

Plexus Slim® Hunger Control*

Less hunger. More control.™*

Slim Hunger Control is a delicious drink, power-packed with polydextrose to support healthy weight loss by helping you feel full longer and reducing your desire to overeat. Enjoy Slim before a meal to help curb hunger and support healthy glucose metabolism.*



The unhealthy lifestyle crisis

We all need food to live. It's a fact of life we can't avoid. But for millions of people around the world, their lifestyle choices are causing significant weight management problems. Globally, the number of overweight adults has increased by 28% since the early 1980s.¹

What's causing this troublesome crisis? One factor is that high-calorie foods have become increasingly available, accessible, and affordable.² Triggers such as stress and negative mood states also contribute since they can increase the desire to eat "comfort" foods and lead to excessive binge eating.^{3,4}

Developing healthy eating habits is a critical component of successful, long-term weight management.³ But when hunger increases your desire for high-calorie foods, is it possible to take back control?⁵



Sources

1. [http://www.primarycare.theclinics.com/article/S0095-4543\(15\)00098-6/abstract](http://www.primarycare.theclinics.com/article/S0095-4543(15)00098-6/abstract)
2. <http://www.nejm.org/doi/full/10.1056/NEJMoal614362?query=TOC&>
3. <https://www.hindawi.com/journals/job/2013/240128/>
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4026680/>
5. <https://www.ncbi.nlm.nih.gov/pubmed/19028527>

How Slim Hunger Control Works

Whether you want to look your best for an upcoming event or to simply maintain a healthy weight, Slim Hunger Control can help. This delicious pink drink is specially formulated with polydextrose at levels clinically demonstrated to help curb your hunger—all with a refreshing blood orange, lemon, lime flavor and only 20 calories!*

When you drink Slim Hunger Control 30–60 minutes before a meal, the included polydextrose attracts water and swells, taking up space in your stomach, which helps you feel full and reduces your desire to overeat. The polydextrose also leaves the stomach slowly, so you feel satiated even longer.*

Experiencing less hunger gives you more control, enabling you to form healthier eating habits that can lead to weight loss. The chromium found in Slim also helps support a healthy glucose metabolism.*

Slim Hunger Control is the newest member of the Slim family, designed to reduce hunger and support your weight loss goals. For the added benefit of balancing your gut microbiome, use Slim Microbiome Activating alongside Slim Hunger Control. These two products work hand in hand to help you manage your weight and feel healthy and happy.*

The results speak for themselves. In a randomized, double-blind placebo-controlled study of 175 participants, Slim was clinically demonstrated to help people lose weight both safely and effectively.^{00*}

00*Participants in an independent, randomized, double-blind, placebo-controlled, human clinical study, who used one pack of Slim twice a day lost an average of 5.45 pounds in 8 weeks, while the placebo group lost an average of 3.12 pounds. There was a trend to weight decrease with Slim group (p=0.059).

Slim Hunger Control's Primary Benefits

- Clinically demonstrated to help you lose weight*
- Helps to reduce hunger*
- Supports healthy glucose metabolism*

Slim Hunger Control's Advantage

- Delicious blood orange, lemon, lime flavor
- No artificial sweeteners or flavors
- Only 20 Calories
- 30 single serve packets for on-the-go convenience
- Gluten Free
- 100% Vegetarian
- Non-GMO

Who should use this product?

Slim Hunger Control is a premium health supplement that's clinically demonstrated to help you lose weight and support a healthy glucose metabolism. If you'd like to take more control over hunger to help reach your weight loss goals, Slim Hunger Control is for you.*

Did you know?

Research suggests that hunger increases the desire to consume high-calorie foods.⁵

Excessive overeating makes shedding pounds increasingly difficult, and can even negatively alter your body's gastrointestinal chemistry that signals you're full. This can cause a spiral effect, increasing feelings of hunger and leading to further weight gain.⁶



Frequently Asked Questions

What is Slim Hunger Control?

Get ready to fall in love with the newest member of the Slim family! Slim Hunger Control is a targeted weight management solution, specially formulated with polydextrose at levels clinically demonstrated to help curb your hunger. Take back control and form healthier habits with this enhanced formulation that keeps you feeling full longer.*

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

Polydextrose is a low-calorie soluble fiber with a chemical makeup that's similar to plant starch. As you drink Slim Hunger Control, the polydextrose attracts water and swells, taking up space in your stomach and leaving slowly, which helps you to feel full longer and reduces your desire to eat.*

What's the difference between Original Slim™ and Slim Hunger Control?

To create Slim Hunger Control, we've enhanced the formula of Original Slim by increasing the amount of polydextrose to levels clinically demonstrated to reduce hunger. Also, Slim Hunger Control has a new, delicious blood orange, lemon, lime flavor we can't get enough of.*

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 fiber sources to give your body what it needs, when it needs it. Slim Microbiome Activating with XOS, a powerful prebiotic fiber, promotes the growth of good gut microbes, while Slim Hunger Control with polydextrose, a low-calorie soluble fiber, helps to keep you feeling full longer.^{6*}

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.*

Sources

5. <https://www.ncbi.nlm.nih.gov/pubmed/19028527>
6. <https://www.ncbi.nlm.nih.gov/pubmed/23295637>

◊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.

Frequently Asked Questions

When is the best time to drink Slim Hunger Control?

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

How many Plexus Slims can I drink per day?

You can enjoy Slim up to two times a day.

How much water should I use with Plexus Slim®?

Each packet of Slim can be mixed into 12-20 ounces of water.

Should Plexus Slim be added to hot or cold water?

Slim is meant to be a refreshing drink, and its best added to cold water. We don't recommend adding it to hot water, as hot water could affect the stability of the product's green coffee bean extract, making it less effective.

Have we enhanced the quality of ingredients in Slim Hunger Control?

Absolutely. The ingredients in the Slim Hunger Control were specifically qualified by our in-house Quality Assurance department using world-class quality standards. Each material selected by our Research and Development team is rigorously tested for purity and potency by Plexus Worldwide® before ever being used in a product. 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 Hunger Control's ingredients.

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 certain people. One way to avoid this is to ease into Slim Hunger Control. We recommend starting with 1/2 stick per day for the first week, one stick for the second week and up to two sticks per day after the second week. Of course, you can do more or less depending on how your body reacts.

Is there a clinical study on Plexus Slim for weight loss?

Yes! Plexus Slim 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.^{00*}

◊◊Participants in an independent, randomized, double-blind, placebo-controlled, human clinical study, who used one pack of Slim twice a day lost an average of 5.45 pounds in 8 weeks, while the placebo group lost an average of 3.12 pounds. There was a trend to weight decrease with Slim group (p=0.059).

Why is the Slim Hunger Control stick larger?

Doubling the amount of polydextrose and creating a new flavor system required a larger stick pack.

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

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

Is Plexus Slim safe?

Yes, Plexus Slim is safe to take.

Is it safe to take Plexus Slim while pregnant or breastfeeding?

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

Can Plexus Slim be used by children under the age of 18?

Plexus Slim is not recommended for use by children under 18.

Does Plexus Slim contain any allergens (Dairy, Egg, Peanut, Soy, Fish, Shellfish, Tree-Nut, and Wheat)?

No.

Is Plexus Slim Gluten Free, Non-GMO, and 100% Vegetarian?

Yes.

Can I take Plexus Slim with other Plexus® products?

Absolutely! Plexus Slim is the perfect complement to other Plexus products. The general guidelines below are for anyone who wants to simplify their supplement routine. These are just suggestions, and ultimately as everyone's body is unique, you should do what works best for your body and lifestyle.

3x Daily Guidelines

AM OR WITH MEAL	30-60 MIN. BEFORE MEAL	PM OR WITH MEAL
XFactor Plus	Slim Microbiome Activating or Hunger Control	ProBio 5 [^]
VitalBiome™ [^]	Block	Bio Cleanse**
[Accelerator+ or Boost]		MegaX**
[Nerve]**		[Ease]
Lean Meal Replacement		

**May be taken AM, before meal, or before bed
[^]Best results when taken on an empty stomach

Frequently Asked Questions

Is there caffeine or any other stimulants in Plexus Slim®?

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

Is Chromium safe?

Many human studies have demonstrated the safety of daily doses of up to 1,000 mcg of chromium and Slim has 200 mcg. Scientific authorities and professional associations, including Institute of Medicine (IOM) and 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.

What flavor is Slim Hunger Control and what ingredients are used to create the flavor profile?

Slim Hunger Control is a delicious blood orange, lemon, lime flavor. Mulberry is also used in Slim Hunger Control to help enhance the flavor profile, along with natural blood orange, lemon, and lime concentrates.

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

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 concentrate for color in Slim Hunger Control?

The fruit and vegetable concentrate in Slim Hunger Control for color is the following:

Beetroot extract (*Beta vulgaris*)

Carrot concentrate (*Daucus carota*)

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 doesn't add calories.

Is there a corn derived ingredient in Slim Hunger Control?

Polydextrose is derived from Non-GMO corn.

If you're allergic to corn, please consult your physician prior to use.

Ingredient Glossary

Polydextrose (Naturally derived)

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. Because polydextrose is not digested and partially fermented in the gut, it has an energy value of only 1 kcal/ 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 pre-meal supplements containing the dose of polydextrose found in Slim reduced subject's desire to eat before prior to the following meal and was still lower prior to the next meal later in the day (Hull et al. 2002).⁷ Polydextrose is found in Slim Hunger Control.*

Green coffee bean extract (Natural)

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. Chlorogenic acid is a phytochemical that acts as an alphasglucosidase 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. Plexus Slim uses a Non-GMO green coffee bean extract standardized to 50% Chlorogenic acid and less than 2% of natural caffeine.*

Garcinia Cambogia (*Garcinia Cambogia*) fruit extract (Natural)

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. Plexus Slim uses a Non-GMO Garcinia Cambogia extract.

Chromium polynicotinate (Scientifically formulated)

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

Sources

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

Ingredient Glossary

Alpha Lipoic Acid (ALA) (Scientifically formulated)

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 Plexus Slim and Plexus Nerve™.*

Citric acid (Naturally derived)

Citric acid can be found naturally in citrus fruits such as lemons and oranges. It is used to enhance the flavor of foods and beverages. Plexus citric acid is Non-GMO.

White Mulberry (*Morus alba*) fruit extract (Natural)

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. Plexus uses Non-GMO version of white mulberry which is found in Plexus Slim.*

Stevia (*Stevia rebaudiana*) leaf extract (Natural)

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 100% pure, Non-GMO Stevia rebaudiana.

Beet (*Beta vulgaris*) root extract (Natural)

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 Plexus Slim.

Cellulose gum (Naturally derived)

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 Plexus Slim.

Silicon dioxide (Scientifically formulated)

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

Supplement Facts		
Serving Size 1 Slim Packet (9.7 g)		
Servings Per Container 30		
	Amount Per Serving	% DV
Calories	20 cal	
Total Carbohydrate	8 g	3%***
Dietary Fiber	6 g	24%
Chromium (as chromium polynicotinate)	200 mcg	167%
Polydextrose	6,250 mg	**
Plexus Slim® Blend	531 mg	**
Green coffee (<i>Coffea robusta</i>) bean extract (contains 50% chlorogenic acid and less than 2% natural caffeine), garcinia (<i>Garcinia cambogia</i>) fruit extract, alpha lipoic acid, mulberry (<i>Morus alba</i>) fruit extract		

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

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

