

# Solstic Slim

30 Stick Packets, Weight Management Drink Mix, Stock No. 6502-0

Millions of North Americans continue to struggle with managing their weight. And it's no wonder — in our society, food is everywhere, and portions are bigger today than they've ever been. To make matters worse, there are many foods that offer very little nutritional benefit, and these seem to be the ones that receive the most advertising.

Solstic Slim may help you reach your weight-management goals by supplying natural ingredients known to help maintain weight. Everyone's weight loss needs are different. Some people find themselves eating between meals or late at night. Others have a slow metabolism that keeps them from achieving their weight loss goals. Solstic Slim contains ingredients that support healthy weight management.

## *Did you know?*

The World Health Organization (WHO) has stated that “Obesity has reached epidemic proportions globally, with more than 1 billion adults overweight — at least 300 million of them clinically obese — and is a major contributor to the global burden of chronic disease and disability. Often coexisting in developing countries with under-nutrition, obesity is a complex condition, with serious social and psychological dimensions, affecting virtually all ages and socioeconomic groups” (WHO 2005).

## *NSP Advantage*

A great-tasting, huckleberry-flavoured weight management beverage mix designed to help you achieve your weight management goals. Low in calories, with no fat or cholesterol. All of the medicinal ingredients in Solstic Slim are natural and have been shown beneficial for weight loss. Solstic Slim is packaged in convenient, take-anywhere packets to help you keep up with your weight management program.

*Ingredients:* **Medicinal Ingredients:** Red Grape (*Vitis vinifera*) skin extract, 246 mg; Yerba mate (*Ilex paraguariensis*) leaves extract, 150 mg of a 4:1 extract standardized to 8% caffeine; *Caralluma fimbriata* aerial parts extract, 75 mg; Damiana (*Turnera diffusa*) leaves, 75 mg; Green Tea (*Camellia sinensis*) leaves extract (decaffeinated), 50 mg. **Non-medicinal ingredients:** maltodextrin, citric acid, huckleberry flavour, malic acid, sucralose, silicon dioxide.

*Recommendation:* Use Solstic Slim as part of a sensible weight management program.

*Dosage (adults):* Add the contents of one packet (3.75 g) to approx. 500 mL of water, shake or stir vigorously and drink. Take two packets daily (in place of snacking) as part of a proper diet and exercise program for best results.

# Solstic Slim (continued)

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**Risk Information:** Do not use if you are pregnant or breastfeeding.

References:

1. Kuriyan R, Raj T, Srinivas SK, et al. *Effect of Caralluma Fimbriata extract on appetite, food intake and anthropometry in adult Indian men and women.* Appetite 2007;48:338-44.
2. Andersen T, Fogh J. *Weight loss and delayed gastric emptying following a South American herbal preparation in overweight patients.* J Hum Nutr Diet 2001;14:243-50.

## Nutritional Facts

### Valeur Nutritive

Per 3.75 g (1 packet) / par 3.75 g (1 sachet)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 12	
<b>Total Fat / Lipides</b> 0 g	0 %
Cholesterol / Cholestérol 0 mg	
<b>Sodium / Sodium</b> 2 mg	0 %
<b>Carbohydrate / Glucides</b> 3 g	1 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 3 g	
<b>Protein / Protéines</b> 0 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %

## Features & Benefits

- A healthy alternative to popular weight loss products.
- A low-calorie weight management drink mix with great taste.
- Only 12 calories per serving.
- Contains natural ingredients that support weight loss when used as part of a sensible weight management program.
- Carbohydrate content is from maltodextrin. No sugar to pack on the pounds.
- Red grape skin extract contains antioxidant pigments called anthocyanins that inhibit LDL oxidation (LDL oxidation is bad for you). Also has resveratrol, which protects against cardiovascular disease and atherosclerosis and promotes healthy cholesterol levels. Resveratrol dilates blood vessels and promotes healthy circulation.
- Green tea extract's powerful antioxidants protect against cardiovascular disease and promote healthy circulation. Green Tea can promote healthy weight by boosting calorie and fat metabolism. Green Tea increases metabolic capacity and fat burning for energy.
- Caralluma contains a variety of compounds that might have a role in appetite suppression. It is theorized that Caralluma might affect the energy sensing function in the hypothalamus, similar to Hoodia.<sup>1</sup> Preliminary evidence shows that taking a caralluma extract 500 mg twice daily for 60 days might decrease waist circumference, feelings of hunger, and fat and calorie intake.
- Yerba Mate taken orally might cause weight loss when used in combination with damiana.<sup>2</sup>