

Slim & Sassy® V Shake

with EssentraTrim®
and Solathin®

Vegan-sourced protein shake

PRODUCT DESCRIPTION

The dōTERRA Slim & Sassy V Shake is a convenient, completely vegan-friendly, delicious weight management shake mix that provides essential nutrients and only 74 calories per serving. V Shake can be used as part of a weight-loss strategy of reducing daily calorie intake and burning fat stores through exercise.* Slim & Sassy V Shake includes the patented weight-loss ingredient EssentraTrim that has been clinically studied to help manage cortisol—a stress hormone associated with fat storage in the abdomen, hips, and thighs.* Slim & Sassy V Shake also includes Solathin, a special protein extract from natural food sources that supports an increased feeling of satiety.* V Shake blends well with water or rice, soy, or almond milk and provides 8 grams of protein and 4 grams of fiber per serving.

CONCEPT

A lean, trim body composition is a reflection of a healthy lifestyle that includes eating right and staying physically active. Eating right means eating appropriate quantities 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 it needs for energy production, growth, and immune and other metabolic functions.

Too much food can be unhealthy. Fat cells function as the body's energy storage units. Excess calories not converted to energy or used as building blocks for growth and repair can be converted to lipids and stored 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.



* 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.

CONCEPT (CONTINUED)

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 consumed in excess. They also trigger the release of insulin, which, although necessary for energy production, is a catalyst for converting excess calories to fat when we overeat.

Complex carbohydrates and fibers provide a more sustained source of energy and help lower the insulin response. Proteins are used primarily for growth and repair in the body and can also be used for energy.

Although there is not an agreement on a perfect ratio of nutrients in a lean diet, a healthy diet should include about 30 percent protein, 55 percent carbohydrate, and 15 percent fat. Unfortunately, many people eat far too much fat and carbohydrate and not enough protein. 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.

Vegan

The decision to eat vegetarian or vegan is a lifestyle that is gaining popularity and is a huge commitment. Everyone needs to eat the proper ratios of nutrients to maintain a healthy weight and the decision to eat vegan makes it a bit more difficult. There are plenty of whey-based diet shakes on the market, but not as many that cater to vegan-minded people.

Slim & Sassy® V Shake

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—especially if you're trying to stick to a vegan diet. dōTERRA Slim & Sassy®

V Shake is convenient and delicious. When mixed with almond, rice, or soy milk, or water, it provides essential nutrients, is a good source of fiber, is low fat and sugar free, all in a 100 percent vegan-friendly formula.

V Shake also provides 7 grams of a proprietary protein blend of pea, amaranth, and quinoa protein that provides essential amino acids to help prevent loss of muscle mass and improve muscle tone during dieting and exercise.*

V Shake does not contain any protein or isolates from soy, nor does it contain any artificial sweeteners, flavors, colors, or preservatives.

EssentraTrim®

Today's fast paced lifestyles can be stressful to anyone, especially those of us looking to manage weight. The day-to-day stress that all of us experience can often lead to poor eating habits, little to no exercise, and inevitably, weight gain. Reducing stress levels in the body can play a significant role in a healthy weight management regimen, which is why Slim & Sassy V Shake contains 125 mg of the powerful weight-loss ingredient EssentraTrim per serving, a patented extract of ashwagandha leaves and roots. Originally studied as an adaptogen for energy production, EssentraTrim 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.*

By helping counteract the effects of stress, EssentraTrim may also help control stress-induced appetite, overeating, and carbohydrate cravings.* It may also help support healthy blood sugar levels already in the normal range, enhance energy levels, and alleviate fatigue commonly associated with dieting and exercise.*

CONCEPT (CONTINUED)

Solathin®

Slim & Sassy® V Shake also includes 50 mg of Solathin per serving, a special protein extract from natural food sources that may help to support an increased feeling of satiety.* Solathin has also been studied to control snacking between meals, portion control, and feeling full faster and longer.* Along with being an excellent source of protein, Solathin is also hypo-allergenic and enhances the flavor and texture of V Shake.

Slim & Sassy V Shake has been carefully formulated to be used in conjunction with dōTERRA Slim & Sassy Metabolic Blend, dōTERRA Lifelong Vitality Pack™, DigestZen® and DigestZen TerraZyme® Digestive Enzyme Complex for a comprehensive weight management product support system.*

DIRECTIONS

Blend one scoop of shake mix in 1/2 cup of almond, rice, or soy milk, or water 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.

Does not contain artificial sweeteners, flavors, colors, or preservatives.

COMPLEMENTARY PRODUCTS

- Slim & Sassy Oil Metabolic Blend
- dōTERRA Lifelong Vitality Pack
- GX Assist®
- dōTERRA Daily Nutrient Pack™

KEY INGREDIENTS AND BENEFITS

Each serving contains 7 grams of protein from a proprietary vegan blend of pea, amaranth, and quinoa protein; contains no soy.

Each serving includes 125 mg EssentraTrim®, a patented extract of ashwagandha leaves and roots clinically studied 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.*

Each serving includes 50 mg of Solathin, a special protein extract from natural food sources that supports an increased feeling of satiety*.

FAQs

- Q. Does this product contain gluten?
- A. Slim & Sassy® V shake does not contain gluten or gluten-containing ingredients, nor was it produced in a facility that processes gluten-containing grains.
- Q. Does this product contain GMOs?
- A. None of the ingredients in the Slim & Sassy V shake contain Genetically Modified Material (GMO).
- Q. Does this product contain soy or dairy?
- A. Slim & Sassy V Shake does not contain soy or soy-derived ingredients nor does it contain any dairy-derived ingredients.
- Q. Is it safe for my child to take?
- A. It is not recommended that children use Slim & Sassy V Shake to replace meals. However, Slim & Sassy V Shake is safe for children to use as a snack at a one scoop dose if desired.
- Q. What is the difference between Slim & Sassy V Shake and TrimShake?
- A. Slim & Sassy V Shake is an entirely vegan alternative to Slim & Sassy TrimShake. It can be used in place of Slim & Sassy TrimShake as a meal replacement or weight loss aid for adults that want to get the benefits of Slim & Sassy TrimShake but prefer a vegan alternative.
- Q. Is Slim & Sassy V Shake just as effective for weight management as Slim & Sassy TrimShake?
- A. Slim & Sassy V Shake contains a similar amount of protein and calories as Slim & Sassy TrimShake, so it can be used as an aid for weight management in the same way Slim & Sassy TrimShake is used.*

* 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.

Nutrition Facts

Serving size: 1 scoop (17.5 grams)
Servings per container: 40

Amount Per Serving

Calories 74

Calories from Fat 14

% Daily value†

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 1.5g

Cholesterol 0g 0%

Sodium 115mg 5%

Total Carbohydrates 7g 2%

Dietary Fiber 4g 16%

Soluble Fiber 3.5g

Insoluble Fiber 0.5g

Sugars 0g

Protein 7g

Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 3%

		Calories	2,000	2,500
Total Fat	Less than	65 g	80 g	
Sat Fat	Less than	20 g	25 g	
Cholesterol	Less than	300 mg	300 mg	
Sodium	Less than	2400 mg	2400 mg	
Total Carbohydrate		300 g	375 g	
Dietary Fiber		25 g	30 g	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4				

INGREDIENTS: Protein Blend (Pea Protein, Quinoa, Amaranth), Fiber Blend (Soluble Corn Fiber, Xanthan Gum, Citrus Fiber, Tara Gum), Sunflower Extract, Natural Flavors, Essentra® Trim** Ash-wagandha (*Withania somnifera*) Root and Leaf Extract, Potato Protein Powder, Citric Acid, Stevia

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

Solathin® is a trademark of CYVEX Nutrition.

All other words with trademark or registered trademark symbols are trademarks or registered trademarks of dōTERRA Holdings, LLC.



KEY STUDIES

- Andallu, B., & Radhika, B. (2000). Hypoglycemic, diuretic and hypocholesterolemic effect of winter cherry (*Withania somnifera*, Dunal) root. *Indian Journal of Experimental Biology*, 38(6), 607–609.
- Ashley, J. M., St Jeor, S. T., Perumean-Chaney, S., Schrage, J., & Bovee, V. (2001). Meal replacements in weight intervention. *Obesity Research*, 9 Suppl 4, 312S–320S. doi:10.1038/oby.2001.136
- Auddy B, Hazra J, Mitra A, et al. A standardized withania somnifera extract significantly reduces stress-related parameters in chronically stressed humans: A double-blind, randomized, placebo controlled study. *The Journal of the American Nutraceutical Association*. 2008;11(1):50-56.
- Chandrasekhar, K., Kapoor, J., & Anishetty, S. (2012). A prospective, randomized double-blind, placebo-controlled study of safety and efficacy of a high-concentration full-spectrum extract of ashwagandha root in reducing stress and anxiety in adults. *Indian Journal of Psychological Medicine*, 34(3), 255–262. doi:10.4103/0253-7176.106022
- Dallman, M. F., la Fleur, S. E., Pecoraro, N. C., Gomez, F., Houshyar, H., & Akana, S. F. (2004). Minireview: glucocorticoids--food intake, abdominal obesity, and wealthy nations in 2004. *Endocrinology*, 145(6), 2633–2638. doi:10.1210/en.2004-0037
- Due, A., Toubro, S., Skov, A. R., & Astrup, A. (2004). Effect of normal-fat diets, either medium or high in protein, on body weight in overweight subjects: a randomised 1-year trial. *International Journal of Obesity and Related Metabolic Disorders: Journal of the International Association for the Study of Obesity*, 28(10), 1283–1290. doi:10.1038/sj.ijo.0802767
- Epel, E., Lapidus, R., McEwen, B., & Brownell, K. (2001). Stress may add bite to appetite in women: a laboratory study of stress-induced cortisol and eating behavior. *Psychoneuroendocrinology*, 26(1), 37–49.
- Harding, J. L., Backholer, K., Williams, E. D., Peeters, A., Cameron, A. J., Hare, M. J., ... Magliano, D. J. (2014). Psychosocial stress is positively associated with body mass index gain over 5 years: evidence from the longitudinal AusDiab study. *Obesity (Silver Spring, Md.)*, 22(1), 277–286. doi:10.1002/oby.20423
- Hill, A. J., Peikin, S. R., Ryan, C. A., & Blundell, J. E. (1990). Oral administration of proteinase inhibitor II from potatoes reduces energy intake in man. *Physiology & Behavior*, 48(2), 241–246.
- Komarnytsky, S., Cook, A., & Raskin, I. (2011). Potato protease inhibitors inhibit food intake and increase circulating cholecystokinin levels by a trypsin-dependent mechanism. *International Journal of Obesity (2005)*, 35(2), 236–243. doi:10.1038/ijo.2010.192
- Newman, E., O'Connor, D. B., & Conner, M. (2007). Daily hassles and eating behaviour: the role of cortisol reactivity status. *Psychoneuroendocrinology*, 32(2), 125–132. doi:10.1016/j.psyneuen.2006.11.006
- Noakes, M., Foster, P. R., Keogh, J. B., & Clifton, P. M. (2004). Meal replacements are as effective as structured weight-loss diets for treating obesity in adults with features of metabolic syndrome. *The Journal of Nutrition*, 134(8), 1894–1899.
- Noakes, M., Keogh, J. B., Foster, P. R., & Clifton, P. M. (2005). Effect of an energy-restricted, high-protein, low-fat diet relative to a conventional high-carbohydrate, low-fat diet on weight loss, body composition, nutritional status, and markers of cardiovascular health in obese women. *The American Journal of Clinical Nutrition*, 81(6), 1298–1306.
- Rosmond, R., Dallman, M. F., & Björntorp, P. (1998). Stress-related cortisol secretion in men: relationships with abdominal obesity and endocrine, metabolic and hemodynamic abnormalities. *The Journal of Clinical Endocrinology and Metabolism*, 83(6), 1853–1859. doi:10.1210/jcem.83.6.4843
- Rothacker, D. Q., Staniszewski, B. A., & Ellis, P. K. (2001). Liquid meal replacement vs traditional food: a potential model for women who cannot maintain eating habit change. *Journal of the American Dietetic Association*, 101(3), 345–347. doi:10.1016/S0002-8223(01)00089-X
- Schwartz, J. G., Guan, D., Green, G. M., & Phillips, W. T. (1994). Treatment with an oral proteinase inhibitor slows gastric emptying and acutely reduces glucose and insulin levels after a liquid meal in type II diabetic patients. *Diabetes Care*, 17(4), 255–262.

