

# plexus Slim® Microbiome Activating\*

Healthy Gut. Happy You.®\*

Everyone's favorite pink drink supplement is good for your gut.

It feeds your gut and increases beneficial microbes, like *Lactobacillus* and *Bifidobacterium*, with its delicious raspberry, lemon, watermelon flavor.®\*



## Authentic Health

Real health begins in your gut. A strong, healthy gut can impact everything from your immune system and glucose metabolism to your weight. The delicate balance of beneficial and unwanted microbes in your gut (your “microbiome”) can affect everything from your mood, to your immune system, to your weight. 70% of your immune system cells are located in and along the gut. 95% of your body's serotonin is produced from your gut, both from your intestines and gut microbes. Our gut microbes help us by creating essential vitamins like B12, Folate, and by creating an environment where beneficial microbes like *Akkermansia* can thrive.

Unfortunately, your gut microbiome's balance can be disrupted by any number of factors—poor diet, high stress levels, artificial sweeteners, antibiotics, soda, processed foods, lack of exercise, or poor sleep habits (just to name a few).

This imbalance can cause problems that affect your daily life, like occasional bloating, constipation, bad breath, and excess gas. No one wants to deal with that!

## How Slim Microbiome Activating Works

Slim Microbiome Activating (MBA) can help your gut thrive. Packed with powerful ingredients, including the clinically demonstrated prebiotic Xylooligosaccharides (XOS), Slim MBA feeds your gut with beneficial microbes – increasing *Lactobacillus* up to 365 times and *Bifidobacterium* up to 290 times.®\*

Prebiotics, like the ones contained in Slim MBA, can increase beneficial microbes after just a few days of use. These improvements in your gut could start to disappear in as little as

a week if you skip your daily serving of the prebiotics in Slim MBA! Thankfully, it's so delicious you will look forward to it every day!\*

A healthy gut can also lead to a slimmer you! See the benefits roll in ... as the pounds roll off!® Slim MBA increases *Akkermansia*—a remarkable microbe, which positively impacts disrupted metabolism associated with being overweight—up to 250 times. Slim MBA also increases production of short-chain fatty acids, like Butyrate (which regulates energy metabolism) and Propionate (which may play an important role in appetite regulation).®\*

The Chromium found in Slim MBA also helps support a healthy glucose metabolism. Slim MBA helps you lose weight®, and the results are clinically demonstrated in a double-blind, placebo-controlled study of 175 participants.\*<sup>1</sup>

Slim MBA helps feed your gut friendly microbes, so your microbiome can stay balanced, while also helping you lose weight® safely and effectively.\*



\*Participants in an independent, randomized, double-blind, placebo-controlled, human clinical study who used one pack of Slim twice daily lost an average of 5.45 pounds in 8 weeks, while the placebo group lost an average of 3.12 pounds. Although this difference was not statistically significant (p=0.05), there was a trend to weight decrease with the Slim group (p=0.059).

\*The results of an in vitro human gut simulator study suggest that Slim's formula may have several beneficial effects. Further research, including research conducted in humans, is needed to confirm these preliminary findings.

## Microbiome Activating Formula

The Slim Microbiome Activating (MBA) formula is designed to help your gut thrive. Slim MBA has been tested in an independent, highly advanced and scientifically validated in vitro study created to mimic the gastrointestinal system. This study demonstrated Slim MBA's ability to help beneficial microbes flourish in the gut, improving overall health.<sup>0\*</sup>

Here's what they found:

- Slim MBA, including our clinically demonstrated prebiotic, Xylooligosaccharides (XOS), works to feed the beneficial gut microbes increasing *Lactobacillus* up to 365 times and *Bifidobacterium* up to 290 times.<sup>0\*</sup>
- Slim MBA increases *Akkermansia* – an amazing microbe, which positively impacts disrupted metabolism associated with being overweight up to 250 times.<sup>0\*</sup>
- Increases metabolism boosting short chain fatty acids – Butyrate up to 58% and Propionate up to 29%.<sup>0\*</sup>

## Slim MBA Primary Benefits

- Promotes the growth of beneficial gut microbes\*
- Increases *Lactobacillus* up to 365 times and *Bifidobacterium* up to 290 times - contributing to overall health<sup>0\*</sup>
- Clinically-studied XOS prebiotic
- Supports healthy glucose metabolism\*
- Helps support cardiovascular health\*
- Helps maintain healthy blood pressure levels already in the normal range\*
- Supports hydration by encouraging you to drink more water\*
- Clinically demonstrated to help you lose weight<sup>#\*</sup>
- Increases the metabolism enhancing *Akkermansia* microbes up to 250 times<sup>0\*</sup>

## Slim MBA Advantage

- Clinically studied XOS prebiotic
- Patent pending formula
- Delicious raspberry, lemon, watermelon flavor
- Only 5 calories
- No artificial flavors, sweeteners, or preservatives
- 30 single serve packets
- Gluten Free, Vegan, Non-GMO



## Who Should Use This Product?

Slim MBA is for any adult looking to be healthier, happier, and slimmer.\*

## Did You Know?

Gut imbalance includes occasional bad breath, bloating, gas, constipation, moodiness, and tension. If these conditions go unnoticed, things like digestive problems, skin conditions, and mood fluctuation may occur.<sup>2</sup>

## You Deserve To Thrive

### Weed + Seed + Feed

Your gut microbiome holds the key to improved overall health. Show your gut some love when you Weed, Seed, and Feed your microbial neighbors.\*



#### Weed

ProBio 5, and Bio Cleanse, go to work to help weed out unwanted microbes and intestinal yeast that take up space from beneficial microbes.\*



#### Seed

ProBio 5 and VitalBiome, deliver probiotic strains to your digestive tract, right where they're needed most.\*



#### Feed

Slim Microbiome Activating feeds your beneficial microbes with the prebiotics they need to flourish.\*



### Sources

2. <http://www.saragottfriedmd.com/dysbiosis-symptoms-and-conditions/>

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\*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.

## Frequently Asked Questions

### What is Slim Microbiome Activating\*?

Slim Microbiome Activating (MBA) is the delicious way support your gut health and overall health. Slim MBA supports healthy glucose metabolism and feeds your gut with beneficial microbes which helps keep your gut microbiome healthy.\*

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

Adults drink 1 serving up to twice daily. #For weight loss - adults drink 1 serving 30 – 60 minutes before two main meals daily.\* Simply tear the Slim packet and pour into your 12 – 20 ounce bottle of water and shake immediately.

### How many Slim MBAs can I drink per day?

You can enjoy Slim MBA up to twice a day.

### How much water should I use with Slim MBA?

Each packet of Slim MBA is recommended to be mixed into 12-20 ounces of water.

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

Slim MBA is meant to be refreshing, and is best added to cold water. We don't recommend adding Slim MBA to hot water, as hot water could affect the integrity of the product.

### Can you tell me about the study that was done on Slim MBA?

We wanted to see what Slim MBA can really do, so we put it through rigorous testing procedures. In a highly advanced, in vitro study created to mimic the human gastrointestinal system, Slim MBA's powerful microbiome activating formula was tested, which produced astounding results.\*

- Increases *Lactobacillus* up to 365 times and *Bifidobacterium* up to 290 times – microbes that contribute to your overall health.\*
- Increases friendly microbes called *Akkermansia* – a remarkable microbe, which positively impacts disrupted metabolism associated with being overweight up to 250 times.\*
- Increases Butyrate up to 58% and Propionate up to 29% – Short-chain fatty acids that help regulate your metabolism.\*

### What is a prebiotic? How does it work?

Your gut is full of microbes. Some of them are beneficial; some of them are unwanted. Prebiotics are non-digestible compounds that make their way through our digestive system and **feeds** beneficial microbes to grow and flourish. Prebiotics include non-absorbable carbohydrates like fructo-, xylitol and oligo-saccharides, and inulin, which can be found naturally occurring in whole grains, chicory root, onions, leeks, fruits, and legumes. Prebiotics act as a fertilizer, selectively feeding beneficial microbes in the gut and assisting in their growth. This leads to benefits for your overall well-being and health. Nearly everyone needs to supplement their prebiotic intake

to experience optimal health, since so few people get enough prebiotics from their diet.\*

### What is the prebiotic in Slim MBA and how is it beneficial to me?

Xylooligosaccharides (XOS), is Slim MBA's incredible prebiotic, which friendly microbes love to eat. XOS has been clinically shown to improve intestinal microflora for enhanced health and well-being. In a double-blind, randomized, placebo-controlled study conducted by researchers at the University of California Los Angeles (UCLA), subjects who consumed a relatively small serving of XOS daily saw improvements in gut microbiota balance and growth of beneficial gut microbes, thereby promoting intestinal health.\*

### Have we enhanced the quality of ingredients in Slim MBA?

Absolutely. The ingredients in Slim MBA were specifically qualified by our in-house Quality Assurance department using world-class quality standards. Each material is rigorously tested for purity and potency by Plexus Worldwide® before ever being selected for use. The difference in this hands-on approach and dedication to ingredient quality ensures that you can feel confident in the purity and potency of Slim MBA's ingredients.

### Do I need to keep taking Slim MBA to keep the microbiome benefits?

The prebiotic nutrients that support the growth of the beneficial microbes in the intestinal tract will diminish over time, and the increased population of beneficial microbes will eventually return to their baseline levels if they aren't continually fed with the nutrients they need to thrive. So it's best to take Slim MBA every day.\*

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

In certain people, supplementing with prebiotics could cause temporary gas and bloating. One way to avoid this is to ease into Slim MBA. We recommend starting with 1/2 stick per day for the first week, 1 stick for the second week and up to 2 sticks per day after the second week. Of course you can do more or less depending on how your body reacts. Your gut microbes should adapt to prebiotic supplementation over time, which will help relieve any discomfort.

### What is the difference between Slim Microbiome Activating and Slim Hunger Control\*?

Slim Hunger Control is an expansion of the Slim family. Both options help you lose weight# and support a healthy glucose metabolism, but they each use different prebiotic sources to give your body what it needs, when it needs it. Slim MBA with XOS, a powerful prebiotic, promotes the growth of beneficial gut microbes, while Slim Hunger Control with Polydextrose, a calorie-smart soluble prebiotic fiber, helps to keep you feeling full longer.\*

\*When combined with a reduced calorie weight loss diet plan. Individual results will vary.

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## Frequently Asked Questions

### Can Slim Microbiome Activating\* and Slim Hunger Control\* be used together?

Yes! For increased health benefits, combine Slim Hunger Control with Slim MBA. Designed to work hand in hand, our Slim family helps you lose weight\* and supports a healthy glucose metabolism. It is recommended to use each once daily, for a total of two servings per day.\*

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

Absolutely! Slim MBA is a delicious dietary supplement mix with amazing microbiome benefits. Even if you are not looking to lose weight, Slim MBA delivers prebiotics that promote the growth of beneficial gut microbes and support a healthy glucose metabolism. You are drinking your way to a healthier, happier gut!\*

### Is it safe to drink Slim MBA while pregnant or breastfeeding?

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

### What flavor is Slim MBA?

Slim MBA is a delicious raspberry, lemon, watermelon flavor.

### Does Slim MBA contain any common food allergens (Milk, Eggs, Fish, Crustacean shellfish, Tree nuts, Peanuts, Wheat, and Soybeans)?

No.

### Is Slim MBA Gluten Free, Vegan, and Non-GMO?

Yes.

### Can I take Slim MBA with other Plexus® products?

Absolutely! Slim MBA is the perfect complement to other Plexus products. We recommend taking Slim MBA with ProBio 5® and Bio Cleanse™, together, these three products make up the TriPlex system. Slim MBA can also be taken with other weight management products including Slim Hunger Control, MetaBurn, and Balance.



### Is there caffeine or any other stimulants in Slim MBA?

The Chlorogenic Acid in Slim MBA is extracted from Green Coffee Bean, and it contains less than 2% natural caffeine, which is negligible.

### Is Akkermansia in Slim MBA or already in your gut?

*Akkermansia* is a beneficial bacterium that is already present in your gut. Slim Microbiome Activating's formula with XOS helps feed beneficial microbes and has been shown in a preliminary study to increase *Akkermansia* levels up to 250 times.\*

### Is Chromium safe?

Many human studies have demonstrated the safety of daily intakes of up to 1,000 mcg of Chromium and each serving of Slim MBA contains 200 mcg. Scientific authorities and professional associations, including the Institute of Medicine (IOM), the National Research Council (US), and the Council for Responsible Nutrition (CRN), have stated that the clinical trial data are sufficient to indicate safety for Chromium supplements at levels of up to 1,000 mcg per day for healthy adults.

### If I'm allergic to raspberry, lemon, and watermelon, can I still drink Slim MBA?

Plexus uses flavors 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 is the fruit and vegetable juice for color in Slim MBA?

The fruit and vegetable juice in Slim MBA for color is the following:

- Beetroot Extract (*Beta vulgaris*)
- Sweet Potato Concentrate (*Ipomoea batatas* L.)
- Radish Concentrate (*Raphanus sativus*)
- Cherry Concentrate (*Prunus avium*)
- Apple Concentrate (*Malus domestica*)

### Is there a corn derived ingredient in Slim MBA?

XOS is derived from Non-GMO corn. If you're allergic to corn, please consult your physician prior to use.

### What is the exact source of the XOS in Slim MBA?

The XOS in Slim MBA is derived from Non-GMO corn.

### Can Slim MBA be used by individuals under the age of 18?

Slim MBA is not recommended for use by individuals under 18 because the product was formulated to meet the nutritional needs of adults.

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# Ingredients Glossary

## Supplement Facts

Serving Size 1 Packet  
Servings Per Container 30

	Amount Per Serving	% DV
Calories	5	
Total Carbohydrate	2 g	<1%‡
Chromium (as chromium polynicotinate)	200 mcg	571%
Sodium	60 mg	3%
Xylooligosaccharide	1,000 mg	†
Plexus Slim Blend	531 mg	†
Green coffee bean extract (min. 50% chlorogenic acid and less than 2% natural caffeine), <i>Garcinia cambogia</i> fruit extract, alpha lipoic acid, white mulberry fruit extract		

‡Percent Daily Values are based on 2,000 calorie diet.  
†Daily Value (DV) not established.

**Other Ingredients:** Citric acid, natural flavors, stevia leaf extract, fruit and vegetable juice with beet root extract (color), cellulose gum, and silicon dioxide.

### Xylooligosaccharides (XOS)

XOS is a prebiotic that feeds beneficial bacteria. XOS is derived from a Non-GMO corn-derived form of oligosaccharide called Xylooligosaccharides. In a double-blind, randomized, placebo-controlled study conducted by researchers at the University of California Los Angeles (UCLA), subjects who consumed a relatively small serving of XOS daily saw improvements in gut microbiota balance and growth of beneficial gut microbes, thereby promoting intestinal health. XOS is effective in promoting intestinal health and is found in Slim MBA.<sup>9\*</sup>

### 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 to regular, roasted coffee beans. Research has shown that Chlorogenic Acid helps activate lipolysis, the process of lipid release from fat cells, which enhances fat burning. Because of this, Green Coffee Bean Extract has been shown to help with weight loss. Slim MBA uses a Non-GMO Green Coffee Bean Extract standardized to 50% Chlorogenic Acid and less than 2% of natural caffeine.\*

### Garcinia Cambogia (*Garcinia Cambogia* Desr.) Fruit Extract

Garcinia Cambogia 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. Slim MBA uses a Non-GMO Garcinia Cambogia Extract.

### Chromium Polynicotinate

Chromium Polynicotinate is a combination of Chromium and Niacin. This form of Chromium has been found to be a more bioavailable source. Chromium is an essential trace mineral that supports energy and healthy glucose metabolism. Chromium Polynicotinate also helps facilitate glucose transport into cells.\*

### Alpha Lipoic Acid (ALA)

Alpha Lipoic Acid is a fatty acid, found naturally inside every cell in the body. ALA is a potent antioxidant and helps recycle other antioxidants such as Vitamin C and E and Glutathione. Alpha Lipoic Acid is found in Slim MBA and Plexus Nerve™.\*

### Citric Acid

Citric Acid can be found naturally in citrus fruits such as lemons and oranges. The Citric Acid found in Slim MBA is Non-GMO.

### White Mulberry (*Morus Alba*) Fruit Extract

White Mulberry Fruit has a long history of traditional use in China and Europe, and contains health promoting phytonutrients. White Mulberry Extract is considered a superfood and a potent antioxidant.\*



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

Stevia is a perennial herb native to South America that has been used for centuries as a traditional 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 calories. Plexus® uses a 100% pure, Non-GMO Stevia.

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

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

### **Cellulose Gum**

Cellulose Gum comes from natural Cellulose obtained from wood pulp and cotton fibers. A natural, Non-GMO version of Cellulose is modified to form a gum that helps give a well-rounded mouth feel in Slim MBA.

### **Silicon Dioxide**

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



### **XOS Clinical Study References**

Childs CE, Röytiö H, Alhoniemi E, et al. Xylo-oligosaccharides alone or in synbiotic combination with *Bifidobacterium animalis* subsp. *lactis* induce bifidogenesis and modulate markers of immune function in healthy adults: a double-blind, placebo-controlled, randomised, factorial cross-over study. *Br J Nutr*. 2014 Jun 14;111(11):1945-56.

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