

YOUNGEVITY®  
PRESENTS THE...

*SlenderFX*  
Weight Management  
System by Youngevity™



SLENDER FX™ WEIGHT MANAGEMENT SYSTEM INCLUDES:

SWEET-EZE™

**Supplement Facts**

Serving Size: 1 capsule  
Servings Per Container: 120

|   | Amount per Serving | %DV* |
|---|--------------------|------|
| Chromium (from chromium amino acid chelate) | 100 mcg            | 83%  |
| Cinnamon Bark                               | 200 mg             | **   |
| L-Aspartic Acid                             | 150 mg             | **   |
| Ginseng Root (Panax ginseng)                | 50 mg              | **   |
| Gymnema Leaf Extract (75% gymnemic acid)    | 30 mg              | **   |
| Bitter Melon Fruit Extract (40:1)           | 10 mg              | **   |
| Jambolin Seed Extract (16:1)                | 10 mg              | **   |
| Vanadium (from vanadium amino acid chelate) | 200 mcg            | **   |

\*\* Daily Value not established.  
\* Daily Values are based on a 2,000 calorie diet for adults and children over 4 years of age.

**OTHER INGREDIENTS:** Gelatin capsule (gelatin and water) and magnesium stearate.

CLEANSE-FX™

**Supplement Facts**

Serving Size: 2 capsules  
Servings Per Container: 30

|   | Amount per Serving | % DV* |
|---|--------------------|-------|
| Flax Seed (Linum usitatissimum)   | 600 mg             | **    |
| Cape Aloe Leaf (Aloe ferox)   | 300 mg             | **    |
| Rhubarb Root (Rheum sp.)  | 300 mg             | **    |
| Triphala (blend of Amla fruit, belleric myrobalan fruit and chebulic myrobalan fruit) | 100 mg             | **    |
| Slippery Elm Bark (Ulmus rubra)   | 100 mg             | **    |
| Marshmallow Root (Althaea officinalis)  | 100 mg             | **    |

\*\* Daily Value not established.  
\* Daily Values are based on a 2,000 calorie diet for adults and children over 4 years of age.

**OTHER INGREDIENTS:** Vegetable capsule (hypromellose and water).

FOOD FIBER

**Supplement Facts**

Serving Size: 3.5 grams (1 level teaspoon)  
Servings Per Container: 14

|                     | Amount per Serving | % DV* |
|---------------------|--------------------|-------|
| Calories            | 10                 |       |
| Calories from Fat   | 0                  |       |
| Total Fat           | 0 g                | 0%    |
| Sodium              | 10 mg              | <1%   |
| Total Carbohydrates | 3 g                | 1%    |
| Dietary Fiber       | 3 g                | 12%   |
| Soluble Fiber       | 3 g                | **    |
| Protein             | 0 g                | 0%    |

Proprietary Blend 3.5 g  
(Acacia Gum, Maltodextrin, Isomalto-oligosaccharide, Glucomannan)

Not a significant source of Vitamin A, Vitamin C, Calcium or Iron.  
\*\* Daily Value not established.  
\* Daily Values are based on a 2,000 calorie diet for adults and children over 4 years of age.

MEAL REPLACEMENT SHAKE (VANILLA)

**Supplement Facts**

Serving Size: 25 grams (2 scoops)  
Servings Per Container: 30

|                    | Amount per Serving | % DV* |                         | Amount per Serving | % DV* |
|--------------------|--------------------|-------|-------------------------|--------------------|-------|
| Calories           | 105                |       | Vitamin B1 (Thiamine)   | 530 mcg            | 35%   |
| Calories from Fat  | 27                 |       | Vitamin B2 (Riboflavin) | 595 mcg            | 35%   |
| Total Fat          | 3 g                | 5%    | Vitamin B3 (Niacin)     | 7 mg               | 35%   |
| Cholesterol        | 10 mg              | 3%    | Vitamin B6              | 700 mcg            | 35%   |
| Total Carbohydrate | 5 g                | 2%    | Folate                  | 140 mcg            | 35%   |
| Dietary Fiber      | 1 g                | 4%    | Vitamin B12             | 2.1 mcg            | 35%   |
| Sugars             | 1 g                | **    | Biotin                  | 105 mcg            | 35%   |
| Protein            | 14 g               | 28%   | Pantothenic Acid        | 3.5 mg             | 35%   |
| Sodium             | 80 mg              | 3%    | Vitamin K1              | 28 mcg             | 35%   |
| Potassium          | 60 mg              | 2%    | Phosphorus              | 200 mg             | 20%   |
| Vitamin A          | 1750 IU            | 35%   | Magnesium               | 100 mg             | 25%   |
| Vitamin C          | 21 mg              | 35%   | Zinc                    | 5 mg               | 33%   |
| Calcium            | 250 mg             | 25%   | Copper                  | 700 mcg            | 35%   |
| Iron               | 6 mg               | 33%   | Molybdenum              | 25 mcg             | 33%   |
| Vitamin D          | 140 IU             | 35%   | Selenium                | 24 mcg             | 34%   |
| Vitamin E          | 10.5 IU            | 35%   | Chromium                | 42 mcg             | 35%   |

\* Daily Value (DV) based on a 2,000 calorie diet for adults and children over 4 years of age.  
\*\* Daily Value (DV) not established.

**OTHER INGREDIENTS:** Whey Protein Isolate, Soy Protein Isolate, Cream Powder, Whey Protein Concentrate, Natural Flavors, Fructooligosaccharide, Milk Protein Isolate, Guar Gum, Steviol, Xanthan Gum, Cellulose Gum, Youngevity Vitamin/Mineral Blend (Calcium Phosphate, Magnesium Oxide, Potassium Citrate, Ferric Orthophosphate, Zinc Citrate, Magnesium Phosphate, Ascorbic Acid (Vitamin C), D-Alpha Tocopheryl Acetate, Vitamin A Palmitate, Selenomethionine, Beta Carotene, Niacinamide, Copper Gluconate, D-Calcium Pantothenate, Pyridoxine Hydrochloride, Thiamine Hydrochloride (Vitamin B1), Riboflavin, Molybdenum Amino Acid Chelate, Chromium Amino Acid Chelate, Vitamin K1, Vitamin D3, Folic Acid, Biotin, Methylcobalamin, Silica).

MEAL REPLACEMENT SHAKE (CHOCOLATE)

**Supplement Facts**

Serving Size: 26 grams (2 scoops)  
Servings Per Container: 30

|                    | Amount per Serving | % DV* |                         | Amount per Serving | % DV* |
|--------------------|--------------------|-------|-------------------------|--------------------|-------|
| Calories           | 105                |       | Vitamin B1 (Thiamine)   | 530 mcg            | 35%   |
| Calories from Fat  | 27                 |       | Vitamin B2 (Riboflavin) | 595 mcg            | 35%   |
| Total Fat          | 3 g                | 5%    | Vitamin B3 (Niacin)     | 7 mg               | 35%   |
| Cholesterol        | 10 mg              | 3%    | Vitamin B6              | 700 mcg            | 35%   |
| Total Carbohydrate | 5 g                | 2%    | Folate                  | 140 mcg            | 35%   |
| Dietary Fiber      | 1 g                | 4%    | Vitamin B12             | 2.1 mcg            | 35%   |
| Sugars             | 1 g                | **    | Biotin                  | 105 mcg            | 35%   |
| Protein            | 14 g               | 28%   | Pantothenic Acid        | 3.5 mg             | 35%   |
| Sodium             | 80 mg              | 3%    | Vitamin K1              | 28 mcg             | 35%   |
| Potassium          | 60 mg              | 2%    | Phosphorus              | 200 mg             | 20%   |
| Vitamin A          | 1750 IU            | 35%   | Magnesium               | 100 mg             | 25%   |
| Vitamin C          | 21 mg              | 35%   | Zinc                    | 5 mg               | 33%   |
| Calcium            | 250 mg             | 25%   | Copper                  | 700 mcg            | 35%   |
| Iron               | 6 mg               | 33%   | Molybdenum              | 25 mcg             | 33%   |
| Vitamin D          | 140 IU             | 35%   | Selenium                | 24 mcg             | 34%   |
| Vitamin E          | 10.5 IU            | 35%   | Chromium                | 42 mcg             | 35%   |

\* Daily Value (DV) based on a 2,000 calorie diet for adults and children over 4 years of age.  
\*\* Daily Value (DV) not established.

**OTHER INGREDIENTS:** Whey Protein Isolate, Soy Protein Isolate, Cream Powder, Whey Protein Concentrate, Natural Flavors, Cocoa Powder, Fructooligosaccharide, Milk Protein Isolate, Guar Gum, Steviol, Xanthan Gum, Cellulose Gum, Youngevity Vitamin/Mineral Blend (Calcium Phosphate, Magnesium Oxide, Potassium Citrate, Ferric Orthophosphate, Zinc Citrate, Magnesium Phosphate, Ascorbic Acid (Vitamin C), D-Alpha Tocopheryl Acetate, Vitamin A Palmitate, Selenomethionine, Niacinamide, Copper Gluconate, D-Calcium Pantothenate, Pyridoxine Hydrochloride, Thiamine Hydrochloride (Vitamin B1), Riboflavin, Molybdenum Amino Acid Chelate, Chromium Amino Acid Chelate, Vitamin K1, Vitamin D3, Folic Acid, Biotin, Methylcobalamin, Silica).

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*SlenderFX*  
Weight Management  
System by Youngevity™

Youngevity®  
ESSENTIAL LIFE SCIENCES





Whether you're looking for cutting-edge products to achieve your personal weight and wellness goals, or you're looking to build a successful business that suits your lifestyle, the Slender FX™ Weight Management System is for you!

The Problem

With overweight and obesity approaching epidemic levels worldwide, healthy weight management has become the nation's top health priority.

In the United States alone, more than 2 out of 3 adults (68 percent) over the age of 20 are either overweight or obese, including 64 percent of women and 72 percent of men.<sup>1</sup> Sadly, one out of 5 children ages 2-19 (20 percent) are obese. Most obese adolescents carry their weight issues into adulthood, suggesting a new generation of overweight and obese adults.<sup>2</sup>

Many of society's most prevalent health concerns point directly to overweight and obesity as significant factors, including:

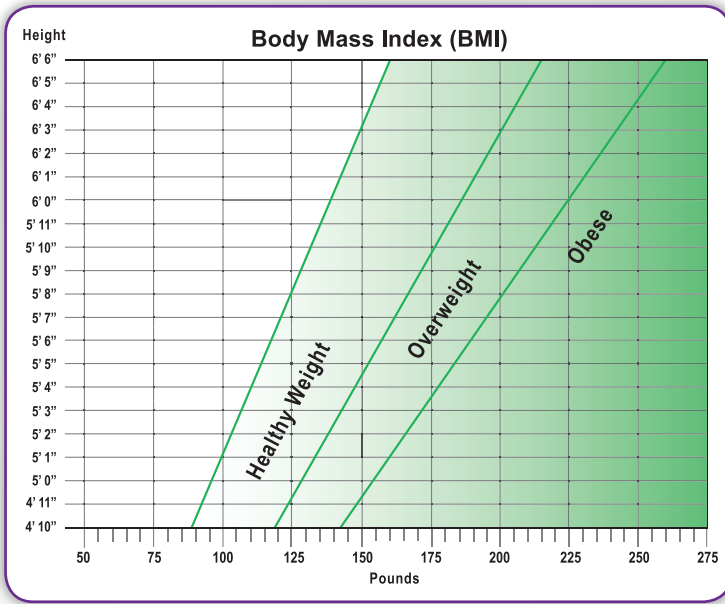
- Cardiovascular Issues
- Liver Function Imbalance
- Blood Sugar Imbalance
- Joint Issues and Mobility
- Self-Esteem

It's estimated that obesity-related medical care costs Americans up to \$147 billion annually.<sup>3</sup>

Overweight and obesity not only affect our health and our pocketbooks, they lessen our ability to enjoy life to the fullest!

Know Your Risk

Surprisingly, many people are unaware that they have a weight problem! An easy way to gauge whether you're overweight or obese (and at risk to develop a host of serious health concerns) is to compare your current height and weight to the **Body Mass Index (BMI)** chart below. BMI is a number calculated from a person's weight and height. BMI does not measure the amount of fat in your body, but research has shown that BMI correlates directly to body composition (the ratio of unhealthy fat to healthy muscle).



A higher BMI is associated with a greater risk to develop weight-related health problems.

(Note: Although BMI can be used for most men and women, it does have some limits. For example, it may overestimate body fat in athletes and others who have a high muscle-to-fat ratio. Conversely, it may underestimate body fat in older persons who have lost muscle.)

Another good indicator of obesity is your **Waist-to-Hip Ratio (WHR)**. If most of your fat is around your middle (i.e., you're an "apple shape"), you may have a higher risk for developing weight-related health issues. To calculate your WHR, measure your waist using a tape measure at its narrowest point and your hips at their widest point. Then divide your results from your waist by the result of your hips. The resulting number is your WHR.

| Waist to Hip Ratio Chart |               |                                   |
|--------------------------|---------------|-----------------------------------|
| Male                     | Female        | Health Risk (Based Solely on WHR) |
| 0.95 or below            | 0.80 or below | Low Risk                          |
| 0.96 to 1.0              | 0.81 to 0.85  | Moderate                          |
| 1.0+                     | 0.85+         | High Risk                         |

Take Charge of Your Health

Let's be honest. Your weight isn't going to change unless you do something different. And by "different" we don't mean going on another yo-yo diet. There's a reason most diets fail—they focus only on short-term loss of pounds, not long-term healthy weight.

Instead, you can achieve *lifelong results* if you make a solid commitment to reaching and maintaining a *healthy* weight. The commitment is often the hardest part, but once you've made this important decision to take charge of your life and your health, you'll be well on your way to a better quality of life.

Tips for Healthy Weight Management

Achieving and maintaining a healthy weight is like balancing your checkbook or bank account. To lose weight, consume fewer calories and increase your activity level. To gain weight, consume more calories and exercise less.

**Know what you're eating.** We suggest you keep a food diary to help make you aware of what you're eating. Write down not only meals (including beverages), but snacks, too. Being informed will empower you to make intelligent choices.

**In with the good, out with the bad.** You don't have to give up great food to achieve a healthy weight. Many great foods are good for you! Just be sure to eat in moderation and avoid unhealthy choices such as foods that are heavily processed or high in fat and sugar (such as potato chips, sugary snacks, fried foods, and soft drinks). You'll be pleasantly surprised at the results you can achieve just from eating healthier!

**Eat a rainbow of colors.** Make the decision to eliminate over-processed, high-fat, high-sugar foods and replace them with fresh, colorful, non-processed foods. Instead of a cheeseburger and fries for lunch, opt for a grilled chicken salad with colorful vegetables and low-fat dressing. In addition to being lower in calories, fresh foods are loaded with nutrients that deliver greater energy, clearer skin, and other great health benefits!

**Drink to your health.** A large systemic review of 88 scientific studies revealed clear associations between soft drinks and weight gain. Switching from "regular" to "diet" sodas doesn't help—emerging research suggests that drinking any sugary-tasting beverages develops our taste for sweet (e.g., high-calorie) foods in general. Replace soft drinks, lattes, and other calorie-laden drinks with spring water or other healthier choices.<sup>4</sup>

**Get moving.** Put one foot in front of the other and start walking! Moderate exercise is invigorating and healthy too! Just 10 to 15 minutes of moderate activity is a great start. Take a stroll, ride a bike, walk the dog, or take a yoga class. You don't have to become a star athlete—numerous studies have shown that non-vigorous exercise, such as a brisk walk, can provide health benefits comparable to those of more vigorous activities like running. Resistance exercises such as gentle weight lifting are good too—they help strengthen bone and build healthy muscle.

**Meal replacement shakes and supplements for targeted nutrition.** Making sure you're getting the right macro- and micronutrients is essential for successful weight management. A high quality protein shake can provide a wide spectrum of vitamins, minerals, and other nutrients to support energy levels throughout the day while containing few calories. High quality supplements can provide targeted nutrition in concentrated amounts not available through food alone. Dietary fiber and certain herbs support health by helping the body detoxify and rid itself of waste that it no longer needs.

Are You Ready for a New You?

Shedding just 5 to 10 percent of your beginning body weight can make a huge difference in the way you look and feel. As you continue on your weight loss journey, your clothes will fit better and you'll feel more energy, stamina, and vitality. Just as importantly, you'll begin to enjoy health benefits such as:

- Healthy Cholesterol Levels
- Healthy Blood Pressure Levels
- Blood Sugar Balance
- Promotes Restful Sleep

This Revolutionary System Includes:

SLENDER FX™ Sweet Eze™

SLENDER FX™ SWEET EZE™ which contains chromium, vanadium, cinnamon bark and other supportive herbs, is formulated to nutritionally support healthy blood sugar levels†. Take 1 capsule with each meal, or as directed by your healthcare professional.



SLENDER FX™ Food Fiber™ (2 bottles)

Studies show that most adults are not getting enough soluble fiber in their daily diets. Soluble fiber helps maintain healthy weight, balanced blood sugar levels and healthy digestion†. We've made it easier to get more fiber! When added to most foods, this amazing product has virtually no taste, but can actually accentuate the flavor of your favorite foods. Add SLENDER FX™ Food Fiber to hot cereals, soups, salads, meat or pasta dishes, throughout your day. Taken as directed, SLENDER FX™ Food Fiber adds an additional 7 grams of high tech fiber to your daily diet.

SLENDER FX™ Meal Replacement Shake

Finally, a meal replacement protein shake that tastes great! Offered in **Chocolate or Vanilla**, SLENDER FX™ Meal Replacement Shake was developed to reduce the amount of calories you consume while providing the nutrition your body needs to function optimally†. Simply replace one meal, such as lunch or dinner, with a delicious SLENDER FX™ Meal Replacement Shake. It's a simple way to assist in portion control. SLENDER FX™ Meal Replacement Shake contains 35% of the RDI of most essential vitamins and major minerals, while also providing 15 grams of protein.



SLENDER FX™ Cleanse FX™

A proprietary blend of gentle cleansing herbs that is an integral part of the Slender FX™ Weight Management System. Many health professionals believe optimal health begins with the digestive system. CLEANSE FX™ helps cleanse and purify the body by supporting detoxification of the digestive system. Simply take 1 to 2 capsules before bed with at least 8 ounces of purified water. CLEANSE FX™ helps your body cleanse and renew itself as you wind down from your busy day†.

† 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.

Sources:

1. Centers for Disease Control and Prevention. Overweight and obesity.
2. Centers for Disease Control and Prevention. Childhood overweight and obesity.
3. Finkelstein EA, Trogdon JG, Cohen TJ, Dietz WH. Annual medical spending attributable to obesity: payer- and service-specific estimates. Health Affairs [serial online]. 2009 Jul.
4. Vartanian LR, Schwartz MB, Brownell KD. Effects of soft drink consumption on nutrition and health: a systematic review and meta-analysis. Am J Public Health. 97(4):2007.

Need to **LOSE** weight and get yourself on the road to **OPTIMAL HEALTH?**



Achieving a long-term, healthy weight is about making permanent lifestyle changes that will help you make the right choices and help you develop healthy habits. Get Ready and Get Slender with the SLENDER FX™ WEIGHT MANAGEMENT SYSTEM!

We want **YOU** to be the Biggest **WINNER!**

LOSE WEIGHT, FEEL GREAT!



Gene Nelson, bodybuilder