

Shaklee® Performance®

Powered By Nature, Proven By Science

Maximize your athletic performance, and recover faster with advanced formulas powered by nature and proven by science.

Founded in 1956, Shaklee pioneered sports nutrition with its groundbreaking research on protein and hydration supplements to develop leading-edge products that combine the latest scientific discoveries with pure, natural ingredients.

Shaklee has powered more elite athletes to win 137 gold, silver, and bronze medals and fueled more expeditions that pushed the limits of the human body than any other company in the world. Decades of research and innovation have culminated in the creation of Shaklee Performance—our most advanced, natural, and effective sports nutrition line, ever!



PURE PROVEN PERFORMANCE

Shaklee Pure Performance Guarantee

- 100% guaranteed to be safe and free from banned substances
- We test every new botanical ingredient for over 350 chemicals and contaminants
- Shaklee conducts over 100,000 quality tests per year on our nutritional products
- No artificial flavors, sweeteners, or preservatives
- Gluten free



Shaklee-Powered Athletes Bring Home Gold

Shaklee Sports Nutrition has helped our Pure Performance Team Athletes rule the podium, winning 137 gold, silver, and bronze medals. That's more than most countries!



"As a competitive athlete at the world-class level, I was subject to 24/7/365 drug testing. I trusted Shaklee Performance to give me pure and clean nutrition so I could train and compete with confidence."

Caryn Davies
Rowing, silver & two-time gold medalist (London 2012, Beijing 2008, Athens 2004)



"When I'm training 10 hours a day, I'm pushing my body to the limit. I depend on Shaklee Performance to help me recover faster."

Alyson Dudek
Speed Skating
bronze medalist (Sochi 2014, Vancouver 2010)



"Shaklee Performance gives me proven sports nutrition to fuel my body and help me train at my peak so I can be my best when competing around the world."

Ismael Hernández Uscanga
Modern Pentathlon
bronze medalist (Rio de Janeiro 2016)

Proven Performance by the World's Most Elite Athletes

Shaklee Performance is used by athletes around the world at the highest levels of competition. For decades, they have trusted Shaklee to provide them with powerful, effective products that meet the stringent testing needs of professional athletes, so you can rest assured that our products are always safe.

Shaklee has gone to the ends of the earth to prove that Shaklee Sports Nutrition is the best in the world—from the North Pole to the South Pole and all points in between. In fact, seven of Time Life's Greatest Adventures of All Time were fueled by Shaklee.



Products designed by Shaklee scientists and leading sports nutritionists to address the needs of every stage of physical activity.

ENERGIZE

Improve physical performance & mental alertness

HYDRATE

Replenish electrolytes & increase endurance and stamina

BUILD

Protein with added leucine to repair & build lean muscle faster

RECOVER

Reduce exercise-induced muscle soreness & optimize recovery

Pick Your Performance Level

FITNESS

Unleash your inner athlete

Designed for lifestyle athletes, including those in spinning, strength, and cross-training classes or anyone looking to tone their body and live a more active lifestyle.

- + Enhance performance with less sugar and calories
- + Burn more fat and build lean muscle mass during your regular exercise routine
- + Recover faster to help you stay on track

ENDURANCE

Fuel your fire

Designed for marathon runners, long-distance cyclists, soccer players, or any athlete involved in extended, high-intensity aerobic activities.

- + Take intensity to the next level with a perfect balance of carbohydrates and protein to give your body the energy it needs
- + Help build firm, lean muscle; restore muscle energy; and support muscle repair
- + Recover faster so you can train harder

ENERGIZE

Zero Calorie Energy Drink delivers clean energy without the artificial ingredients found in traditional energy drinks. Powered by guayusa, an Amazonian superfood coveted for its energy, antioxidants, and polyphenol content, and green coffee beans.



- + Improves physical performance and mental alertness*
- + Powered by guayusa and green coffee bean extracts
- + Zero calories

20 stick packs
Flavor: Lemon-Lime

HYDRATE

Low Calorie Electrolyte Drink provides the essential electrolytes your body needs without the extra sugar, calories, and artificial ingredients typically found in leading rehydration beverages.



- + Replenishes electrolytes lost during physical activity
- + Contains more electrolytes than the leading brand†
- + Clinically tested to hydrate better than water†
- + Includes natural electrolytes from coconut water powder
- + Only 1 g of added organic sugar to increase electrolyte absorption

20 stick packs
Flavors: Orange, Lemon-Lime

BUILD

Advanced Physique® 100% Grass-Fed Whey Protein helps you recover, repair, and build lean muscle faster.* Contains 50% more leucine‡ than traditional whey protein, the key branched-chain amino acid proven to help preserve and build lean muscle. Made with a proprietary cold filtration process to preserve bio-actives.



- + Build and repair lean muscle faster*
- + Powered by Leucine®
- + Fast absorbing and easy to digest
- + Contains the full spectrum of essential amino acids
- + No added sugar

20 servings
Flavors: Vanilla, Chocolate

RECOVER

PM Recovery Complex powered by an ultra-pure, polyphenol-rich Tart Cherry extract proven to optimize recovery and reduce post-workout muscle soreness, which helps improve sleep quality.*



- + Superior, ultra-pure Tart Cherry extract
- + Key active clinically shown to reduce exercise-induced muscle soreness and optimize recovery*
- + Contains our patented Pain Relief blend to relieve pain caused by overexertion*

60 capsules (30 servings)

ENERGIZE+

Energy Chews provide a clean burst of energy to help you get that extra edge when you need it most. Each chew contains a scientific blend of caffeine from natural green tea extract, plus L-tyrosine, L-theanine, B vitamins, and vitamin D.



- + Sustain energy*
- + Improve performance*
- + Stay alert*
- + Sharpen focus*
- + Improve mood*

20 chews (10 servings)
Flavor: Citrus Burst

HYDRATE+

Endurance Electrolyte Drink powered by our proprietary OPTI-LYTE® blend of six electrolytes plus our unique mix of carbohydrates to deliver instant and sustained energy. Supports optimal hydration for endurance athletes and provides more energy than the leading hydration drink.



- + Clinically proven for enhanced hydration
- + Maintains blood glucose levels to sustain intense energy output and increase stamina
- + Increases endurance for better athletic performance

30 servings
Flavors: Orange, Lemon-Lime

BUILD+

Physique® + Bio-Build® is a pure, natural high-octane fuel for rapid muscle recovery. Our powerful Bio-Build blend, a mix of intelligent-release protein and carbohydrates, is clinically shown to naturally activate the body's recovery process and delivers more energy to the muscle than either carbohydrates or protein alone.



- + Helps build firm, lean muscle
- + Helps restore muscle energy
- + Supports muscle repair
- + Rapid recovery

15 servings
Flavor: Banana

RECOVER

PM Recovery Complex powered by an ultra-pure, polyphenol-rich Tart Cherry extract proven to optimize recovery and reduce post-workout muscle soreness, which helps improve sleep quality.*



- + Superior, ultra-pure Tart Cherry extract
- + Key active clinically shown to reduce exercise-induced muscle soreness and optimize recovery*
- + Contains our patented Pain Relief blend to relieve pain caused by overexertion*

60 capsules (30 servings)

ENDURANCE

Product questions: 925.734.3638

Contact Your Shaklee Independent Distributor

For Better Health and Best Results Also Try:



- + 100% or more of the Daily Value of all vitamins
- + Clinically supported antioxidant protection*
- + Support healthy digestion and immunity*



OmegaGuard®
+ Supports heart health*



MindWorks®
+ Enhance mental sharpness and focus*



Advanced Joint Health Complex®
+ Improve joint function and enhance flexibility*

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

†Using 2 stick packs in 8 oz. of water ‡Based on leucine to protein ratio