

# Slim & Sassy<sup>®</sup> TrimShake

with EssentraTrim<sup>®</sup>  
and Solathin<sup>®</sup>

Vanilla and Chocolate Shake Mixes

## PRODUCT DESCRIPTION

dōTERRA Slim & Sassy TrimShake is a convenient and delicious weight management shake mix that provides essential nutrients and only 70 calories per serving. Blended with water or nonfat dairy, almond, rice, or soy milk, TrimShake can be used as part of a weight-loss strategy of reducing daily caloric intake and burning fat stores through exercise. Slim & Sassy TrimShake includes the patented weight-loss ingredient EssentraTrim<sup>†</sup>, which research has shown to help manage cortisol—a stress hormone associated with fat storage in the abdomen, hips, and thighs. Slim & Sassy TrimShake also includes Solathin<sup>‡</sup>, a special protein extract from natural food sources that supports an increased feeling of satiety. Available in natural chocolate and vanilla flavors, TrimShake blends well with water or milk and provides 8 grams of protein and 2.5 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 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, and immunity and other metabolic functions.

Too much 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.



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## 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 they are 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 to 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 no agreement on a perfect ratio of nutrients in a lean diet, a healthy diet should include about 30 percent proteins, 55 percent carbohydrates, and 15 percent fats. Unfortunately, many people eat far too many fats and carbohydrates and not enough protein. A simple guide for eating a healthier ratio of nutrients is eating fewer 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<sup>®</sup> 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. The dōTERRA Slim & Sassy TrimShake is convenient and delicious. When mixed with water or nonfat dairy, almond, rice, or soy milk, it provides essential nutrients; is a good source of fiber; is low fat, low sodium, and sugar-free; and includes a blend of essential vitamins and minerals.

TrimShake also provides 8 grams of a proprietary protein blend of whey isolate and egg white protein that provides essential amino acids to help maintain 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.

### EssentraTrim<sup>®†</sup>

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 TrimShake also includes 125 mg per serving of the powerful weight-management ingredient EssentraTrim, 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 help alleviate fatigue commonly associated with dieting and exercise.

### Solathin<sup>®‡</sup>

Slim & Sassy TrimShake includes 50 mg per serving of Solathin, a special protein extract from natural food sources that may help 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 TrimShake.

Slim & Sassy TrimShake has been carefully formulated to be used in conjunction with the dōTERRA Slim & Sassy<sup>®</sup> Metabolic Blend, Lifelong Vitality Supplements, and DigestZen

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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-sodium, low-calorie, sugar-free, lean alternative that is a good source of fiber for individuals trying to lose fat or maintain a lean body composition through calorie reduction and exercise
- Helps manage the release of the stress hormone cortisol, which is associated with the accumulation of fat, particularly around the stomach, hips, and thighs
- May help control stress-induced appetite, overeating, and carbohydrate cravings
- May help support blood sugar levels already in the normal range and enhance energy levels while helping to alleviate fatigue commonly associated with dieting and exercise

### DIRECTIONS FOR USE

Blend one scoop of shake mix in ½ cup of water or 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.

### FAQs

Q: Are TrimShakes gluten, GMO, and soy free?  
A: TrimShakes do not contain gluten, genetically modified material (GMO), or soy-based ingredients.

Q: Does TrimShake contain sugar?  
A: TrimShake does not contain evaporated cane juice or sugar. It is completely sweetened by stevia.

Q: What are the natural flavors listed on the label?  
A: The natural flavors are a proprietary blend of natural flavors, including natural vanilla bean and cocoa flavors.

Q: Is this a meal replacement?  
A: TrimShake provides a healthy, low-fat, sugar-free source of protein that delivers more than

20 vitamins, minerals, and other essential nutrients. TrimShake can be used several times daily to replace meals, snacks, or dessert, however, be sure to consume at least one well-balanced, nutritious meal daily.

Q: What is ashwagandha?  
A: Ashwagandha is an herb native to India. It is included in TrimShake for its ability to help manage appetite and cravings.

Q: How does an appetite suppressant work?  
A: An appetite suppressant helps you feel fuller longer, or decreases the desire to eat.

Q: Can I maintain the same benefits by adding fruits, juices, or vegetables to the TrimShakes?  
A: Yes. Not only does it allow you to cater to your tastes by adding other things to your blender, but you can also add to an already robust list of nutrients.

Q: Where can I find recipes of things other people have added to their TrimShakes?  
A: doterrablog.com. Search for “TrimShakes”.

### COMPLEMENTARY PRODUCTS

- Slim & Sassy® Metabolic Oil Blend
- Lifelong Vitality Pack
- DigestZen TerraZyme®
- dōTERRA Daily Nutrient Pack™

### KEY STUDIES

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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.

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## Nutrition Facts

Serving size: 1 scoop (about 15.5 grams)  
Servings per container: 40

Amount Per Serving	Mix alone	with Nonfat Milk	Amount Per Serving	Mix alone	with Nonfat Milk																												
<b>Calories</b>	66	115	Thiamin	0.15 mg	10% 12%																												
Calories from Fat	15	15	Riboflavin	0.17 mg	10% 22%																												
<b>% Daily value</b>																																	
<b>Total Fat</b> 1.5 g	2%	2%	Niacin	2 mg	10% 10%																												
Saturated Fat 0 g	0%	0%	Vitamin B6	0.2 mg	10% 12%																												
Trans fat 0 g			Folic acid	40 mcg	10% 12%																												
Polyunsaturated Fat 1 g			Vitamin B12	0.6 mcg	10% 17%																												
Monounsaturated Fat 0.5 g			Biotin	30 mcg	10% 10%																												
<b>Cholesterol</b> 0 g	0%	1%	Pantothenic Acid	1 mg	10% 15%																												
<b>Sodium</b> 18 mg	1%	3%	Phosphorus	109 mg	10% 22%																												
<b>Total Carbohydrates</b> 6.5 g	2%	4%	Iodine	15 mcg	10% 10%																												
Dietary Fiber 2.5 g	10%	10%	Magnesium	40 mg	10% 12%																												
Soluble Fiber 2 g			Zinc	1.5 mg	10% 12%																												
Insoluble Fiber 0.5 g			Copper	0.2 mcg	10% 11%																												
Sugars 0 g			Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.																														
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**INGREDIENTS:** Protein Blend (Whey Protein Isolate, Egg White Protein), Fiber Blend (Soluble Corn Fiber, Xanthan Gum, Citrus Fiber, Tara Gum, Oligofructose), Sunflower Extract, Natural Flavors, Essentra® Trim™ Ashwagandha (Withania somnifera) Root and Leaf Extract, Potato Protein Powder, Stevia

**VITAMIN/MINERAL INGREDIENTS:** Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid, Vitamin E Acetate, Nicotinamide, Reduced Iron, Zinc Oxide, Vitamin A Acetate, Calcium D-Pantothenate, Copper Gluconate, Pyridoxine HCl, Riboflavin, Thiamin Mononitrate, Folic Acid, Biotin, Potassium Iodide, Vitamin D3, Vitamin B12

Manufactured exclusively for dōTERRA Int'l, LLC, Pleasant Grove, UT 84062 www.doterra.com 1-800-411-8151

\*Essentra® Trim is a trademark of NutraGenesis LLC and is protected under U.S. Patent 6,713,082

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‡Solathin® is a trademark of CVEX Nutrition

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