



Slim & Sassy® TrimShake

with Essentra®Trim

Vanilla and chocolate shake mixes

Product Description

dōTERRA's Slim & Sassy® TrimShake™ is a convenient and delicious weight management shake mix providing the essential nutrients of a healthy meal with only 125 calories per serving. Blended with nonfat dairy, almond, rice, or soy milk, TrimShake can be used as a satisfying meal replacement for one or more meals each day as part of a weight-loss strategy of reducing daily calorie intake and burning fat stores through exercise. Slim & Sassy® TrimShake includes a patented weight-loss ingredient Essentra®Trim that has been clinically demonstrated to help manage cortisol—a stress hormone associated with fat storage in the abdomen, hips, and thighs. Available in natural chocolate and vanilla flavors, TrimShake blends well with water or milk for a low-calorie, low-glycemic, high-fiber meal alternative providing 16 grams of protein and 5 grams of fiber per serving.

Concept

A lean, trim body composition is a reflection of a healthy lifestyle which includes eating right and staying physically active. Eating right includes both eating appropriate quantities of food and eating quality foods that include a healthy ratio of carbohydrates, proteins, fats, and vitamins and minerals. A healthy diet of fresh, whole fruits and vegetables, whole grains, and healthy proteins provides the body with the resources for energy production, growth, immune and other metabolic functions. But too much of any food can be unhealthy.

Fat cells function as the body's energy storage units. Excess calories that are not converted to energy or used as building blocks for growth and repair can be converted to and stored as lipids in fat cells. When the body has used other more readily available energy stores, fat cells release stored lipids as fuel for energy metabolism. Maintaining a lean body

composition requires storing fewer excess calories in fat cells and increasing the release of calories stored in fat cells to be used for energy production. In other words, to keep fit and trim we need to eat less and exercise more. We also need to eat smarter.

Lean Nutrient Ratios

A lean diet should include moderate portions of a variety of healthy nutrients. Simple carbohydrates or sugars and fats are immediate sources of energy, but they are also easily converted to fat when they are consumed in excess. They also trigger the release of insulin which, although necessary for energy production, is also a catalyst for converting excess calories to fat. Complex carbohydrates and fibers provide a more sustained source of energy and help to lower insulin response. Proteins are used primarily for growth and repair in the body and can also be used for energy.

Although there is not agreement on a perfect ratio of nutrients in a lean diet, a healthy diet should include 30% proteins, 55% carbohydrates, and 15% fats. Unfortunately, many people eat far too many fats and carbohydrates and not enough protein as reflected in the growing epidemic of obesity in many parts of the world. A simple guide for eating a more healthy ratio of nutrients is eating less simple carbohydrates or sugars, eating more fresh fruits and vegetables, eating less oils and fats, and increasing the consumption of healthy, low-calorie sources of protein. Of these lean diet choices, finding optimal levels of healthy proteins may be the most challenging.

Slim & Sassy® TrimShake™

Making the decision to eat fewer calories and to eat a healthier ratio of calories is the first step to losing weight and maintaining a lean body composition. Yet today's fast-paced, mobile lifestyle often makes it challenging to prepare or select lean meals. dōTERRA's Slim & Sassy® TrimShake™ is a convenient, delicious, and balanced lean meal alternative. When mixed with nonfat dairy, almond, rice or soy milk, it provides the essential nutrients of a healthy, balanced meal that is high in fiber and low in fat and sugar and includes a blend of essential vitamins and minerals.†

TrimShake also provides 16 grams of a proprietary protein blend of whey isolate, pea protein concentrate, and rice protein concentrate that provide important amino acids to help prevent loss of muscle mass and improve muscle tone during dieting and exercise. TrimShake does not contain any protein or isolates from soy, nor does it contain any artificial sweeteners, flavors, colors, or preservatives.

Essentra®Trim††

Slim & Sassy® TrimShake™ also includes 250 mg of a powerful weight-loss ingredient Essentra®Trim per serving, a patented extract of ashwagandha leaves and roots that has been clinically demonstrated to support weight loss. Originally studied as an adaptogen for energy production, Essentra®Trim was shown to help control the release of the stress hormone cortisol which is associated with the accumulation of fat, particularly around the stomach, hips, and thighs. Essentra®Trim has also been demonstrated to help control stress-induced appetite, overeating, and carbohydrate cravings. It also helps support blood sugar levels already in the normal range and enhances energy levels while helping to alleviate fatigue commonly associated with dieting and exercise.*

Slim & Sassy® TrimShake™ has been carefully formulated to be used in conjunction with dōTERRA's Slim & Sassy® metabolic essential oil blend, Lifelong Vitality Supplements, and TerraZyme® Digestive Enzyme Complex for a comprehensive weight management product support system. TrimShake comes in both vanilla and chocolate flavors.

Primary Benefits

- Provides a convenient low-fat, low-calorie, high-protein, high-fiber lean meal replacement alternative for individuals trying to lose fat or maintain a lean body composition through calorie reduction and exercise*
- Helps control the release of the stress hormone cortisol which is associated with the accumulation of fat, particularly around the stomach, hips, and thighs*
- Helps control stress-induced appetite, overeating, and carbohydrate cravings*
- Helps support blood sugar levels already in the normal range and enhances energy levels while helping to alleviate fatigue commonly associated with dieting and exercise*

What Makes These Products Unique?

- Each serving contains 16 grams of a proprietary blend of whey protein isolates and concentrated pea and rice proteins, contains no soy
- Each serving includes 250 mg Essentra®Trim, a patented^{††} extract of ashwagandha leaves and roots clinically demonstrated to support weight loss
- When mixed with low-fat milk product, provides all of the nutrients of a lean meal
- Low-sugar, low-fat, high-fiber, high-protein formula with no artificial sweeteners, flavors, colors or preservatives, contains a blend of vitamins and minerals
- High in natural fibers and sweetened with stevia for a low glycemic response

Who Should Use this Product?

Slim & Sassy® TrimShake™ is a healthy meal alternative for anyone trying to lose weight or maintain a lean body composition by eating less calories and increasing physical activity.

Directions for Use

Blend one scoop of shake mix in one cup of nonfat dairy, almond, rice, or soy milk until smooth and creamy. Also blends well with fruits and vegetables. For unique flavor options, blend one drop of your favorite dōTERRA essential oil in shake. Serve chilled.

Slim & Sassy® TrimShake™ Vanilla
20 servings (33 grams) per container

Item code: 3518
Consultant price: \$39.50 (25.00 PV)
Suggested retail price: \$52.67

Slim & Sassy® TrimShake™ Chocolate
20 servings (33 grams) per container

Item code: 3520
Consultant price: \$39.50 (25.00 PV)
Suggested retail price: \$52.67

Nutrition Facts Panel (Chocolate)

Nutrition Facts					
Serving size: 1 scoop (33 grams)					
Servings per container: 20					
Amount Per Serving	Mix alone	with Nonfat Milk	Amount Per Serving	Mix alone	with Nonfat Milk
Calories	125	210	Thiamin	33%	38%
Calories from Fat	31	35	Riboflavin	33%	58%
	% Daily value[†]		Niacinamide	33%	33%
Total Fat 3.5 g	5%	5%	Vitamin B6	33%	38%
Saturated Fat 0 g	0%	0%	Folate	33%	38%
<i>Trans</i> fat 0 g			Vitamin B12	33%	48%
Polyunsaturated Fat 0.1 g			Biotin	33%	33%
Monounsaturated Fat 2 g			Pantothenic Acid	33%	43%
Cholesterol 0 g	0%	2%	Phosphorus	33%	58%
Sodium 37 mg	2%	7%	Iodine	33%	33%
Total Carbohydrates 7 g	4%	8%	Magnesium	33%	38%
Dietary Fiber 5 g	20%	20%	Zinc	33%	38%
Soluble Fiber 4 g			Copper	33%	35%
Insoluble Fiber 1 g			[†] Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		
Sugars 0.3 g				Calories	2,000
Other Carbohydrates 1.7 g				2,500	
Protein 16 grams	32%	49%	Total Fat	Less than	65 g
Vitamin A	33%	43%	Sat Fat	Less than	20 g
Vitamin C	33%	37%	Cholesterol	Less than	300 mg
Calcium	33%	58%	Sodium	Less than	2400 mg
Iron	33%	34%	Total Carbohydrate		300 g
Vitamin D	33%	58%	Dietary Fiber		25 g
Vitamin E	33%	33%	Calories per gram:	Fat 9 • Carbohydrate 4 • Protein 4	

**Essentra®Trim is a trademark of NutraGenesis LLC and is protected under U.S. Patent 6,713,092

INGREDIENTS: Protein Blend (Whey Protein Isolate, Pea Protein Concentrate, Rice Protein Concentrate), Fiber Blend (Fibersol-2, Guar Gum, Citrisweet), Sunflower, Cocoa Powder, Natural Flavors, Essentra®Trim™ Ashwagandha (*Withania somnifera*) Root and Leaf Extract (250 mg per serving), Stevia. **VITAMIN/MINERAL INGREDIENTS:** Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid, Vitamin E Acetate, Biotin 1%, Niacinamide, Potassium Iodide 1%, Zinc Oxide, Vitamin A Acetate, Copper Gluconate, D-Calcium Pantothenate, Vitamin D3, Pyridoxine Hcl, Riboflavin, Thiamin Mononitrate, Vitamin B12 1%, Folic Acid 90%.

Manufactured exclusively for dōTERRA® Intl, LLC, 370 West Center Street, Orem, UT 84057 www.doterra.com

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.

†Meal replacement based on the addition of 75 or more additional calories to the 125 calories of one serving of Slim & Sassy® TrimShake™ for a caloric meal total of 200 calories or more

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