

SlimStyles® PGX®

6.4 oz (182 g) powder

Item Catalog Number: 00872

Fiber acts as a bulking agent in the stomach and intestine, which means you feel fuller and may eat less.¹⁻⁵ Soluble fiber is derived from the gums, pectins, mucilages, and some hemicellulose of fruits, oats, barley, and legumes. Soluble fiber attracts water and forms a gel-like substance in the process as it passes through the digestive tract. This slows digestion and lowers the rate of nutrient absorption (such as sugars and fats) from the stomach and intestine, resulting in the maintenance of both glucose and cholesterol levels that are already within the normal range.^{3-7*}

Insoluble fiber, on the other hand, acts as a natural laxative that speeds the passage of foods through the stomach. It also gives stool its bulk and helps it move quickly through the gastrointestinal tract, helping maintain gut regularity.* Insoluble fiber can be found in the peel of fruit, such as apples and grapes. When the non-digestible fibers reach the colon, anaerobic bacteria degrade them in a process called fermentation. This process produces byproducts known as short-chain fatty acids, which help maintain proper acid/base balance in the colon and may be beneficial to healthy colonic mucosa function.*

Low-fat diets rich in fiber-containing grain products, fruits, and vegetables may reduce the risk of some types of cancer. Diets low in saturated fat and cholesterol and rich in fruits, vegetables, and grain products that contain some types of dietary fiber, particularly soluble fiber, may reduce the risk of heart disease, a disease associated with many factors.

SlimStyles® Appetite Control Fiber blend – a near zero calorie fiber blend with PGX®, used before and between meals for a feeling of fullness and to prevent food cravings. PGX® is a completely unique blend of highly purified soluble fibers processed using advanced proprietary technology. Compared to other soluble fibers, significantly less PGX® is required to obtain the same important health benefits including glucose balance, appetite control, and reduced food cravings.

Supplements are to be taken in conjunction with a healthy diet and regular exercise program. Results may vary.

References

Supplement Facts

Serving Size 2 scoops (7 g)

Servings Per Container 26

Amount Per Serving

PGX® Proprietary Blend	5 g
Highly purified fiber blend processed using advanced proprietary technology: Konjac-mannan (<i>Amorphophallus konjac</i> K.Koch) (root), Sodium Alginate (<i>Laminaria digitata</i>), Xanthan Gum	
Lecithin	50 mg
Medium Chain Triglycerides	50 mg
Stevia Powdered Extract (leaf)	75 mg
Calories	9
Total Carbohydrate	5 g
Dietary Fiber	5 g
Soluble Fiber	5 g
Sodium	96 mg
Calcium	17 mg

Other ingredients: natural orange flavor, xylitol, silica.

Contains no artificial preservatives, color or sweeteners; dairy, wheat or yeast.

Dosage and Use

- Add one to two level scoops (seven grams) of SlimStyles® PGX® to eight to twelve ounces of water or juice and shake or blend until smooth.
- Drink immediately after mixing as it thickens quickly, and follow with an equal portion of water, or as directed by healthcare practitioner.
- Serving option: Add one or two scoops to yogurt, fruit salad, oatmeal, or other food.

- For optimum benefits use two level scoops (five grams of PGX®).

Caution

Drink at least 12-16 ounces of additional liquid per serving when taking this product. Lack of adequate fluid may cause the product to swell and block your throat or esophagus and may cause choking. Do not take this product if you have difficulty swallowing. If you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.

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