



Doing Life Intentionally Together

Shaklee NutriFeron™, U.S. Ski Team® and U.S. Snowboarding™: A Winning Combination

Immunity Booster Aids Health of U.S. Skiers and Winter Athletes at Any Level



Pleasanton, Calif, 2006) - Many U.S. athletes brought more than focus and determination to Torino - they brought Shaklee nutritional products. The U.S. Ski Team® and U.S. Snowboarding™ wouldn't think of hitting the slopes without NutriFeron™ from Shaklee, a leading provider of natural nutrition. Not just for top-performing athletes, clinically-proven dietary supplement NutriFeron also helps everyday sports enthusiasts stay healthy and active during winter months by boosting the body's production of natural interferon, a protein critical to strengthening immune response and healthy immune function.* "The U.S. Ski Team and U.S. Snowboarding athletes travel four to six months straight each year. NutriFeron makes a big difference in strengthening our athletes' immune systems as they push through extreme climates and tough training," says Susie Simmons, United States Ski Association (USSA) Sports Dietitian & Physiologist.

Although recreational skiers and outdoor sports enthusiasts may not keep such an intense travel and workout schedule, it is always important to take extra care during the winter months in order to maintain good health. "People participating in outdoor winter sports or exercise should be aware of how cold weather can affect athletic performance," says Jamie McManus, M.D. as chairman of Medical Affairs, Health Sciences and Education. "The athletic performances during the recent competitions in Torino may inspire individuals to get outside and get active, but keep in mind that without proper preparation, cold weather can bring with it an increased risk of illness and muscle injury."

Top tips from Dr. McManus on staying healthy and fit during the winter months.

- **Stay hydrated.** Thirst is diminished by cold weather, and overdressing can result in excess fluid loss from perspiration and breathing in dry air. Pay special attention to fluid intake before, during, and after exercise with small, frequent drinks of water or a sports beverage.
- **Supplement your diet.** To ward off winter illness, add immunity-booster Shaklee NutriFeron to your daily regimen, as well as vitamins such as Shaklee Vita-Lea(r) or calcium supplements containing the optimal amount of vitamin D to help compensate for less nutrient-giving daylight.
- **Eat to warm up.** When chilled by cold winter weather, enhance recovery by warming up with hot liquids and foods. Cold food and fluids can temporarily lower body temperature.
- **Keep it regular.** Regardless of the weather, try to exercise 30 minutes per day. Even 10 to 15 minute spurts two to three times a day add up to benefit your health.

About Shaklee Corporation

For 50 years, Shaklee has been a leading provider of natural nutrition and environmentally-friendly household products. The Shaklee brand is synonymous with high quality and efficacy, representing one of the most well-established names in the nutritional supplement and direct selling industries. With a robust product portfolio, including over 48 patents and patents pending worldwide, Shaklee operates in Canada, Japan, Malaysia, Mexico and the U.S., and has over 700,000 members worldwide. For more information, visit Shaklee.com.

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