

# 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 providing essential nutrients and only an average of 68 calories per serving. Blended with nonfat dairy, almond, rice, or soy milk, or water, 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 Essentra®Trim, which has been clinically demonstrated to help manage cortisol—a stress hormone associated with fat storage in the abdomen, hips, and thighs. Slim & Sassy TrimShake now includes Solathin®, 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 immune 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.



**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 also 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 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-pace, mobile lifestyle often makes it challenging to prepare or select lean meals. The dōTERRA Slim & Sassy TrimShake is convenient and delicious. When mixed with nonfat dairy, almond, rice, or soy milk, or water, it provides the essential nutrients, is high in fiber, is low in fat and sugar, 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 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.

**EssentraTrim®‡**

Slim & Sassy TrimShake also includes 125 mg per serving of the powerful weight-loss ingredient EssentraTrim®, 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, 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. EssentraTrim® 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.\*

**Solathin®§**

Slim & Sassy® TrimShake includes 50 mg per serving of Solathin®, a special protein extract from natural food sources that supports an increased feeling of satiety. Solathin® has also been demonstrated 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® Metabolic 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 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\*

## DIRECTIONS FOR USE

Blend one scoop of shake mix in one cup of nonfat dairy, 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 d TERRA essential oil in shake. Serve chilled.

## FAQs

Q: Are TrimShakes gluten, GMO and soy free?

A: The TrimShakes do not contain gluten, genetically modified material, or soy-based ingredients.

Q: Does it still have sugar?

A: The TrimShake does not contain evaporated cane juice or sugar. It is now 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: Though the TrimShake can be used as a meal replacement, the serving size does not meet the minimum requirements for it to be called a meal replacement. This is primarily because one serving does not provide enough calories. If you take more than one scoop, then it could be used as a meal replacement.

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 it 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](http://doterrablog.com). Do a search for TrimShakes.

## COMPLIMENTARY PRODUCTS

- Slim & Sassy Oil Metabolic Blend
- Lifelong Vitality
- TerraZyme

## KEY STUDIES

Slows gastric emptying, reducing postprandial levels of insulin and glucose.

Schwartz JG, Guan D, Green GM, Phillips WT. *Diabetes Care*. 1994;17(4):255-262.

Protease inhibitor concentrate derived from potato reduced food intake and weight gain in healthy rats by increasing CCK levels.

Komarnytsky S, Cook A, Raskin I. *International Journal of Obesity*. 2011;35(2):236-243.

Taking two capsules a day of 300 mg ashwagandha root extract each for 60 days resulted in a significant reduction in cortisol levels.

Chandrasekhar K, Kapoor J, Anishetty S. *Indian Journal of Psychological Medicine*. 2012;34(3):255-262.

A low-fat, high –protein diet seems to enhance weight loss and provide a better long term maintenance of reduced intra-abdominal fat stores.

Due A, Toubro S, Skov AR, Astrup A. *International Journal of Obesity*. 2004;28:1283-1290.

An energy-restricted, high-protein, low-fat diet provides nutritional and metabolic benefits that are equal to and sometimes greater than those observed with a high-carbohydrate diet.

Noakes M, Keogh JB, Foster PR, Clifton PM. *American Journal of Clinical Nutrition*. 2005;81(6):1298-1306.

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.

## 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>			Niacin	2 mg	10% 10%
<b>Total Fat</b> 1.5 g	2%	2%	Vitamin B6	0.2 mg	10% 12%
Saturated Fat 0 g	0%	0%	Folic acid	40 mcg	10% 12%
Trans fat 0 g			Vitamin B12	0.6 mcg	10% 17%
Polyunsaturated Fat 1 g			Biotin	30 mcg	10% 10%
Monounsaturated Fat 0.5 g			Pantothenic Acid	1 mg	10% 15%
<b>Cholesterol</b> 0 g	0%	1%	Phosphorus	100 mg	10% 22%
<b>Sodium</b> 18 mg	1%	3%	Iodine	15 mcg	10% 10%
<b>Total Carbohydrates</b> 6.5 g	2%	4%	Magnesium	40 mg	10% 12%
Dietary Fiber 2.5 g	10%	10%	Zinc	1.5 mg	10% 12%
Soluble Fiber 2 g			Copper	0.2 mcg	10% 11%
Insoluble Fiber 0.5 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 g			Calories	2,000	2,500
<b>Protein</b> 8 g			Total Fat	Less than 65 g	80 g
Vitamin A 500 IU	10%	15%	Sat Fat	Less than 20 g	25 g
Vitamin C 6 mg	10%	12%	Cholesterol	Less than 300 mg	300 mg
Calcium 129 mg	10%	22%	Sodium	Less than 2400 mg	2400 mg
Iron 1.8 mg	10%	10%	Total Carbohydrate	300 g	375 g
Vitamin D 40 IU	10%	22%	Dietary Fiber	25 g	30 g
Vitamin E 3 IU	10%	10%	Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		

**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, Niacinamide, 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® Intl, 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 6,713,092

**Slim & Sassy®**  
**TrimShake Vanilla**  
40 servings (of 15.5 grams)  
per container

Item number: 35180001  
Consultant price: \$39.50 (25.00 PV)  
Suggested retail price: \$52.67

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## Nutrition Facts

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

Amount Per Serving	Mix alone	with Nonfat Milk	Amount Per Serving	Mix alone	with Nonfat Milk
<b>Calories</b>	70	120	Thiamin	0.15 mg	10% 12%
Calories from Fat	15	15	Riboflavin	0.17 mg	10% 22%
<b>% Daily value</b>			Niacin	2 mg	10% 10%
<b>Total Fat</b> 1.5 g	2%	2%	Vitamin B6	0.2 mg	10% 12%
Saturated Fat 0 g	0%	0%	Folic Acid	40 mcg	10% 12%
Trans fat 0 g			Vitamin B12	0.6 mcg	10% 17%
Polyunsaturated Fat 1 g			Biotin	30 mcg	10% 10%
Monounsaturated Fat 0.5 g			Pantothenic Acid	1 mg	10% 15%
<b>Cholesterol</b> 0 mg	0%	1%	Phosphorus	100 mg	10% 22%
<b>Sodium</b> 18 mg	1%	3%	Iodine	15 mcg	10% 10%
<b>Total Carbohydrate</b> 6 g	2%	4%	Magnesium	40 mg	10% 12%
Dietary Fiber 2.5 g	11%	11%	Zinc	1.5 mg	10% 12%
Soluble Fiber 2 g			Copper	0.2 mcg	10% 11%
Insoluble Fiber 0.5 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 g			Calories	2,000	2,500
<b>Protein</b> 8 g			Total Fat	Less than 65 g	80 g
Vitamin A 500 IU	10%	15%	Sat Fat	Less than 20 g	25 g
Vitamin C 6 mg	10%	12%	Cholesterol	Less than 300 mg	300 mg
Calcium 129 mg	10%	22%	Sodium	Less than 2400mg	2400 mg
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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), Cocoa Powder, Sunflower Extract, Natural Flavors, Cocoa Butter, 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, Niacinamide, 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

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**Slim & Sassy®**  
**TrimShake Chocolate**  
40 servings (of 17.5 grams)  
per container

Item number: 35200001  
Consultant price: \$39.50 (25.00 PV)  
Suggested retail price: \$52.67

\*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.

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§Solathin® is a trademark of CYVEX Nutrition