SCIENCE (continued)

After a high-protein breakfast like Lean Complete, you wait at least 4 hours to eat lunch. After lunch, supplemented with Slim, you wait at least 4 hours to eat dinner. After your evening meal, again paired with Slim, you wait at least 12 hours to eat breakfast the next morning.

Slim and the 4–4–12 principle help you create periods of time when your body turns to fat stores to meet energy demands. We call these periods of time fat-burning zones.

REFERENCES

Duenas, V; Duenas, J; Burke, E and Verdegem, PJE (2006), 7th International Conference on Arteriosclerosis, Thrombosis, and Vascular Biology, American Heart Association, Denver, CO.
Verdegem, PJE; Freed, S and Joffe D (2005), American Diabetes Association 65th Scientific Sessions, San Diego, CA.
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Increases satiety after meals
Helps sustain healthy blood sugar levels
Reduces appetite by increasing the leptin response
Reduces the glycemic index of foods
Promotes healthy cholesterol levels
Listed in the Physician’s Desk Reference

SCIENCE

Stabilize Blood Glucose Levels

In order to turn the food you eat into energy, your body needs to transform all those calories into glucose. As blood glucose levels rise, the pancreas will release insulin, which unlocks cells and allows the glucose to be used as energy. Additionally, insulin will take the glucose your body doesn’t need and store it away as fat.

By slowing the rate your body turns food into glucose, Slim effectively limits the amount of insulin needed. This means instead of turning all that glucose in your body into more fat, your body will efficiently use that glucose for energy. In addition, between meals your body will enter a fat-burning state by generating glucagon, which works to raise low blood sugar levels by breaking down current fat stores.

Triglyceride Levels and Increased Lipolysis

By stabilizing blood sugar levels, Slim allows the body to turn to existing free fatty acids and triglycerides into energy through the metabolic process lipolysis.

Using Slim also works to maintain healthy cholesterol levels, which removes inhibitors placed on lipolysis, further encouraging your body to burn away existing fat stores in between meals

Slim and 4–4–12

Slim works best when used in conjunction with a simple rule called 4–4–12. The 4–4–12 principle works to establish regular meal intervals, putting your body in a fat burning state between meals.

FEATURES AND BENEFITS

Increases satiety after meals
Helps sustain healthy blood sugar levels
Reduces appetite by increasing the leptin response
Reduces the glycemic index of foods
Promotes healthy cholesterol levels
Listed in the Physician’s Desk Reference

PRODUCT INFORMATION

Slim is a revolutionary weight loss aid that allows you to increase energy levels and burn fat without leaving you hungry or relying on harsh stimulants. With a proprietary fiber blend, Slim increases your feeling of satiety after eating—limiting your need to snack between meals.

When you take Slim 15 minutes before a meal, the proprietary blend of fiber and plant-derived polysaccharides will allow your body to absorb the glucose from your meal slowly. This slow absorption keeps your blood sugar levels consistent, reduces the amount of insulin your body needs to produce, and eliminates the inevitable crash in energy after large meals.

Slim also helps maintain health cholesterol and triglyceride levels by blocking excess cholesterol from being absorbed in the body.

SUGGESTED USE

Mix one sachet of Slim, two times per day with 8 to 10 ounces of water.

Shake or stir until completely dissolved. Drink immediately.

Wait 10 to 15 minutes before eating your meal.

To speed up your weight loss goals, stick to the effective 4–4–12 program and limit your daily intake of carbohydrates.
program and limit your daily intake of carbohydrates. To speed up your weight loss goals, stick to the effective 4–4–12 principle. Wait 10 to 15 minutes before eating your meal. Shake or stir until completely dissolved. Drink immediately.

SUGGESTED USE

Slim works best when used in conjunction with a simple rule called the 4–4–12 principle. The 4–4–12 principle works to establish regular meal intervals, allowing your body to burn away existing fat stores in between meals. Using Slim also works to maintain healthy cholesterol levels, which increases the body’s fat burning power.

After a high-protein breakfast like Lean Complete, you wait at least 4 hours to eat lunch. After lunch, supplemented with Slim, you wait at least 4 hours to eat dinner. After your even meal, again paired with Slim, you wait at least 12 hours to eat breakfast the next morning.

Slim and the 4–4–12 principle help you create periods of time when your body turns to fat stores to meet energy demands. We call these periods of time fat-burning zones.

SCIENCE (continued)

REFERENCEs

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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.