



SLIM HUNGER CONTROL

U.S. Product Claims Reference Guide



It is estimated that more than 90% of all Americans eat 1 to 3 snacks daily, accounting for roughly 20% of their daily caloric intake.¹ If you are prone to snacking on sugary, highly processed foods, this habit can significantly disrupt the delicate balance of your gut microbiome and ultimately compromise your long-term health and wellness. Unhealthy food choices can wreak havoc on your body in several ways. First, many processed foods are loaded with refined sugars, unhealthy fats, and empty calories, leading to rapid spikes in blood glucose levels followed by crashes, which contribute to energy fluctuations and cravings. Second, these foods often lack essential nutrients like fiber, vitamins, and minerals, leaving you feeling unsatisfied and likely to overeat later. Regular consumption of such foods can lead to weight gain and an increased risk of serious health problems down the road.

Slim Hunger Control, a cornerstone of the clinically tested TriPlex system, can help combat these unhealthy eating habits by addressing many of the root causes of overeating, making it easier for you to make better dietary choices. Slim Hunger Control features polydextrose, a prebiotic fiber shown to promote feelings of satiety and curb cravings. This effect is achieved through selectively “feeding” beneficial gut bacteria that work through the gut-brain axis to signal fullness and satisfaction. In fact, recent studies show that polydextrose stimulates the natural production of GLP-1, a hormone that helps regulate appetite. Slim Hunger Control also promotes healthy glucose metabolism and has been clinically demonstrated to help you lose weight.^{^*}

Slim Hunger Control is intended to supplement a healthy, balanced diet and lifestyle. However, care must be taken in promoting its benefits to avoid potential issues with regulatory agencies. This resource provides guidance for Plexus® Brand Ambassadors and employees to navigate and mitigate risks associated with communicating the amazing health benefits of Slim Hunger Control.

Plexus is committed to the promotion and sale of our products in accordance with applicable laws and regulations in all markets wherein we do business. To that end, the Field Advisory Support Team has created this resource, empowering you to confidently and compliantly promote Slim Hunger Control. Below are some examples of unacceptable claims, explanations for why they are problematic, and acceptable claims you can make for Slim Hunger Control.

✓ THE DOS

- Explain why prebiotics are an important factor in maintaining gut health.
- Discuss the results of the clinical study for the TriPlex system, which includes Slim Hunger Control.
- Promote Slim Hunger control as a supplement to an otherwise healthy and balanced diet.
- Explain how Slim Hunger Control encourages healthy eating habits.*
- Explain how Slim Hunger Control works synergistically with ProBio 5® and Bio Cleanse®, as part of the TriPlex system.
- Discuss the differences between the prebiotics in both Slim Microbiome Activating and Slim Hunger Control.
- **Share this product using only approved product claims, like:**
 - “Supports healthy glucose metabolism**”
 - “Helps control hunger and support satiety**”
 - “Helps curb cravings**”
 - “Features polydextrose, shown in studies to promote the body’s production of GLP-1**”
 - “Feeds the beneficial bacteria in your gut**”
 - “Is clinically demonstrated to help you lose weight^{^*}”
 - “Supports hydration by encouraging you to drink more water**”

✗ THE DON'TS

- **Don’t claim Plexus products can be used to treat, cure, or prevent any diseases or symptoms of disease, even if you don’t actually name the disease, but use everyday terms (instead of medical terminology).**
- **Don’t claim Slim Hunger Control is a substitute for a healthy and balanced diet.**
- **Don’t claim Slim Hunger Control can lower blood sugar levels.**
- **Don’t use the following “red flag” words or symptoms associated with illnesses or diseases:** Anti-inflammatory, auto-immune (disease), blood sugar, cancer, cholesterol, Chronic Fatigue Syndrome, diabetes, heart disease, high blood pressure, inflammation, Inflammatory Bowel Disease (Crohn’s disease ulcerative colitis), insulin, Irritable Bowel Syndrome (IBS), nausea, obesity, and pain.
- **Don’t use testimonials about how Slim Hunger Control affected a condition that would normally be treated with a drug or by a doctor.** Personal experiences can be incredibly compelling, but they are regulated speech when used by the company. No matter how remarkable someone’s personal experience may be, it could be a violation of U.S. regulations.

Acceptable claim	Unacceptable claim	Why is it unacceptable?
I have noticed my clothes are fitting better! Slim has really helped me lose weight.^*	While using Slim HC, I lost 30 pounds in just 2 months! I haven't changed any of my diet or exercise regimen and have had extraordinary results.	Extreme weight loss, such as 30 pounds in 2 months, is not a typical result for users of Slim HC. This claim would be misleading to potential consumers.
The prebiotic in Slim HC has helped with my eating habits. I don't feel the urge to snack constantly.*	Slim HC replaces my meals on the go! I'm no longer obese due to Slim diminishing my appetite.	Slim HC is not formulated as a meal replacement, which is not aligned with its intended use. This claim also suggests Slim HC can help with disease states, such as obesity. Dietary supplements are not intended to diagnose, treat, cure, or prevent disease.
My health has definitely improved with the use of Slim. It has helped support my glucose metabolism and maintain my normal blood pressure levels.*	My blood sugar and blood pressure levels have been entirely regulated. I can't believe the difference I feel!	Suggests Slim HC can regulate unhealthy blood sugar and blood pressure levels, when it is only scientifically substantiated to maintain levels already in the normal range. This implies the product can treat diabetes and hypertension (diseases).
Did you know Slim Hunger Control also supports cardiovascular health? This is just one of the many benefits of Slim. It also comes in 2 delicious flavors.*	I haven't had any issues with IBS since I started using Slim! I have even lost 15 pounds!	Suggests Slim HC can heal/treat a disease state (IBS). Weight loss claims should include a disclosure of the time it took to achieve the results to avoid potential false or misleading statements.
Slim HC contains polydextrose, which is a prebiotic fiber that feeds the beneficial bacteria in my gut and helps keep me full for longer.*	I don't have to eat since using Slim HC. It has completely gotten rid of any urges for food.	This is a misleading and exaggerated claim for Slim HC that cannot be substantiated. It also suggests that Slim HC can replace a balanced diet and exercise.
Even my skin health has improved. It doesn't feel as dry, and my skincare products apply better.*	My acne and eczema have cleared up since using Slim HC!	Suggests Slim HC can treat skin conditions. Slim is only intended to support overall skin health and hydration. Dietary supplements are not intended to diagnose, treat, cure, or prevent disease.

Plexus® products are founded on science. This science can be explained, and the amazingly effective products can (and must be) promoted in a compliant manner. By following the guidance in this resource, you are doing your part to help Plexus keep its commitment to the principles of trustworthiness and honesty. If you ever need additional guidance on how to stay compliant with applicable laws and regulations, please do not hesitate to contact the Field Advisory Support Team at compliance@plexusworldwide.com.

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

***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.**

This reference guide applies to the United States and may not be applicable to other markets.

¹ Heitman K, Thomas SE, Kelly O, Fanelli SM, Krok-Schoen JL, Luo M, Taylor CA. Snacks contribute considerably to total dietary intakes among adults stratified by glycemia in the United States. PLOS Glob Public Health. 2023 Oct 26;3(10):e0000802. doi: 10.1371/journal.pgph.0000802.