

plexus Slim

Less Hunger. More Control.

Slim is a refreshing drink mix designed to keep you feeling full and leave you satisfied after every meal so you can avoid being derailed by poor choices in the moment and stay on track to achieve the weight loss goals you have craved.[^]



Break free from overeating. Reach your weight loss goals.

When it comes to your diet, you want to make empowered choices that help you lose weight and be confident in the way you look and feel.

But in today's world, the temptation to overeat is everywhere. Portion sizes keep increasing and unhealthy foods are everywhere, making healthy habits seem unrealistic. How are you supposed to make healthy choices when you feel unsatisfied and hungry?

Sip your way to more control

Slim is specially formulated with Guar Gum to help you feel full, shed extra kilos[^] by curbing hunger, and enhance the growth of beneficial gut microbes. With Chromium, this tasty pink drink mix also supports healthy glucose metabolism.

When your mind is not constantly distracted by hunger, you can focus on more meaningful things. Discover a more satisfying and fulfilling lifestyle with Slim!

Slim primary benefits

- Helps to reduce hunger
- Helps decrease body weight and maintain a healthy body weight[^]
- Supports healthy glucose metabolism
- Promotes a healthy digestive system and nourishes beneficial intestinal flora

Slim advantage

- Delicious blood orange, lemon, lime flavour
- Only 84 kJ
- Gluten free and vegetarian
- No artificial flavours, sweeteners, or preservatives

Who should use this product?

This complementary medicine is clinically demonstrated to help adults lose weight[^] and support a healthy glucose metabolism. If you want to reclaim control over your hunger and eating habits, Slim is for you.



[^]When used in conjunction with a program of reduced intake of dietary kJ and increased physical activity. Individual results will vary.

Frequently Asked Questions

What is Slim?

Slim is a targeted weight management product, 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.[^] 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 servings 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.

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 complementary medicine!

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 vegetarian?

Yes.

[^]When used in conjunction with a program of reduced intake of dietary kJ and increased physical activity. Individual results will vary.

Frequently Asked Questions

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.

Polydextrose

Polydextrose is a large plant-based polysaccharide derived from non-GMO corn starch. Unlike starch, however, the carbohydrates in polydextrose are uniquely linked together, making them resistant to our digestive enzymes. Because polydextrose is not digested and is partially fermented in the gut, it has an energy value of only 1 kcal per gram. Thus, polydextrose is effective in helping to reduce calorie intake, and its intake is also associated with increased

Ingredient Glossary

prebiotic activity. Polydextrose is a source of dietary fibre that helps you feel fuller and eat less. In a blind, randomized, controlled study, researchers found that premeal supplements containing the dose of polydextrose found in Slim reduced subjects' desire to eat before the following meal and was still lower before the next meal later in the day.¹

Green coffee bean extract

Green coffee bean extract is derived from coffee that has not yet been roasted. Green coffee beans have a higher level of chlorogenic acid compared with regular roasted coffee beans. Chlorogenic acid is a phytochemical that acts as an α -glucosidase inhibitor. That means that chlorogenic acid can help maintain healthy blood glucose already in the normal range. Chlorogenic acid may also induce body fat loss via increasing body heat produced. Slim uses a non-GMO green coffee bean extract standardized to 50% chlorogenic acid and less than 2% of natural caffeine.[^]

Guar Gum

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.



[^]When used in conjunction with a program of reduced intake of dietary kJ and increased physical activity. Individual results will vary.

Ingredient Glossary

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 canephora</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

Robusta Coffee (*Coffea canephora*)

Dry Bean Extract

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

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

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

Alpha Lipoic Acid (ALA)

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

Citric acid

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

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

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

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

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.



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