

# TrimShake™ Chocolate

## Nutritionally Balanced Diet Shake

**FORMULATED TO OFFSET IN-BETWEEN MEAL CRAVINGS**



### Positioning Statement

TrimShake™ is a convenient, nutritionally-balanced meal replacement shake formulated to promote healthy weight management.

### Concept

Estimating the right portion size is extremely difficult for individuals attempting to manage their weight. In addition to the difficulty of accurately measuring serving sizes when eating normal meals, food portions tend to look smaller and smaller as people attempt to lose weight. Some individuals actually restrict entire meals altogether, which can completely undermine what they are trying to accomplish. In today's busy, hectic world, people just don't have the time to measure out their food at each meal to make sure that they are receiving the required nutrients.

Pharmanex® TrimShake™ eliminates the need for estimating serving sizes, and provides all the nutrients you need in an easy-to-make shake. TrimShake™ is delicious and satisfying, perfect for breakfast or as a quick meal. TrimShake™ is high in protein and soluble fiber and only has 3.5 g of fat. Available in chocolate and vanilla flavors, TrimShake™ helps cut out the fat, but not the taste. TrimShake™ provides the nutritional balance essential to effective weight management. Each serving of TrimShake™ provides 20 g of protein to keep the carbs in check and help curb food cravings.

### Primary Benefits

- Provides easy weight management in a convenient shake
- High in protein, low in carbohydrates, and contains only 3.5 g of fat

### What Makes This Product Unique?

- Convenient tool for healthy weight management
- Provides nutritional balance integral for effective weight management
- Comprehensive blend of vitamins and minerals
- High in soluble fiber
- Delicious chocolate and vanilla flavors

### Who Should Use This Product?

Adults who want to manage weight by reducing between-meal cravings should use TrimShake™. Moreover, adults using the Pharmanex® TRA™ weight management program should use TrimShake™.

### Did You Know?

- Adults need 1 g of dietary protein for every 1 kg of body weight
- Kwashiorkor is caused by inadequate protein nutrition
- In general, meat sources contain all amino acids (complete proteins) whereas plant sources do not (incomplete protein)

### Frequently Asked Questions

#### *Who should take this product?*

TrimShake™ is recommended for weight conscious individuals desiring effective weight loss.

#### *Why is soluble fiber important when losing weight?*

Soluble fiber, one of the two types of fiber found in a variety of foods, is emphasized in the TRA™ Weight Management Program because of its many benefits. It may help promote normal blood cholesterol levels and will also help you control your hunger. Soluble fiber mixes with water in your stomach and makes you feel fuller, longer. It also slows down the digestion of carbohydrates, which results in a slower release of glucose into the blood. TrimShake™ contains high levels of soluble fiber. Other sources of soluble fiber include fruits and vegetables, whole-grain oat products such as oatmeal, and beans, such as black beans and pinto beans.

#### *How does this product work?*

Many people attempting to lose weight say it is often difficult to select and prepare correct amounts or portions of food for weight control. Meal replacement portions are easy to measure out using the scoop provided, so there's no weighing or measuring. And in

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today's busy, hectic, and sometimes stressful world, meal replacements offer a healthy, nutritious alternative to a full meal. TrimShake™ provides the correct amounts of nutrients to effectively help with weight loss when combined with proper nutrition, strength training and aerobic exercise in the TRA™ Weight Management Program.

**What are the differences between Appeal® and TrimShake™?**  
Compared to Appeal®, TrimShake™ has fewer calories, higher fiber content, fewer carbohydrates, fewer sugars, and more protein. It is true that Appeal® has a higher amount of several vitamins and minerals; however, taking LifePak® will more than compensate for the difference.\*

**Are there scientific studies validating this product?**  
In March 2002, a two-part study was published in the *American Journal of Clinical Nutrition* showing that meal replacement shakes may make losing weight easier for dieters. Study participants on the meal replacement diet lost an average of about 16 pounds over three months, compared to only an average loss of three pounds by those on a conventional food diet.

**Is there anyone who should not use this product?**  
Pregnant or lactating women, diabetics, hypoglycemics, and people with known medical conditions should consult with a physician prior to taking this or any other dietary supplement.

**Is this product safe?**  
TrimShake™ is safe at the recommended dosage.

**Are there any side effects?**  
There are no known side effects at the recommended dosage.

## Key Scientific References

1. Ball SD, Keller KR, Moyer-Mileur LJet al. Prolongation of satiety after low versus moderately high glycemic index meals in obese adolescents. *Pediatrics*, 2003 Mar; 111(3):488-94.
2. Vidal-Guevara ML, Samper M, Martinez-Silla G, Canteras M, Ros G, Gil A, Abellan P. Meal replacement as a dietary therapy for weight control. Assessment in males and females with different degrees of obesity. *Nutr Hosp*, 2004 Jul-Aug; 19(4): 202-8. Spanish.
3. Blackburn GL, Rothacker DQ. Ten-year self-management of weight using a meal replacement diet plan: comparisons with matched controls. *Obes Res*, 2003; 11:A103.

4. Heysfield SB, van Mierlo CAJ, van der Knaap HCM, Heo M, Frier HI. Weight management using a meal replacement strategy: meta and pooling analysis from six studies. *Int J Obes*, 2003; 27:537-549.

Nutrition Facts		Calcium 30%		Iron 30%	
Serving Size One packet (55g)		Vitamin D **		Vitamin E 15%	
Servings Per Container 10		Thiamin 20%		Riboflavin 25%	
Amount Per Serving		(Vitamin B <sub>1</sub> )		(Vitamin B <sub>2</sub> )	
Calories 210	Calories from Fat 30	Niacin 30%		Vitamin B <sub>6</sub> 20%	
% Daily Value*		Folate 15%		Vitamin B <sub>12</sub> **	
Total Fat 3.5g	5%	Biotin **		Pantothenic Acid 20%	
Saturated Fat 1.0g	5%	Phosphorus 38%		Iodine 8%	
Trans		Magnesium 20%		Zinc 25%	
Cholesterol 10mg	3%	Selenium 15%		Copper 20%	
Sodium 280mg	16%	Manganese 15%		Chloride 2%	
Potassium 580mg	16%	* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
Total Carbohydrate 25g	8%	Calories: 2,000 2,500			
Dietary Fiber 5g	19%	Total Fat	Less than	65g	80g
Soluble Fiber 3g		Sat. Fat	Less than	20g	25g
Insoluble Fiber 2g		Cholesterol	Less than	300mg	300mg
Sugars 18g		Sodium	Less than	2,400mg	2,400mg
Protein 20g		Potassium		3,500mg	3,500mg
Vitamin A 20%		Total Carbohydrate		300g	375g
		Dietary Fiber		25g	30g
		Calories per gram:			
		Fat 9 • Carbohydrate 4 • Protein 4			
		Vitamin C 20%			

**Other Ingredients:** Pharmanex® Protein Blend (Non-Fat Dry Milk, Milk Protein Isolate, Whey Protein Concentrate), Fructose, Corn Oil Creamer (Corn Oil, Corn Syrup Solids, Sodium Caseinate, Anti-Oxidant: BHT PropylGallate), Natural Flavors, Gum Arabic, Dietary Fibers (Cellular Gum, Soy Fiber, Oat Fiber, Pea Fiber, Sugar Beet Fiber), Soy Lecithin, Potassium Phosphate, Xanthan Gum, Oat Bran, Magnesium Oxide, Calcium Phosphate, Niacinamide, Ascorbic Acid, Ferrous Fumarate, Alpha Tocopherol Acetate, Dicalcium Phosphate, Vitamin A Palmitate, Zinc Oxide, Copper Gluconate, D-calcium Pantothenate, Pyridoxine Hydrochloride, manganese Citrate, Thiamine Mononitrate, Riboflavin, Biotin, Cyanocobalamin, Folic Acid, Cholecalciferol, Sodium Selenite, Potassium Iodide.

## Directions For Use

Add one (1) packet of TrimShake™ powder to eight (8) ounces of cold water or milk. Blend or shake vigorously.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

