

RESET

plexus

Slim Hunger Control

Sip your way to managing your weight*.

Slim Hunger Control is a refreshing natural health product designed to temporarily increase the feeling of fullness** 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 your desired goals.

NPN 80092506



Break free from overeating. Reach your goals.

When it comes to your diet, you want to make empowered choices that help you manage your 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 Hunger Control is a convenient, delicious powder mix that features polydextrose fibre, which helps temporarily increase the feeling of fullness** — so it is easier to make healthier eating choices and stay on track toward your goals.

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 Hunger Control!

Slim Hunger Control's primary benefits

- Designed to help you manage your weight*
- Increased feelings of fullness**
- Supports healthy glucose metabolism
- Helps to maintain the body's ability to metabolize nutrients
- Helps support cardiovascular health
- A factor in the maintenance of good health

Slim Hunger Control's advantage

- Delicious blood orange, lemon, lime flavour
- No artificial colours, flavours, sweeteners, or preservatives
- Only 15 calories per serving
- 3 single-serve packets for on-the-go convenience
- Gluten free, vegan, and non-GMO

Who should use this product?

This natural health product may help adults manage their weight* and support healthy glucose metabolism. If you want to reclaim control over your hunger and eating habits, Slim Hunger Control is for you.



*Along with a healthy lifestyle that includes calorie reduction and physical activity.
**When taken 90 minutes prior to a meal.

Frequently Asked Questions

What is Slim Hunger Control?

Slim Hunger Control is a targeted weight management* product, specially formulated with polydextrose that has been demonstrated to help temporarily curb your hunger. Take back control and form healthier habits with this enhanced formulation that temporarily increases satiety.**

What is polydextrose, and how does it work in Slim Hunger Control?

Polydextrose is a calorie-smart soluble fibre with a chemical makeup that's similar to plant starch. It has been shown to promote satiety to temporarily increase the feeling of fullness**.

What is the difference between Slim and Slim Hunger Control?

Slim Hunger Control is a part of the Slim family. Both options help you manage your weight* and support healthy glucose metabolism, but they each use different ingredients to give your body what it needs, when it needs it.



Can Slim and Slim Hunger Control be used together?

Yes! For increased health benefits, combine Slim Hunger Control with the original Slim. Designed to work hand in hand, our Slim family helps you manage your weight* and support healthy glucose metabolism.

When is the best time to drink Slim Hunger Control?

If you want to manage your weight*, adults pour 1 packet into 360-480 mL of water and consume 1-2 times daily 90 minutes before a meal. Take 2 hours before or after taking other medications or natural health products. Maintain adequate fluid intake.

How many Slim Hunger Control's can I drink per day?

You can enjoy Slim Hunger Control 1-2 times per day.

How much water should I use with Slim Hunger Control?

Each packet of Slim can be mixed into 360-480 mL of water.

Should Slim Hunger Control be added to hot or cold water?

Slim Hunger Control is meant to be refreshing and is best added to cold water. We do not recommend adding it to hot water, as hot water could affect the integrity of the product's green coffee bean extract, making it less effective.

Will I experience any side effects when I start drinking Slim Hunger Control?

In general, clinical studies show that polydextrose is well tolerated with a very low rate of side effects. However, increased polydextrose could cause temporary gas or bloating in some people. One way to prevent this is to ease into Slim Hunger Control. We recommend starting with 1/2 stick per day for the first week, 1 stick per day 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.

If I am not trying to manage my weight*, will I still benefit from taking Slim Hunger Control?

Absolutely! Slim Hunger Control is a delicious powder mix with amazing health benefits. Even if you are not looking to manage your weight*, Slim Hunger Control can help you avoid unhealthy habits, such as excessive snacking. It also supports healthy glucose metabolism!

Is it safe to take Slim Hunger Control while pregnant or breastfeeding?

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

*Along with a healthy lifestyle that includes calorie reduction and physical activity.

**When taken 90 minutes prior to a meal.

Frequently Asked Questions

Can Slim Hunger Control be used by individuals under the age of 18?

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

Does Slim Hunger Control contain any common food allergens (Eggs, milk, mustard, peanuts, crustaceans and molluscs, fish, sesame seeds, soy, sulphites, tree nuts, wheat and triticale)?

No.

Can I take Slim Hunger Control with other Plexus® products?

Absolutely! Slim Hunger Control is the perfect complement to other Plexus products. If you are looking to optimize your gut health, we recommend ProBio CA.

Is there caffeine or any other stimulants in Slim Hunger Control?

The chlorogenic acid in Slim Hunger Control is extracted from green coffee bean, and it contains less than 2% natural caffeine, which is negligible.

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

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 is the fruit and vegetable juice for colour in Slim Hunger Control?

The fruit and vegetable juice in Slim Hunger Control for colour is beetroot extract (*Beta vulgaris*), carrot concentrate (*Daucus carota*), and hibiscus concentrate (*Hibiscus sabdariffa*).

What sweetener is used in Slim Hunger Control?

Slim Hunger Control is sweetened with stevia, a plant-derived sugar substitute that does not add calories.

Is there a corn-derived ingredient in Slim Hunger Control?

Polydextrose is derived from non-GMO corn. If you are allergic to corn, please consult your physician prior to use.



Sources
1. <https://www.ncbi.nlm.nih.gov/pubmed/22885981>

Ingredient Glossary

MEDICINAL INGREDIENTS

Each Packet Contains:

Polydextrose	6,250 mg
Green coffee bean (<i>Coffea canephora</i>) seed extract (50% chlorogenic acid)	500 mg
Malabar tamarind (<i>Garcinia gummi-gutta</i>) fruit peel extract (50% hydroxycitric acid)	20 mg
DL-alpha-Lipoic acid	10 mg
White mulberry (<i>Morus alba</i>) fruit 4:1 extract (QCE: 4 mg)	1 mg
Chromium (Chromium (III) nicotinate)	200 mcg

Polydextrose

Polydextrose is a large plant-based polysaccharide derived from non-GMO corn starch. However, unlike starch, the carbohydrates in polydextrose are uniquely linked together, making them resistant to our digestive enzymes. Because polydextrose is not digested and partially fermented in the gut, it has an energy value of only 1 kcal/gr. Thus, polydextrose is effective in helping to reduce calorie intake and its intake is also associated with increased prebiotic activity. Polydextrose is a calorie smart soluble fibre that helps you feel fuller and eat less.

Malabar tamarind (*Garcinia gummi-gutta*) fruit peel extract

Malabar tamarind 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 Hunger Control uses a non-GMO malabar tamarind extract.



Ingredient Glossary

Chromium (Chromium (III) nicotinate)

Chromium III 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 healthy glucose metabolism. Chromium polynicotinate also helps facilitate glucose transport into cells.

DL-alpha-Lipoic acid

DL-alpha-Lipoic acid is a fatty acid, found naturally inside every cell in the body. DL-alpha-Lipoic acid is an antioxidant and helps recycle other antioxidants such as vitamin C and E and glutathione.

Citric acid

Citric acid can be found naturally in citrus fruits such as lemons and oranges. The Citric acid sourced by Plexus® is non-GMO.

White Mulberry (*Morus alba*) fruit extract

White mulberry fruit has a long history of traditional use in China and Europe. White mulberry extract is considered a superfood and an antioxidant.

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 calories. Plexus uses a pure, non-GMO *Stevia rebaudiana*.

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 colour in Slim Hunger Control.

Silicon dioxide

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

Maltodextrin

Maltodextrin is the carrier in the green coffee bean extract. Maltodextrin is a sugar substitute.

