by the pounds!

"After the holidays, family
and friends started asking
if I was losing weight. Was
I ecstatic!!! For the first
time in 10 years, I got to
go shopping for my first
SMALLER pair of jeans—
two sizes smaller!*"

Before to After: Lost 49 lbs*

Tammie
Cedar Park, TX



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No longer grumpy, tired,
nervous, or hungry

*"It's so rewarding to
measure yourself and
see the numbers go down.
No one will ever convince
me that Shaklee 180™
isn't the healthiest way
to lose weight and get
your life back."*

Before to After: Lost 35 lbs*

Sue
Hamilton, OH



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Fast food is a thing of the past;
new shape, new energy

"One of the health benefits of losing weight was having my cholesterol drop from 245 to 180. Also, I had to buy a new belt and new pants—my old pants kept falling down around my knees!"

Before to After: Lost 43 lbs*

Gregg
Rexford, NY



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