

Shaklee® Performance®

FITNESS PACK



PERFORMANCE FITNESS PACK

Unleash Your Inner Athlete

Formulated for the fitness focused, the **Performance Fitness Pack** is designed to:

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

Performance Fitness Pack products are designed for lifestyle athletes, including:

- Those who participate in spinning, strength-building, or cross-training classes
- Anyone looking to tone their body and live a more active lifestyle

INCLUDES:

**ZERO CALORIE ENERGY DRINK, LOW CALORIE ELECTROLYTE DRINK, ADVANCED PHYSIQUE®
100 GRASS-FED WHEY PROTEIN, AND PM RECOVERY COMPLEX.**



FITNESS PACK

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

ENERGIZE



ZERO CALORIE ENERGY DRINK

Zero Calorie Energy Drink provides 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. Convenient stick packs are great for on-the-go.

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

Flavor: Lemon-Lime

HYDRATE



LOW CALORIE ELECTROLYTE DRINK

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. Convenient stick packs are great for on-the-go.

- + Clinically proven to hydrate better than water†
- + Replenishes electrolytes lost during physical activity
- + Contains more electrolytes than the leading brand†
- + Includes natural electrolytes from coconut water powder
- + Only 10 calories and 1 g of added organic sugar to increase electrolyte absorption

Flavors: Orange, Lemon-Lime

BUILD



ADVANCED PHYSIQUE® 100% GRASS-FED WHEY PROTEIN

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*
- + Fast absorbing and easy to digest
- + Packed with 20g protein††

Contains the full spectrum of essential amino acids

- + No added sugar

Flavors: Vanilla, Chocolate

RECOVER



PM RECOVERY COMPLEX

PM Recovery Complex is 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 clinically shown to reduce exercise-induced muscle soreness and optimize recovery*
- + Contains our patented Pain Relief blend to relieve pain caused by overexertion*



THE SHAKLEE DIFFERENCE™

PM Recovery Complex features superior, ultra-pure tart cherry extract, rich in polyphenols and clinically tested to help reduce post-workout muscle soreness.

PERFORMANCE SPORTS NUTRITION

Shaklee Performance provides a safe, proven, comprehensive way to get the optimized nutrition you need to support your specific activity and fitness goals. Whether you visit the gym twice a week to stay fit and active or you're a competitive athlete, Performance has the solution to help maximize your results and speed recovery.

*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 / ††Per 2 scoop serving

Learn More



WATCH THE PERFORMANCE SPORTS NUTRITION VIDEO



DOWNLOAD THE PERFORMANCE ENDURANCE PACK PRODUCT SHEET

Pricing

PERFORMANCE® FITNESS PACK | #89451

Suggested Retail Price: \$141.20
Member Price: \$120.00 | PV: 72.00

ZERO CALORIE ENERGY DRINK LEMON-LIME | #21307

20 SERVINGS/STICK PACK
Suggested Retail Price: \$23.55
Member Price: \$20.00 | PV: 12.00

LOW CALORIE ELECTROLYTE DRINK LEMON-LIME | #21316 ORANGE | #21317

20 SERVINGS/STICK PACK
Suggested Retail Price: \$23.55
Member Price: \$20.00 | PV: 12.00

ADVANCED PHYSIQUE® 100% GRASS-FED WHEY PROTEIN VANILLA | #21314 CHOCOLATE | #21313

20-SERVING CANISTER
Suggested Retail Price: \$58.80
Member Price: \$50.00 | PV: 30.00

PM RECOVERY COMPLEX #21312 | 60 CAPSULES/30 SERVINGS

Suggested Retail Price: \$35.30
Member Price: \$30.00 | PV: 18.00

Also Available

PERFORMANCE® ENDURANCE PACK | #89451

Suggested Retail Price: \$170.65
Member Price: \$145.00 | PV: 91.06

Zero Calorie Energy Drink

Supplement Facts

Serving Size: 1 stick (0.5 g)
Servings Per Container: 20

Amount Per Serving	% Daily Value
Calories	0
Energy blend:	147 mg †
Green coffee (<i>Coffea arabica</i>) bean extract & Guayusa (<i>Ilex guayusa</i>) leaf extract (provide 120 mg caffeine)	

† Daily Value not established.

OTHER INGREDIENTS: APPLE JUICE POWDER, CHICORY (*CICORIUM INTYBUS* L.) ROOT POWDER, MONK FRUIT (*SIRAITIA GROSVENORII*) EXTRACT, NATURAL FLAVORS, COCONUT (*COCOS NUCIFERA*) WATER POWDER. CONTAINS COCONUT.

MANUFACTURED IN A FACILITY THAT MAY ALSO PROCESS TREE NUTS, MILK, EGG, SOY, WHEAT, SHELLFISH, AND FISH

WARNING: Contains 120 mg of caffeine per serving. Not recommended for children, pregnant or nursing women, or those sensitive to caffeine. If you have a medical condition, consult with a physician before using this product.

Low Calorie Electrolyte Drink

Nutrition Facts

Serving Size: 1 stick (3.3 g) 2 sticks (6.6 g)
Servings Per Container: 20 10

Amount Per Serving	1 stick	% Daily Value**	2 sticks	% Daily Value**
Calories	10		20	
Total Fat	0 g	0%	0 g	0%
Sodium	150 mg	6%	300 mg	12%
Potassium	90 mg	3%	185 mg	5%
Total Carbohydrate	2 g	<1%	4 g	1%
Total Sugars	2 g		4 g	
Includes Added Sugars	1 g		3 g	
Protein	0 g	0%	0 g	0%
Chloride		5%		10%

**Percent Daily Values are based on a 2,000 calorie diet.

	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,500 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

OTHER INGREDIENTS: ELECTROLYTE BLEND (COCONUT WATER POWDER, SODIUM CITRATE, SODIUM CHLORIDE, POTASSIUM CHLORIDE), ORGANIC CANE SUGAR, CITRIC ACID, NATURAL FLAVORS, MONK FRUIT (*SIRAITIA GROSVENORII*) EXTRACT. CONTAINS COCONUT.

MANUFACTURED IN A FACILITY THAT MAY ALSO PROCESS TREE NUTS, MILK, EGG, SOY, WHEAT, SHELLFISH, AND FISH



Advanced Physique 100% Grass-Fed Whey Protein

Supplement Facts

Serving Size: 2 scoops (29 g) 3 scoops (43 g)
Servings Per Container: 20 13

Amount Per Serving	2 scoops	% Daily Value	3 scoops	% Daily Value
Calories	110		170	
Calories from Fat	20		40	
Total Fat	2 g	3%**	3 g	5%**
Saturated Fat	1 g	5%**	1.5 g	8%**
Cholesterol	60 mg	20%	90 mg	30%
Sodium	110 mg	5%	165 mg	7%
Potassium	120 mg	3%	180 mg	5%
Total Carbohydrate	3 g	1%**	5 g	2%**
Sugars	1 g		2 g	
Protein	20 g	40%**	30 g	60%**
Calcium	80 mg	8%	120 mg	12%
Phosphorus	80 mg	8%	120 mg	12%
Leucine	3 g †		4.5 g †	

** Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

INGREDIENTS: NON-GMO GRASS-FED WHEY PROTEINS (CONCENTRATE AND ISOLATE), COCOA POWDER, LEUCINE, NATURAL CHOCOLATE FLAVOR, REBAUDIOSIDE A (STEVIA LEAF EXTRACT), CONTAINS MILK.



PM Recovery Complex

Supplement Facts

Serving Size: 2 capsules
Servings Per Container: 30

Amount Per Serving	% DV**
Total Carbohydrate	<1 g <1%**

Proprietary Recovery Complex Blend: 745 mg †
Tart Cherry Extract (*Prunus cerasus*) (fruit),
Boswellia Extract (*Boswellia serrata*) (resin),
Safflower Extract (*Carthamus tinctorius*) (flower)

** Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE IN A VEGETARIAN CAPSULE (HYDROXYPROPYL METHYLCELLULOSE, WATER).

#21312



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