

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, and delicious weight management shake mix that provides essential nutrients and only 74 calories per serving. Blended with nonfat dairy, almond, rice or soy milk, or water, 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 demonstrated 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 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 both appropriate quantities and 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 that are 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.



CPTG Certified Pure
Therapeutic Grade®

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 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 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.

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 high in fiber, is low in fat and sugar, and includes a blend of essential vitamins and minerals—all in a 100 percent vegetarian-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®†

Slim & Sassy® V Shake contains 125 mg of the powerful weight-loss ingredient EssentraTrim 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, 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.*

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†Solathin® is a trademark of CYVEX Nutrition

CONCEPT (CONTINUED)

Solathin®†

Slim & Sassy® V Shake also includes 50 mg of Solathin per serving, 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 V Shake.*

Slim & Sassy V Shake has been carefully formulated to be used in conjunction with dōTERRA Slim & Sassy® Metabolic Blend, Lifelong Vitality Supplements, and 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.

COMPLIMENTARY PRODUCTS

Slim & Sassy Oil Metabolic Blend
Lifelong Vitality
GX Assist

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KEY INGREDIENTS AND BENEFITS

- Each serving contains 7 grams of a proprietary vegan blend of pea, amaranth, and quinoa protein, and contains no soy.
- Each serving includes 125 mg EssentraTrim, a patented† extract of ashwagandha leaves and roots clinically demonstrated to help support blood sugar levels already in the normal range and enhance energy levels while helping alleviate fatigue commonly associated with dieting and exercise*
- Each serving includes 50 mg Solathin, a special protein extract from natural food sources that helps control stress-induced appetite, overeating, and carbohydrate cravings*.

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Slim & Sassy® V Shake
with Essentra Trim®
and Solathin®
Vegan-sourced protein shake

Part Number: 35440001
Wholesale: \$39.50
Retail: \$52.67
PV: 25.00

FREQUENTLY ASKED QUESTIONS

Does this product contain gluten?

V shake does not contain gluten or gluten-containing ingredients, nor was it produced in a facility that processes gluten-containing grains.

Does this product contain GMOs?

None of the ingredients in the V shake contain Genetically Modified Material (GMO).

Does this product contain soy or dairy?

V Shake does not contain soy or soy-derived ingredients nor does it contain any dairy-derived ingredients.

Is it safe for my child to take?

It is not recommended that children use V Shake to replace meals. However, V Shake is safe for children to use as a snack at a one scoop dose if desired.

What is the difference between V Shake and TrimShake?

V Shake is an entirely vegan alternative to TrimShake. It can be used in place of TrimShake as a meal replacement or weight loss aid for adults that want to get the benefits of TrimShake but that prefer a vegan alternative.

Is V Shake just as effective for weight management as TrimShake?

V Shake contains a similar amount of protein and calories as TrimShake, so it can be used as an aid for weight management in the same way TrimShake is used.

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		
Saturated Fat	0g		
Trans fat	0 g		
Polyunsaturated Fat	0.5g		
Monounsaturated Fat	1.5g		
Cholesterol	0g		
Sodium	115mg		
Total Carbohydrates	7g		
Dietary Fiber	4g		16%
Soluble Fiber	3.5g		
Insoluble Fiber	0.5g		
Sugars	0g		
Protein	7g		
Vitamin A0% • Vitamin C0% • Calcium 2% • Iron3%			
	Calories	2,000	2,500
Total Fat	Less than	65 g	80g
Sat Fat	Less than	20 g	25g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrate		300 g	375g
Dietary Fiber		25 g	30g
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, EssentraTrim* • Ash-wagandha (*Withania somnifera*) Root and Leaf Extract, Potato Protein Powder, Citric Acid, Stevia

*EssentraTrim® is a trademark of NutraGenesis LLC and is protected



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.

