

# Slim & Sassy Contrōl™

## PRODUCT DESCRIPTION

Overeating is one of the worst culprits in the fight for weight management. There are many reasons we overeat as well as different ways we overeat. Sometimes we emotionally eat and snack too much, or we eat larger portions than we should, or we just eat too much of the wrong kinds of foods and not enough fruits and vegetables. It all comes down to being able to control our appetite and eat what we should, when we should, and as much as we should.

Slim & Sassy® presents a way to take better control of your hunger and help you on your path to managing your weight and ultimately your overall well-being. Slim and Sassy Contrōl is a powdered mix in a convenient stick pack that you can take strategically during the course of the day to help control your appetite. Contrōl is also available in a snack bar, which comes in three different flavors. Contrōl contains a revolutionary ingredient extracted from spinach that has been clinically shown to significantly reduce appetite for up to six hours.

## CONCEPT

Our digestive system has evolved over thousands of years to deal with rough and completely unrefined diets, and it used to take the entire 23 feet of small intestine to digest and absorb fats. Most of the time, fat made it all the way to the lower small intestine.

Today, however, we eat refined foods that are easier and faster to digest than ancient diets. The fats in today's diets are digested quickly in the upper intestine and then immediately absorbed, so they hardly ever make it down into the lower intestine. And because of that, the fat receptors in the lower intestine are not turned on, and they cannot tell the brain to stop eating. That's why it's so easy to overeat these days. There is nothing wrong with our digestive system; it just doesn't work as well with modern processed foods.

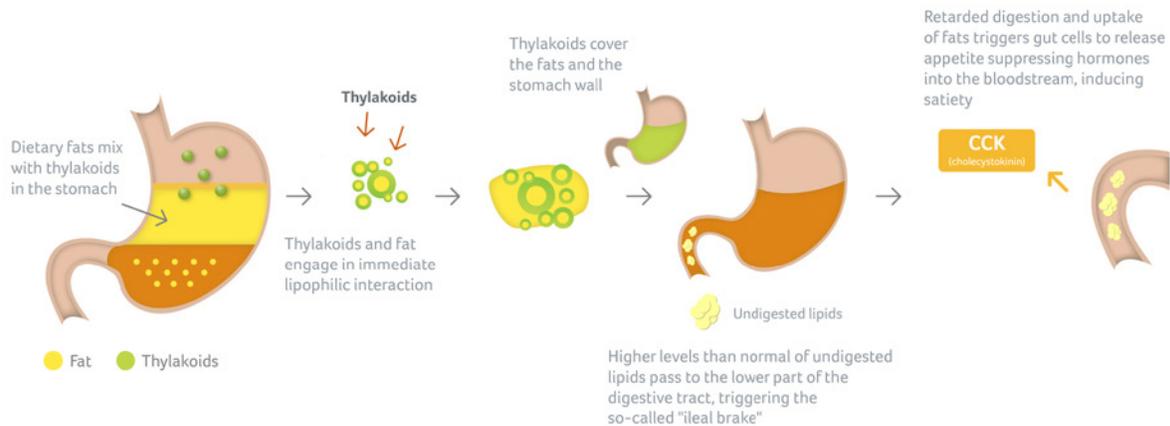
## CONTRŌL

Slim & Sassy Contrōl contains a new, all-natural, and clinically-tested ingredient from spinach called Appethyl™. Spinach is particularly rich in a nutrient called thylakoids. Thylakoids have clinically been shown to slow down the digestion and absorption of fats in order for the satiety mechanism in our body to do its job. When digestion is slowed down, a hormone in our gastrointestinal system



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# Thylakoids: mechanism of action



Emek SC et al. *Preparative Biochemistry & Biotechnology* 2010;40:13-27.  
 Montelius C et al. *British Journal of Nutrition* 2011;106:836-44.

called cholecystokinin (CCK) sends a signal to the brain letting us know we're full. Regardless of what anyone tries to tell you, there is no such thing as a magic pill and nothing will compensate for a poor diet and little or no exercise. All weight management systems must include balanced nutrition and a good exercise program to be an effective and sustainable lifestyle change. Contrōl, and the rest of the Slim and Sassy® program, gives you more tools to help you along your path.

## STICK PACKS

In order for the full satiation to take effect, 5 grams of the spinach extract is required for each serving. A powdered mix in a convenient stick pack was created to deliver this amount. The flavor is enjoyable and can be mixed in water, a TrimShake, or your favorite beverage. The color is green, and the formula is also very green as a whole foods dietary supplement. All natural ingredients are blended together with 124mg of our Slim & Sassy Metabolic Blend essential oil.

## BARS

For those that like to change things up every once in a while, three flavors of bars are also available. Five

grams of Appethyl® are also included in each bar. They are available in Apple Cinnamon, Lemon, and Apricot flavors and can be purchased in boxes of 10. They are the ultimate on-the-go satiety bar that can be eaten anytime during the day to help manage cravings and portion sizes.

## HOW TO USE

The mechanism of satiation involves slowing down the digestion and uptake of fat, so in order for Appethyl to work, it needs to be taken with some fat—hopefully healthy sources of fat. When taking the powdered mix, it is recommended that they be taken during meals that contain at least 5 grams of healthy fat. The bars already include the right amount of healthy fat so you can literally take them anywhere and at any time.

Appethyl has a delayed mechanism of a few hours, so it will take a bit of planning out your day to enjoy the full benefits of Contrōl. Here is the recommended method of use:

- If you tend to snack during the day, take either one bar or one stick pack in the morning with breakfast
- If you tend to snack in the evening, take either

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one bar or one stick pack at lunch or in the early afternoon.

## PRIMARY BENEFITS

- Promotes feelings of satiety for up to 6 hrs
- Significantly reduces cravings for unhealthy food
- Functions as a prebiotic
- Contains 124mg of Slim & Sassy® Metabolic Blend (stick pack only)
- Green, both literally and from a whole foods standpoint

## FAQs

Q. How much weight can I lose with Contrōl?

A. Weight loss depends on dietary and exercise changes. Contrōl will support your efforts to decrease calorie intake by controlling appetite.

Q. How fast does Contrōl work?

A. Contrōl has its greatest efficacy 4–6 hours after its taken.

Q. Can I just eat a lot of spinach and get the same effect?

A. Because Contrōl is a concentrated, active extract from spinach, you would have to eat very large amounts of spinach to get the same benefit of taking one serving of Contrōl.

Q. Can I take more than one stick pack/bar a day?

A. Yes.

Q. Do I use these as replacements for my meals?

A. Contrōl is not designed as meal replacement, though the Contrōl bars do provide a good balance of fats, carbohydrates, and protein, making a good snack.

Q. Are the stick packs/bars GMO and gluten free?

A. The stick pack is non-GMO and gluten free. The ingredients in the bars are free of GMO and gluten, but are manufactured in a facility that produces products containing GMO and gluten-derived ingredients.

Q. Are the stick packs/bars vegetarian friendly?

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A. Both the stick packs and bars are vegetarian friendly. The stick pack is vegan, but the bars contain milk and may contain traces of egg.

## COMPLEMENTARY PRODUCTS

- Slim & Sassy Metabolic Blend
- Slim & Sassy Softgels
- Slim & Sassy TrimShake (chocolate or vanilla)
- Lifelong Vitality Pack

† Appethyl is a trademark of Greenleaf Medical AB. All other words with trademark or registered trademark symbols are trademarks or registered trademarks of dōTERRA Holdings, LLC.

## Slim & Sassy Contrōl Instant Mix

### Supplement Facts

Serving Size: 1 sachet (7.2 g)

Servings Per Container: 30

	Amount Per Serving	% Daily Value*
<b>Calories</b>	<b>30</b>	
Calories from Fat	9	
<b>Total Fat</b>	<b>1 g</b>	<b>2%</b>
Saturated Fat	0.5 g	3%
Trans Fat	0 g	0%
<b>Cholesterol</b>	<b>0 mg</b>	<b>0%</b>
<b>Sodium</b>	<b>15 mg</b>	<b>1%</b>
<b>Total Carbohydrate</b>	<b>3 g</b>	<b>1%</b>
Dietary Fiber	3 g	12%
Insoluble Fiber	2 g	**
Soluble Fiber	1 g	**
Sugars	0 g	0%
<b>Protein</b>	<b>2 g</b>	<b>4%</b>
Vitamin A	135 IU	3%
Calcium	180 mg	18%
Iron	6 mg	33%
Appethyl <sup>†</sup> Spinach ( <i>Spinacia oleracea</i> ) Leaf Extract	5000 mg	**
Ground Flax ( <i>Linum usitatissimum</i> ) Seed Powder	800 mg	**
CPTG <sup>®</sup> Slim & Sassy Metabolic Oil Blend	124 mg	**
Grapefruit ( <i>Citrus X paradisi</i> ) Peel Oil		**
Lemon ( <i>Citrus limon</i> ) Peel Oil		**
Peppermint ( <i>Mentha piperita</i> ) Plant Oil		**
Ginger ( <i>Zingiber officinale</i> ) Root Oil		**
Cinnamon ( <i>Cinnamomum zeylanicum</i> ) Bark Oil		**
Solathin <sup>®</sup> Potato ( <i>Solanum tuberosum</i> ) Tuber Extract	40 mg	**

\* Percent Daily Values are based on a 2,000 calorie diet.

\*\*Daily Value not established.

#### OTHER INGREDIENTS

Other Ingredients: Apple Pectin, Guar Gum, Natural Grapefruit Flavor, Citric Acid, Stevia Leaf Extract, Silica

#### SUGGESTED USE

Take one sachet per day. Mix 4–8 oz. of water with one sachet, mix well and drink immediately. Take in the morning if you tend to snack during the day, at noon if you tend to snack in the evening. Best if taken with meals containing healthy fats.

Apple Cinnamon Bar

<b>Nutrition Facts</b>			
Serving Size: 1 Bar (45g)			
Servings Per Container 10			
<b>Amount Per Serving</b>			
<b>Calories</b> 200	Calories from Fat 80		
<b>% Daily Value*</b>			
<b>Total Fat</b> 9 g	<b>14%</b>		
Saturated Fat 2 g	10%		
Trans Fat 0 g	0%		
<b>Cholesterol</b> 0 mg	<b>0%</b>		
<b>Sodium</b> 110 mg	<b>5%</b>		
<b>Total Carbohydrate</b> 23 g	<b>8%</b>		
Dietary Fiber 2.5 g	10%		
Insoluble Fiber 0 g			
Soluble Fiber 2.5 g			
Sugars 10 g			
<b>Protein</b> 8 g	<b>16%</b>		
Vitamin A 0%	Vitamin C 50%		
Calcium 12%	Iron 35%		
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

**INGREDIENTS:** Organic Brown Rice Syrup, Honey, Yogurt Coating (sugar, palm kernel oil, nonfat dry milk, yogurt powder (cultured whey protein concentrate and cultured skim milk), soy lecithin, salt), Appethyl™ Spinach Extract, High Oleic Sunflower Oil, Whey Protein Crisp (whey protein isolate, whey protein concentrate, rice flour, calcium carbonate, soy lecithin), Gluten-Free Rolled Oats, Apple, Almonds, Sunflower Seeds, Organic Gum Acacia, Raisins (raisins, vegetable oil), Organic Flax Meal, Sesame Seeds, Sea Salt, Cinnamon, Natural Flavor, Chia Seeds, Mixed Tocopherols

**CONTAINS:** Milk, Soy, Almonds. May also contain egg, peanut, wheat.

Apricot Bar

<b>Nutrition Facts</b>			
Serving Size: 1 Bar (45g)			
Servings Per Container 10			
<b>Amount Per Serving</b>			
<b>Calories</b> 200	Calories from Fat 80		
<b>% Daily Value*</b>			
<b>Total Fat</b> 9 g	<b>14%</b>		
Saturated Fat 2 g	10%		
Trans Fat 0 g	0%		
<b>Cholesterol</b> 0 mg	<b>0%</b>		
<b>Sodium</b> 110 mg	<b>5%</b>		
<b>Total Carbohydrate</b> 23 g	<b>8%</b>		
Dietary Fiber 2.5 g	10%		
Insoluble Fiber 0 g			
Soluble Fiber 2.5 g			
Sugars 10 g			
<b>Protein</b> 8 g	<b>16%</b>		
Vitamin A 0%	Vitamin C 50%		
Calcium 12%	Iron 35%		
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

**INGREDIENTS:** Organic Brown Rice Syrup, Honey, Yogurt Coating (sugar, palm kernel oil, nonfat dry milk, yogurt powder (cultured whey protein concentrate and cultured skim milk), soy lecithin, salt), Appethyl™ Spinach Extract, High Oleic Sunflower Oil, Whey Protein Crisp (whey protein isolate, whey protein concentrate, rice flour, calcium carbonate, soy lecithin), Gluten-Free Rolled Oats, Apricots, Almonds, Sunflower Seeds, Organic Gum Acacia, Raisins (raisins, vegetable oil), Organic Flax Meal, Sesame Seeds, Natural Flavor, Sea Salt, Chia Seeds, Mixed Tocopherols

**CONTAINS:** Milk, Soy, Almonds. May also contain egg, peanut, wheat.

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Lemon Bar

<b>Nutrition Facts</b>			
Serving Size: 1 Bar (45g)			
Servings Per Container 10			
<b>Amount Per Serving</b>			
<b>Calories</b> 200	Calories from Fat 80		
<b>% Daily Value*</b>			
<b>Total Fat</b> 9 g	<b>14%</b>		
Saturated Fat 2 g	10%		
Trans Fat 0 g	0%		
<b>Cholesterol</b> 0 mg	<b>0%</b>		
<b>Sodium</b> 110 mg	<b>5%</b>		
<b>Total Carbohydrate</b> 23 g	<b>8%</b>		
Dietary Fiber 2.5 g	10%		
Insoluble Fiber 0 g			
Soluble Fiber 2.5 g			
Sugars 10 g			
<b>Protein</b> 8 g	<b>16%</b>		
Vitamin A 0%	Vitamin C 50%		
Calcium 12%	Iron 35%		
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

**INGREDIENTS:** Organic Brown Rice Syrup, Honey, Yogurt Coating (sugar, palm kernel oil, nonfat dry milk, yogurt powder (cultured whey protein concentrate and cultured skim milk), soy lecithin, salt), Appethyl™ Spinach Extract, High Oleic Sunflower Oil, Whey Protein Crisp (whey protein isolate, whey protein concentrate, rice flour, calcium carbonate, soy lecithin), Gluten-Free Rolled Oats, Raisins (raisins, vegetable oil), Almonds, Sunflower Seeds, Organic Gum Acacia, Cranberries (cranberries, apple juice concentrate, sunflower oil), Organic Flax Meal, Sesame Seeds, Natural Flavor, Sea Salt, Chia Seeds, Mixed Tocopherols

**CONTAINS:** Milk, Soy, Almonds. May also contain egg, peanut, wheat.

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**Slim & Sassy Contrōl Instant Mix**

30 servings per box

Item number: 34150001

Consultant price: \$59.50

Retail customer: \$79.33

PV: 50

**Slim & Sassy Contrōl Bars**

10 servings per box

Item codes:

Apple Cinnamon: 34330001

Lemon: 34340001

Apricot: 34370001

Consultant price: \$27.50

Retail customer: \$36.67

PV: 20

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**Contrōl Bar 3 Pack (1 box of each flavor)**

30 servings

Item number: 20900001

Consultant price: \$74.50

Retail customer: \$99.33

PV: 50