



# Slim & Sassy™

Metabolic Blend

## Product Description

dōTERRA's Slim & Sassy Metabolic Blend is a proprietary formula of 100% pure CPTG Certified Pure Therapeutic Grade® essential oils designed to help manage appetite between meals. Slim & Sassy includes a blend of grapefruit, lemon, peppermint, ginger, and cinnamon essential oils. Just add 3 to 5 drops to 8 oz. of water and drink between your healthy meals throughout the day to help manage hunger, calm your stomach, and lift your mood. The Slim & Sassy blend also makes a delicious and healthy flavored water for proper hydration during exercise or other activity. It has zero calories and is an excellent replacement for high-calorie beverages or for drinks that contain artificial sweeteners and colors.

## Concept

A body that is trim and fit is not only attractive, but also supports a lifetime of energy and vitality, and can help prevent the accelerated onset of many degenerative diseases. Managing weight and healthy body composition is primarily a matter of expending more calories than we consume. Eating less food (quantity) and improving our food selections (quality) along with increasing physical activity is the best way to experience permanent and healthy weight loss.

### *Eating Less*

Food can be both physically and emotionally pleasurable. When we are hungry, our bodies send powerful signals through various physiological pathways to let us know it is time to eat. When we respond by eating, equally powerful signals reward us for responding to our bodies' desires. These signals are influenced over time by how much we eat, what we eat, and why we eat.

Most people in the developed world consume more calories than required for supporting healthy and vibrant life function. Reducing the amount of calories we consume when dieting can be difficult if our bodies are conditioned to high-calorie diets. Eating more healthy foods

in smaller amounts throughout the day, using a dietary supplement of essential nutrients, and participating in a regular exercise program can help change unhealthy signals to eat more than we need or to eat for the wrong reasons.

### *Healthy Hydration*

Many unhealthy “diet” potions use diuretics that cause the body to release water resulting in short-term weight loss, but also resulting in dehydration and other negative health consequences. Drinking water regularly throughout the day can help support efforts to eat less calories. Proper hydration is also essential for metabolic functions throughout the body and supports cellular energy and activity.

### *Slim & Sassy™ Metabolic Blend*

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## **Primary Benefits**

- Supports your efforts to eat less and exercise more for permanent, healthy weight loss by helping your body adjust to reduced caloric intake during dieting\*
- Helps manage appetite and hunger pangs between meals\*
- Helps calm stomach and gastrointestinal distress sometimes associated with dieting\*
- Lifts and elevates mood which has been associated with successful weight-loss efforts\*
- Encourages healthy hydration during dieting, exercise, and throughout the day\*

## **What Makes This Product Unique?**

- Proprietary blend of 100% CPTG Certified Pure Therapeutic Blend® essential oils
- No caffeine or other stimulants
- No sugars, zero calories
- No artificial colors, flavors, or ingredients
- Easy and safe to use with no harmful side effects

## **Who Should Use this Product?**

Slim & Sassy Metabolic Blend is formulated for anyone participating in a healthy weight loss program of eating less and increasing physical activity. It can also be used anytime to make a refreshing and healthy flavored water alternative to high-sugar or artificial sweetened juices and beverages.

## Directions for Use

Add 3 to 5 drops of Slim & Sassy Metabolic Blend to 8 oz of water, 3 to 5 times a day. Sip your flavored water before, between, and after each of your healthy meals throughout the day. Slim & Sassy also makes an excellent addition to water bottles (use glass or stainless steel containers) or hydration packs during exercise and outdoor activity. Slim & Sassy can be used aromatically by diffusing in your home or personal office space or by simply applying a few drops to the palms, then cupping your hands and breathing deeply for a moment of calm and meditation as you reprogram your body to your new healthy lifestyle.

## Cautions

Slim & Sassy is safe to use aromatically, topically or internally when used as directed. Because it contains citrus essential oils that may increase photosensitivity in the skin, it is recommended that you avoid sunlight or UV rays for up to 12 hours after topical application. Do not use directly in eyes, ears, or nose. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician.

**Slim & Sassy™ Metabolic Blend**  
15 ml

**Item code: 3137**

**Consultant price: \$24.50 (24.50 PV)**

Preferred customer: \$26.95

Retail customer: \$32.67

## Supplement Facts

Serving Size: 1 drops

Servings per Container: About 250

<b>Amount Per Serving</b>	<b>Amount Per Serving</b>	<b>% DV</b>
Slim & Sassy Metabolic Blend: Grapefruit, Lemon, Peppermint, Ginger, Cinnamon	60 mg	*

\* Daily Value not established

100% pure therapeutic-grade essential oil.

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