

Start by filling out this form to identify which programs will help you the most.

**Cleansing Program**

- allergies
- joint pain
- gas, bloating
- acne
- constipation
- bad breath
- body odor
- headaches
- use alcohol or drugs
- OTC or prescription medicines
- low-fiber intake

**Shaklee Basics® & Soy Protein**

- fatigue
- high stress level
- mood swings
- cravings for sweets or carbs
- frequent illness

**CorEnergy™**

- exhaustion
- fatigue
- low sex drive
- weak sexual function
- poor concentration
- weakness
- low metabolic rate
- depression

**Women's Program**

- PMS
- yeast infections
- bladder infections
- menstrual irregularities
- irritability & mood swings
- want to prevent osteoporosis
- headaches
- muscle cramps
- leg cramps
- menstrual pain
- insomnia

**Men's Program**

- frequent urination
- slow urine stream
- prostate problems
- fungal infections

**Children's Program**

- sick often
- mood swings, irritability
- picky eater
- less than 3 veggies/day
- poor sleep habits

**Digestive Aids**

- bloating
- belching
- gas
- indigestion
- nausea
- food sensitivities
- stomach pain

**Healthy Heart**

- high cholesterol
- high blood pressure
- high triglycerides
- shortness of breath
- blood clots
- poor circulation

**Immune System**

- frequent illness
- lowered resistance
- chronic diseases

**Immune System (cont.)**

- swollen glands
- cold and flu season
- allergies

**Arthritis**

- joint pain, tenderness
- joint inflammation
- osteoarthritis
- repetitive movement
- decreased mobility

**ADD/Learning**

- attention problems
- difficulty concentrating
- poor memory
- poor organization
- learning differences
- doesn't finish tasks

**Weight Loss**

- overweight
- tired during diets
- past diet failures
- want to lose weight
- mood swings
- crave carbs or sweets

**Candida Overgrowth**

- frequent fatigue
- feelings of spaciness
- bloating, belching, gas
- muscle aches & weakness
- athlete's foot, smelly feet
- pain or swelling in joints
- yeast or bladder infections
- oral thrush, rash or blisters
- white-coated or burning tongue
- poor memory, forgetfulness
- inability to make decisions
- pain or tightness in chest
- anxiety attacks, frequent crying
- blurred vision, spots in eyes
- fungal infections

**Depression**

- persistent sadness
- sleep disturbances
- excessive crying
- feeling hopeless
- loss of daily pleasure

**Sports Nutrition**

- aerobic exercise
- strenuous work
- weight-lifting
- perspire often
- desire fitness

**Essential Fatty Acids**

- cold hands or feet
- eczema, psoriasis
- PMS
- difficulty concentrating
- "goosebumps" on arms
- longitudinal nail lines
- fertility problems
- dandruff
- dry, scaly skin
- excessive ear wax
- excessive thirst
- fibromyalgic symptoms
- hair loss
- migraine headaches
- joint pain/inflammation