

# Slim & Sassy® TrimShake

## with EssentraTrim® and Solathin®

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 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 delivers a unique blend of protein that includes Solathin<sup>‡</sup>, a special protein extract from natural food sources that may help support 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.

### CONCEPT

A lean, trim body composition can often correlate to 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.

### 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.



CPTG Certified Pure Therapeutic Grade®

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.

TrimShake provides a shake that has 1.5 grams of fat per serving and includes a blend of essential vitamins and minerals.

### ***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. The dōTERRA Slim & Sassy TrimShake is convenient and delicious. When mixed with water or nonfat dairy, almond, rice, or soy milk, TrimShake provides a shake that has 1.5 grams of fat per serving 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.

### ***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 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®‡***

Slim & Sassy TrimShake delivers a unique blend of protein that includes Solathin, a special protein extract from natural food sources that may help support an increased feeling of satiety, 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 Metabolic Blend, dōTERRA Lifelong Vitality Pack® supplements, and DigestZen 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, lean alternative 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: What are the natural flavors listed on the label?

A: The natural flavors are a proprietary blend of vanilla bean and cocoa flavors.

### Q: Is this a meal replacement?

A: TrimShake provides a healthy 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
- dōTERRA Lifelong Vitality Pack®
- DigestZen TerraZyme®

## 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 Nutritional 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.

# dōTERRA®

## Nutrition Facts

About 40 servings per container

**Serving size 1 rounded scoop (17.5 g)**

Amount Per Serving		<b>70</b>			
		% Daily Value*			
<b>Total Fat</b>	1.5 g		<b>2%</b>	<b>Amount Per Serving</b>	<b>% Daily Value*</b>
Saturated Fat	0 g		<b>0%</b>	Vitamin C	6 mg <b>8%</b>
Trans Fat	0 g			Vitamin E	2 mg <b>15%</b>
<b>Cholesterol</b>	0 mg		<b>0%</b>	Thiamin	0.2 mg <b>15%</b>
<b>Sodium</b>	25 mg		<b>1%</b>	Riboflavin	0.2 mg <b>15%</b>
<b>Total Carbohydrate</b>	6 g		<b>2%</b>	Niacin	2 mg <b>15%</b>
Dietary Fiber	0 g		<b>0%</b>	Vitamin B <sub>6</sub>	0.2 mg <b>10%</b>
Total Sugars	1 g			Folate 70 mcg DFE (40 mcg Folic Acid)	<b>15%</b>
Includes 0 g added sugars			<b>0%</b>	Vitamin B <sub>12</sub>	0.6 mcg <b>25%</b>
<b>Protein</b>	8 g		<b>16%</b>	Biotin	30 mcg <b>100%</b>
Vitamin D	1 mcg		<b>6%</b>	Pantothenic Acid	1 mg <b>20%</b>
Calcium	130 mg		<b>10%</b>	Phosphorus	100 mg <b>8%</b>
Iron	1.8 mg		<b>10%</b>	Iodine	15 mcg <b>10%</b>
Potassium	30 mg		<b>0%</b>	Magnesium	40 mg <b>10%</b>
				Zinc	1.5 mg <b>15%</b>
				Copper	0.2 mg <b>20%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Whey Protein Isolate, Soluble Corn Fiber, Maltodextrin, Sunflower Oil, Modified Food Starch, Egg White Protein, Vitamin/Mineral Blend (Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid, Vitamin E Acetate, Niacinamide, Iron, Zinc Oxide, Vitamin A Acetate, Calcium D-Pantothenate, Copper Gluconate, Pyridoxine HCl, Riboflavin, Thiamin Mononitrate, Folic Acid, D-Biotin, Potassium Iodide, Cholecalciferol, Vitamin B12), Natural Flavors, Oligofructose, Fructose, Sunflower Lecithin, Xanthan Gum, Ashwagandha Extract, Citrus Fiber (Citrus Powder & Dried Orange Pulp), Potato Protein Powder, Silicon Dioxide, Organic Stevia, Tara Gum

**CONTAINS:** Milk, Egg

Manufactured exclusively for dōTERRA Int'l, LLC, 389 S 1300 W, Pleasant Grove, UT 84062 www.doterra.com 1-800-411-8151

\*EssentraTrim® is a trademark of NutraGenesis LLC \*\*Solathin® is a trademark of CVEX Nutrition, Inc.

## Nutrition Facts

About 40 servings per container

**Serving size 1 scoop (17.5 g)**

Amount Per Serving		<b>70</b>			
		% Daily Value*			
<b>Total Fat</b>	1.5 g		<b>2%</b>	<b>Amount Per Serving</b>	<b>% Daily Value*</b>
Saturated Fat	0 g		<b>0%</b>	Vitamin A	150 mcg <b>15%</b>
Trans Fat	0 g			Vitamin C	6 mg <b>8%</b>
<b>Cholesterol</b>	0 mg		<b>0%</b>	Vitamin E	2 mg <b>15%</b>
<b>Sodium</b>	20 mg		<b>1%</b>	Thiamin	0.2 mg <b>15%</b>
<b>Total Carbohydrate</b>	6 g		<b>2%</b>	Riboflavin	0.2 mg <b>15%</b>
Dietary Fiber	0 g		<b>0%</b>	Niacin	2 mg <b>15%</b>
Total Sugars	0 g			Vitamin B <sub>6</sub>	0.2 mg <b>10%</b>
Includes 0 g added sugars			<b>0%</b>	Folate 70 mcg DFE (40 mcg Folic Acid)	<b>15%</b>
<b>Protein</b>	8 g		<b>16%</b>	Vitamin B <sub>12</sub>	0.6 mcg <b>25%</b>
Vitamin D	1 mcg		<b>6%</b>	Biotin	30 mcg <b>100%</b>
Calcium	130 mg		<b>10%</b>	Pantothenic Acid	1 mg <b>20%</b>
Iron	1.8 mg		<b>10%</b>	Phosphorus	100 mg <b>8%</b>
Potassium	30 mg		<b>0%</b>	Iodine	15 mcg <b>10%</b>
				Magnesium	40 mg <b>10%</b>
				Zinc	1.5 mg <b>15%</b>
				Copper	0.2 mg <b>20%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Whey Protein Isolate, Maltodextrin, Cocoa Powder, Sunflower Oil, Egg White Protein, Vitamin & Mineral Blend (Vitamin A Acetate, Cholecalciferol, DL-Alpha Tocopheryl Acetate, D-Biotin, Folic Acid, Niacinamide, D-Calcium antiothenate, Thiamine Mononitrate, Cyanocobalamin, Riboflavin, Pyridoxine HCl, Ascorbic Acid, Dicalcium Phosphate, Copper Gluconate, Potassium Iodide, Iron, Magnesium Oxide, Zinc Oxide), Modified Food Starch, Oligofructose, Fructose, Sunflower Lecithin, Ashwagandha Extract, Xanthan Gum, Citrus Fiber (Citrus Powder & Dried Orange Pulp), Potato Protein Extract, Organic Stevia, Natural Flavors, Barley Malt Extract, Tara Gum, Corn Syrup, Cocoa Butter, Sugar, Silicon Dioxide, Cornstarch

**CONTAINS:** Milk, Egg

Manufactured exclusively for dōTERRA Int'l, LLC, 389 S 1300 W, Pleasant Grove, UT 84062 www.doterra.com 1-800-411-8151

\*EssentraTrim® is a trademark of NutraGenesis LLC \*\*Solathin® is a trademark of CVEX Nutrition, Inc.

## SLIM & SASSY® TRIMSHAKE VANILLA

ABOUT 40 SERVINGS (OF 17.5 GRAMS) PER CONTAINER

Part Number: 35180001

Wholesale: \$39.50

Retail: \$52.67

PV: 25

5

## SLIM & SASSY® TRIMSHAKE CHOCOLATE

ABOUT 40 SERVINGS (OF 17.5 GRAMS) PER CONTAINER

Part Number: 35200001

Wholesale: \$39.50

Retail: \$52.67

PV: 25

†EssentraTrim® is a trademark of NutraGenesis LLC and is protected under U.S. Patent 6,713,092

‡Solathin® is a trademark of CVEX Nutrition

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