

# Plexus Slim®

Less hunger. More control.

Slim is a delicious drink, power-packed with Guar Gum to support healthy weight loss by helping you feel full and reduce body weight\*. Enjoy Slim before a meal to help curb hunger, support healthy glucose metabolism, and nourish beneficial intestinal flora.



## The unhealthy lifestyle crisis

We all need food to live. It's a fact of life we can't avoid. But for millions of people around the world, their lifestyle choices are causing significant weight management problems. Globally, the number of overweight adults has increased by 28% since the early 1980s.<sup>1</sup>

What's causing this troublesome crisis? One factor is that high-kilojoule foods have become increasingly available, accessible, and affordable.<sup>2</sup> Triggers such as stress and negative mood states also contribute since they can increase the desire to eat "comfort" foods and lead to excessive binge eating.<sup>3,4</sup>

Developing healthy eating habits is a critical component of successful, long-term weight management. But when hunger increases your desire for high-kilojoule foods, is it possible to take back control?<sup>5</sup>

## How Slim Works

Whether you want to look your best for an upcoming event or to simply maintain a healthy weight, Slim can help. This delicious pink drink is specially formulated with Guar Gum to help curb your hunger—all with a refreshing blood orange, lemon, lime flavour, and only 84 kilojoules!

When you drink Slim 30-60 minutes before a meal, the included Guar Gum slows down digestion which helps you stay full and reduces your desire to eat. Experiencing less hunger gives you more control, enabling you to form healthier eating habits that can lead to weight loss\*. Guar Gum also helps restore good gut microbes. The Chromium found in Slim helps support healthy glucose levels.



### Sources

1. [http://www.primarycare.theclinics.com/article/S0095-4543\(15\)00098-6/abstract](http://www.primarycare.theclinics.com/article/S0095-4543(15)00098-6/abstract)
2. <http://www.nejm.org/doi/full/10.1056/NEJMoal614362?query=TOC&>
3. <https://www.hindawi.com/journals/jobc/2013/240128/>
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4026680/>
5. <https://www.ncbi.nlm.nih.gov/pubmed/19028527>

\*When used in conjunction with a program of reduced intake of dietary kilojoules and increased physical activity.

## Slim Primary Benefits

- Helps decrease body weight and maintain a healthy body weight<sup>^</sup>
- Helps to reduce hunger
- Supports healthy glucose metabolism
- Promotes a healthy digestive system and nourishes beneficial intestinal flora

## Slim Advantage

- Delicious blood orange, lemon, lime flavour
- No artificial colours, flavours, sweeteners, or preservatives
- Only 84 kilojoules
- 30 single serve packets
- 100% Vegetarian & Gluten Free



## Slim with On-The-Go Convenience!

Start your weight loss<sup>^</sup> journey with a Slim 7 Day Pack.

## Who should use this product?

Slim is a premium drink that helps you decrease body weight, support a healthy glucose metabolism, and enhance the growth of beneficial gut microbes. If you'd like to take more control over hunger to help reach your weight loss goals, Slim is for you.<sup>^</sup>

## Did you know?

Research suggests that hunger increases the desire to consume high-kilojoule foods.<sup>5</sup> Excessive overeating makes shedding kilos increasingly difficult and can even negatively alter your body's gastrointestinal chemistry that signals you're full. This can cause a spiral effect, increasing feelings of hunger and leading to further weight gain.<sup>6</sup>

## Frequently Asked Questions

### What is Slim?

Slim is a targeted weight management solution, specially formulated with Guar Gum to help curb your hunger and enhance the growth of beneficial gut microbes, and Chromium to help support healthy glucose levels. Take back control and form healthier habits with this tasty drink that keeps you feeling full.

### What is Guar Gum and how does it work in Slim?

Guar Gum is a prebiotic fibre that slows down digestion which helps you stay full and reduces your desire to eat. Experiencing less hunger gives you more control, enabling you to form healthier eating habits that can lead to weight loss.<sup>^</sup> Guar Gum also helps enhance the growth of beneficial gut microbes.

### When is the best time to drink Slim?

Drink Slim up to twice per day, 30-60 minutes before a meal. Simply mix the Slim contents with 500 mL of water, shake or stir immediately, and enjoy within 30 minutes of preparing for best taste! Please remember that Slim is for adults only.

### How many Plexus Slims can I drink per day?

You can enjoy Slim up to two times a day.

### How much water should I use with Plexus Slim®?

Each packet of Slim can be mixed into 500 mL of water.

### Should Plexus Slim be added to hot or cold water?

Slim is meant to be a refreshing drink, and it's best added to cold water.

### Will I experience any side effects when I start drinking Slim?

In general, Guar Gum is well tolerated with a very low rate of side effects. However, increased Guar Gum could cause temporary gas or bloating in certain people. One way to avoid this is to ease into Slim. We recommend starting with 1/2 stick per day for the first week, one stick for the second week, and up to two sticks per day after the second week.

### Sources

5. <https://www.ncbi.nlm.nih.gov/pubmed/19028527>
6. <https://www.ncbi.nlm.nih.gov/pubmed/23295637>

<sup>^</sup>When used in conjunction with a program of reduced intake of dietary kilojoules and increased physical activity.

## Frequently Asked Questions

### If I'm not trying to lose weight, will I still benefit from taking Slim?

Absolutely! Slim is a delicious drink with amazing health benefits. Even if you are not looking to lose weight, Slim can help you avoid unhealthy habits, such as excessive snacking. It also supports a healthy glucose metabolism, helps enhance the growth of beneficial gut microbes, and is a low-kilojoule supplement option!

### Is Plexus Slim® safe?

Yes, Plexus Slim is safe to take.

### Is it safe to take Plexus Slim while pregnant or breastfeeding?

If pregnant or nursing, consult your physician prior to use.

### Can Plexus Slim be used by children under the age of 18?

Plexus Slim is not recommended for use by children under 18.

### Does Plexus Slim contain any allergens (Peanuts, Tree Nuts, Milk, Eggs, Sesame, Fish, Shellfish, Soy, Wheat, and Lupin)?

No.

### Is Plexus Slim Gluten Free, Non-GMO, and 100% Vegetarian?

Yes.

### Is there caffeine or any other stimulants in Plexus Slim®?

The chlorogenic acid in Plexus Slim is extracted from Robusta coffee (*Coffea canaphora*) Dry Bean Extract, and it contains no more than 2% natural caffeine (8 mg), which is negligible.

### Is Chromium safe?

Slim contains 200 mcg of Chromium and the Australia New Zealand Food Standards Code indicates that 200 mcg is the Estimated Safe and Adequate Daily Dietary Intake for Chromium. Additionally, the Australian National Health and Medical Research Council indicate that multiple clinical studies have been conducted with subjects receiving up to 1000 mcg per day and this was not associated with any adverse effects.

### What flavour is Slim and what ingredients are used to create the flavour profile?

Slim is a delicious blood orange, lemon, lime flavour. White Mulberry Fruit Extract is used in Slim to help enhance the flavour profile, along with natural blood orange, lemon, and lime concentrates.

### If I'm allergic to blood orange, lemon, or lime can I still drink Slim?

Plexus uses flavours that are extracted from actual fruit. Typically, the proteins that could cause an allergic reaction would be removed during extraction. The possibility of an allergic reaction is very small; however, we recommend that if you have an allergy to any of these fruits, please consult your physician prior to use.

### What gives Slim its colour?

The fruit and vegetable concentrate in Slim for colour is the following:

Beetroot extract (*Beta vulgaris*)

Carrot concentrate (*Daucus carota*)

Hibiscus concentrate (*Hibiscus sabdariffa*)

### What sweetener is used in Slim?

Slim is sweetened with stevia, a plant-derived sugar substitute that doesn't add kilojoules.



## Ingredient Glossary

### **Guar Gum** (Naturally derived)

Guar Gum is derived from the plants of the Indian cluster bean *Cyamopsis tetragonolobus*. It is an indigestible, prebiotic fibre that has bulk forming properties to help enhance the feeling of satiety. Guar Gum also helps nourish the growth of beneficial gut microbes

### **Robusta Coffee** (*Coffea canaphora*)

#### **Dry Bean Extract** (Naturally derived)

The coffee bean extract used in Slim is derived from coffee that has not yet been roasted. Slim uses a Non-GMO coffee bean extract standardized to 50% Chlorogenic acid and less than 2% of natural caffeine.

### **Garcinia gummi-gutta Fruit**

#### **Rind Extract** (Naturally derived)

*Garcinia gummi-gutta* is a citrus fruit tree that grows in Southeast Asia. Plexus uses a standardized extract from the fruit rind that contains a phytonutrient called hydroxycitric acid (HCA), which is a bioactive compound. Plexus Slim® uses a Non-GMO *Garcinia gummi-gutta* extract.

### **Chromium** (Scientifically formulated)

Chromium is an essential trace mineral that supports healthy glucose levels.

### **Alpha Lipoic Acid** (ALA) (Scientifically formulated)

Alpha Lipoic Acid is a co-factor for an enzyme used in energy production and numerous other critical cellular processes.

### **Citric acid** (Naturally derived)

Citric acid is used to enhance the flavour of foods and beverages. Plexus uses a Non-GMO form of Citric Acid.

### **White Mulberry** (*Morus alba*) **fruit extract** (Natural)

White Mulberry Fruit has a long history of medicinal use in China and Europe, and contains health promoting phytonutrients. White Mulberry Extract is considered a superfood. Plexus uses Non-GMO White Mulberry which is found in Plexus Slim.

### **Stevia** (*Stevia rebaudiana*) **Leaf Extract** (Naturally derived)

Stevia is a perennial herb native to South America that has been used for centuries as a medicinal herb and a natural sweetener. The extract is prepared from the sweet-tasting leaves, and is standardized to 99% Rebaudioside A. The extract is then purified by filtration and crystallized into a compound that is typically 200 times sweeter than table sugar and has zero-kilojoules. Plexus uses a 100% pure, Non-GMO Stevia rebaudiana.

### **Beet** (*Beta vulgaris*) **Root Extract** (Naturally derived)

Beet root is the red or purple root vegetable known as the beet root or garden beet. Plexus uses Non-GMO beet root which provides natural colour in Plexus Slim.

### **Silicon dioxide** (Scientifically formulated)

Silica is one of the most abundant minerals on earth. In Plexus Slim, the form used is ultra-pure and free of contaminants and helps powders mix more easily.

#### **Each 9.3 g packet contains active ingredients:**

Guar gum	6 g
<i>Garcinia gummi-gutta</i> dry fruit rind extract	500 mg
derived from dry fruit rind	3.3 g
Equiv. hydroxycitric acid	300 mg
<i>Coffea canaphora</i> (robusta coffee) dry bean extract	396 mg
derived from dry bean	4.4 g
Equiv. chlorogenic acid	200 mg
Equiv. caffeine	8 mg
Alpha Lipoic Acid	10 mg
Chromium chloride hexahydrate	1.1 mg
Equiv. chromium	200 mcg
<i>Morus alba</i> (white mulberry) dry fruit extract	800 mcg
derived from dry fruit	4 mg