

# Nutrition Made Personal<sup>®</sup>

## MEOLOGY™

There's only one you. That's why there's Meology. A simple tool powered by a sophisticated algorithm, Meology delivers personalized nutrition recommendations precisely for you—not people like you—with more precision, more power, more patents, and more proof than any of the competition.

1. **Personalize** – Take a short assessment. Answer some questions about your diet, lifestyle, health goals, and biology.
2. **Optional Input** – Add recent blood test results or upload DNA data from 23andme<sup>®</sup> or Ancestry<sup>®</sup> for an even more personalized plan.
3. **Review** – Get your custom recommendations.
4. **Subscribe** – Enjoy exclusive prices and stay stocked. Easily edit or cancel anytime.
5. **Grab & Go** – Convenient daily-dose packs make it easy to create healthy habits.

Pick the plan that works for you. **Starting at \$2/day**

TAKE THE CONTENTS OF YOUR PACK(S) EACH DAY WITH FOOD



## Why We Love It

- Developed by physicians & scientists
- Made with clean, effective, proven ingredients
- Backed by Shaklee's quality guarantee and money back guarantee
- Convenient, daily grab & go packs!
- Delivers personalized nutrition recommendations with more precision, more power, more patents, and more proof than any of the competition
- Packs provide required core nutrients (in necessary amounts) based on your assessment responses
- Packs include products to address targeted needs based on your assessment responses
- Subscriptions can be modified at any time



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## FAQ

### How does Meology™ work?

It's really three easy steps.

1. Answer some questions about your health goals and lifestyle in our simple assessment.
2. Receive your personalized plan in just a few seconds. (Yes, our patent-pending algorithm and product recommendation engine is that fast!)
3. Choose your plan (Essentials or Essentials Plus) and receive your personalized supplements in convenient daily-dose packs every 30 days.

### What kinds of questions does the assessment ask? How long does it take?

The easy and dynamic online assessment will take just a few minutes to complete and asks simple questions about your health goals, activity level, lifestyle, diet (including food allergies and preferences), health concerns, and family history of health conditions. You also have the option to manually input recent blood test results, your waist circumference measurement, blood pressure reading, and upload nutrition-related DNA data from 23andme® or Ancestry®.

### How recent should the blood test results I use for my Meology assessment be?

In order to deliver the most precise recommendations, the blood test results you provide should be from the previous 12 months. However, if your blood test results remain relatively consistent from year to year, older blood test results can be used.

### Should the blood test results I use for my Meology assessment all be from the same day?

No, your blood test results you provide do not need to be from the same day. As long as they were received within the previous 12 months, they can be reported in the assessment. However, if your blood test results remain relatively consistent from year to year, older blood test results can also be used.

### What information from the 23andMe or Ancestry report will be used to inform my Meology recommendation?

The nutrition-related DNA data from your 23andMe or Ancestry report will be used to inform your Meology recommendation. The DNA data we use has been shown to be associated with various nutrition-related outcomes, including lower vitamin D or B vitamin levels, a higher body weight, or an increased risk for joint health or bone health issues or higher blood pressure.

### What's the difference between the Essentials and Essentials Plus plans?

**Essentials** – The Essentials plan focuses on the most important nutrients and products you need to build a strong nutritional foundation. An Essentials plan will include a maximum of 8 tablets per day, contained in one supplement pack.

**Essentials Plus** – The Essentials Plus plan includes all the vital nutrients and products included in your Essentials plan plus additional targeted nutrient needs and solutions to help you achieve optimal health. An Essentials Plus plan will include a maximum of 16 tablets per day, contained in two supplement packs.

### When should I take my Meology supplements?

In general, we recommend you take the supplements within your pack with food. You might find it easier to remember if you plan to take them all at the same time each day, for example, with breakfast. If you ordered an Essentials Plus plan, with two packs of pills per day, you might like taking one pack with a morning meal and the second with an evening meal.

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



## FAQ

### **How can I find out more details about the products recommended in my personalized plan?**

Each product included in your Essentials and Essentials Plus plans has a personalized product details page. Be sure to click on the "Product Details" link on the bottom left of each product description. On that page, you'll find even more insight about why the product is recommended for you and how it will benefit you and address your goals specifically plus the supplement facts information and any relevant directions and cautions.

### **Can I choose what goes in my Meology order?**

Each plan is created just for you, but you can also modify exactly what products are in your Essentials Plus order. Use the green toggles on the right to include/exclude a recommended product.

The Essentials plan cannot be modified.

### **I'm currently taking medication for my cholesterol/blood pressure/blood sugar. Should I continue taking my medication as prescribed along with my Meology supplement pack?**

Yes. You should continue taking all medications prescribed by your doctor. Meology is not a substitute for professional medical advice or treatment. Don't discontinue or change how you take any medication without talking to your doctor.

### **How often should I retake my Meology assessment? How frequently should I update my blood test results, blood pressure reading, and waist circumference?**

You should retake the Meology assessment every 9-12 months. You should also retake the assessment whenever there is a significant change to your diet, lifestyle habits, health concerns, or goals. Similarly, your blood test results should be updated annually as well.

### **How will my personal health information be shared/used?**

Your personal health information will not be shared with anyone without your written consent and is safeguarded in our IT system. The answers you provide are only used to create a precise personalized supplement plan designed specifically to help you achieve optimal health. For more details, you can review our privacy policy [here](#).

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