

# Slim Hunger Control

SIP YOUR WAY TO A HEALTHY WEIGHT.\*

Slim Hunger Control is a refreshing dietary supplement 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 how 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 do you make healthy choices when you feel unsatisfied and hungry?

Along with those concerns, many don't realize that the tie between healthy weight management and the health of the gut microbiome can play a key role. When you're not digesting properly and dealing with bad microbes in the gut, your weight loss efforts can be less effective, and your goals harder to achieve.

## Sip your way to more control

Clinically demonstrated to help you lose weight^, Slim Hunger Control features polydextrose, a powerful prebiotic fiber that not only feeds the beneficial microbes in the gut but also curbs cravings and reduces the desire to overeat. Polydextrose works to naturally boost GLP-1 production to signal satiety and help you feel full longer — so it is easier to make healthier eating choices and stay on the path to achieving your goals.\*

Slim Hunger Control also features chromium to encourage a healthy glucose metabolism and a proprietary Plexus Slim® Blend of green coffee bean extract, garcinia cambogia fruit extract, alpha lipoic acid, and white mulberry fruit extract to further support healthy glucose metabolism, promote fat burning, and provide antioxidants all to support your health and weight goals.^\*

## Primary Benefits

- Clinically demonstrated to help you lose weight\*\*
- Helps reduce hunger\*
- Supports healthy glucose metabolism\*
- Supports enhanced satiation and satiety\*
- Helps support cardiovascular health\*
- Helps maintain healthy blood pressure levels already in the normal range\*

## Primary Features

- Available in three delicious flavor options:
  - Blood orange lemon lime
  - Black cherry lime blossom
  - Sweet tea
- No artificial colors\*\*, flavors, sweeteners, or preservatives
- Only 15–20 calories per serving
- 30 single-serve packets for on-the-go convenience
- Gluten free, vegan, and non-GMO
- Contains polydextrose, a calorie-smart prebiotic fiber that has been shown to stimulate the production of GLP-1, a hormone that helps regulate appetite, making you feel fuller and more satisfied\*
- Features chromium, an essential trace mineral that supports energy and healthy glucose metabolism\*
- Includes green coffee bean extract to support weight loss\*^

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

\*\*Added color from natural sources

\*For weight loss — adults drink 1 serving 30–60 minutes before 2 main meals daily.

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## DID YOU KNOW?

—

GLP-1-based medications work by mimicking what your body already does — Slim helps support that process naturally.\*<sup>1</sup>

The “P” in GLP-1 stands for peptide — a type of molecule made from amino acids that your gut naturally produces.<sup>2</sup>

Hunger isn’t just about willpower — it’s a complex signal your body sends when it’s low on nutrients or balance.<sup>3</sup>

Unlike most carbohydrates, polydextrose resists digestion, helping you feel satisfied longer while supporting healthy gut bacteria.<sup>4</sup>

Chromium polynicotinate combines chromium with niacin for optimal absorption and metabolism support.<sup>5</sup>

### Sources:

1. Cleveland Clinic. (2024). GLP-1 agonists: What they are, how they work & side effects. Retrieved from <https://my.clevelandclinic.org/health/treatments/13901-glp-1-agonists>
2. Holst, J. J. (2007). The physiology of glucagon-like peptide 1. *Physiological Reviews*, 87(4), 1409–1439. <https://doi.org/10.1152/physrev.00034.2006>
3. Nature Reviews Endocrinology. (2024). Reflections on the discovery of GLP-1 as a satiety hormone. *Nature Reviews Endocrinology*. <https://www.nature.com/articles/s41430-024-01460-6>
4. PubMed Central (PMC). (2016). Polydextrose: Physiological functions and effects on health. *Nutrients*, 8(9), 553. <https://pmc.ncbi.nlm.nih.gov/articles/PMC5037538/>
5. U.S. Food & Drug Administration (FDA). (2015). GRAS Notice No. GRN 000614: Chromium Polynicotinate. Retrieved from <https://www.fda.gov/files/food/published/GRAS-Notice-000614---Chromium-polynicotinate.pdf>

## Frequently Asked Questions

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

Polydextrose is a calorie-smart soluble prebiotic fiber with a chemical makeup that is similar to plant starch. It has been shown to promote satiety and reduce your desire to overeat.\*

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

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

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

Yes! For increased health benefits, combine Slim Hunger Control with the microbiome-activating benefits of Slim with XOS. Designed to work hand in hand, our Slim family helps you lose weight and supports a healthy glucose metabolism.^^\*

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

If you want to lose weight, drink Slim Hunger Control twice a day 30–60 minutes before a meal. Simply pour 1 packet into a glass of water or water bottle, mix, and enjoy!^^\*

### How many Slim Hunger Controls can I drink per day?

You can enjoy Slim Hunger Control up to 2 times a day.

### How much water should I use with Slim Hunger Control?

Each packet of Slim Hunger Control should be mixed into 12–20 ounces of water.

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

Slim Hunger Control is meant to be refreshing, and although we recommend adding it to cold water, you can consume it at room temperature or up to 130° F (55° C).

### 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.



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

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## Frequently Asked Questions

### Is there a clinical study on Slim Hunger Control for weight loss?

Yes! Slim Hunger Control has been scientifically demonstrated to promote weight loss. In a double-blind, placebo-controlled, randomized study of 175 subjects, Slim helped study participants lose over 5 pounds in 8 weeks.<sup>◊\*</sup>

### If I am not trying to lose weight, will I still benefit from taking Slim Hunger Control?

Absolutely! Slim Hunger Control is a delicious supplement mix with amazing health benefits. Even if you are not looking to lose weight, Slim Hunger Control can help you lessen unhealthy habits, such as excessive snacking. It also supports a healthy glucose metabolism and is a calorie-conscious option!\*

### Is there caffeine in Slim?

Slim Sweet Tea contains about 25 mg of caffeine per serving.

### Is Slim Hunger Control safe?

Yes, Slim Hunger Control is safe to take.

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

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

### 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 (dairy, egg, peanut, soy, fish, shellfish, tree nut, sesame, and wheat)?

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 the Plexus Gut Health System. If you are looking to support your weight management goals, we recommend Lean, MetaBurn and Balance.<sup>^\*</sup>

### If I'm allergic to certain types of fruit, can I still drink Slim Hunger Control?

Plexus uses flavors that are extracted from actual fruit, including blood orange, lemon, lime, or black cherry. 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 Hunger Control?

The natural fruit and vegetable color in our blood orange, lemon, lime flavor is beet root extract (*Beta vulgaris*), carrot concentrate (*Daucus carota*), and hibiscus concentrate (*Hibiscus sabdariffa*). The natural color in our black cherry lime blossom flavor is beet root extract (*Beta vulgaris*), carrot concentrate (*Daucus carota*), blueberry concentrate (*Vaccinium angustifolium*), and spirulina extract (*Arthrospira platensis*).

### 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.



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

<sup>◊</sup>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 ( $p=0.059$ ).

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INGREDIENT GLOSSARY

Slim Hunger Control

Alpha lipoic acid

Alpha lipoic acid is a short-chain fatty acid, found naturally inside every cell in the body. It is a potent antioxidant and helps recycle other antioxidants such as vitamin C and E and glutathione. Alpha lipoic acid is used in Slim Hunger Control and Plexus Nerve®.\*

Beetroot (*Beta vulgaris*) extract

Beet root is the red or purple root vegetable known as the beetroot or garden beet. Plexus® uses non-GMO beetroot which provides natural color in Slim Hunger Control.

Chromium polynicotinate

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

Citric acid

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

Garcinia cambogia (*Garcinia cambogia*) 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, which is a bioactive compound. Slim Hunger Control uses a non-GMO *Garcinia cambogia* extract.

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 alpha-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 Hunger Control uses a non-GMO green coffee bean extract standardized to 50% chlorogenic acid and less than 2% of natural caffeine.\* Chlorogenic acid is a powerful naturally derived bioactive from green coffee bean extract which supports weight loss.

Natural flavors

Natural flavors are naturally occurring compounds that contribute to the unique flavor profiles found in foods.

INGREDIENT GLOSSARY

Black Cherry Lime Blossom

**Directions:** 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.

Supplement Facts

Serving Size 1 Packet  
Servings Per Container 30

	Amount Per Serving	% DV
Calories	15	
Total Carbohydrate	8 g	3%†
Dietary Fiber	6 g	21%†
Chromium	200 mcg	571%
(as chromium polynicotinate)		
Polydextrose	6,250 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:** Natural flavors, citric acid, stevia leaf extract, fruit and vegetable juice (color), silicon dioxide, spirulina extract (color), and beet root extract (color).

**NOTE: Do not exceed suggested daily serving.** Not recommended for use by individuals under 18. As with any dietary supplement, consult your physician prior to use if you are pregnant, nursing, have or suspect a medical condition, or are taking medication. Do not use if tamper-evident seal is broken or damaged. **Keep out of reach of children. Use only as directed.** Store in a cool, dry place. Avoid direct sunlight and excess heat.

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



GLUTEN FREE



VEGAN



NON-GMO



DAIRY FREE



NO ARTIFICIAL  
COLORS, FLAVORS,  
SWEETENERS,  
OR PRESERVATIVES

\*\*Added color from natural sources.

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## Sweet Tea

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

## Supplement Facts

Serving Size 1 Packet

Servings Per Container 30

	Amount Per Serving	% DV
Calories	20	
Total Carbohydrate	8 g	3% <sup>‡</sup>
Dietary Fiber	6 g	21% <sup>‡</sup>
Chromium (as chromium polynicotinate)	200 mcg	571%
Polydextrose	6,250 mg	†
<b>Plexus Slim® Blend</b>	<b>531 mg</b>	<b>†</b>
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		

<sup>‡</sup>Percent Daily Values are based on 2,000 calorie diet.

<sup>†</sup>Daily Value (DV) not established.

**Other Ingredients:** Natural flavors, citric acid, stevia leaf extract, and silicon dioxide.

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### 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. Polydextrose works to naturally boost GLP-1 production to signal satiety and help you feel full longer. 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 prebiotic activity. Polydextrose is a source of dietary fiber that helps you feel fuller and eat less. In a blinded, randomized, placebo-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.\*

### Silicon dioxide

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

### 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*.

### 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 and a potent antioxidant.\*

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## INGREDIENT GLOSSARY

# Blood Orange, Lemon, Lime

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	Amount Per Serving	% DV
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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		

<sup>‡</sup>Percent Daily Values are based on 2,000 calorie diet.

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**Other Ingredients:** Natural flavors, citric acid, stevia leaf extract, fruit and vegetable juice with beet root extract (color), and silicon dioxide.

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