



SLIMSTYLES™ PGX™

Appetite Control Fibre Blend
Capsules or Drink Powder

The most important advantage of the SlimStyles™ Program over every other diet and weight loss plan comes through the breakthrough product known as PGX™ (short for PolyGlycopleX™) the key active ingredient in the SlimStyles Appetite Control Fibre Blend. The result of many years of intensive clinical and laboratory research at the University of Toronto in collaboration with Canadian Center for Functional Medicine, PGX is a completely unique blend of highly purified soluble fibres that are processed using advanced proprietary technology. Added to liquid, PGX absorbs over 600 times its weight in water. Used in a meal replacement shake or drink mix, PGX initially creates a nice smooth texture suitable for a pleasant drink. However, over the next 1.5 - 2 hours PGX continues to thicken and expand as it absorbs water. By taking adequate amounts of liquid with PGX it expands in the stomach and intestine, keeping appetite under control for several hours by providing a prolonged sense of fullness.

The viscosity (thickness) and volume achieved by PGX is greater than any other fibre or fibre blend ever studied. The prolonged viscosity of PGX slows digestion, keeping the intestines working for several hours. This same effect prevents rapid swings in blood sugar and hypoglycemic cravings are eliminated.

HOW TO USE PGX™ SLIMSTYLES™ APPETITE CONTROL FIBRE BLEND

PGX SlimStyles Appetite Control Fibre Blend is most effective when used in conjunction with the SlimStyles Meal Replacement Drink Mix with PGX. During the initial phases of weight loss, the SlimStyles Meal Replacement Drink Mix with PGX is consumed twice per day (usually breakfast and lunch) and a regular light meal is eaten once per day. PGX SlimStyles Appetite Control Fibre Blend in either capsules or drink powder is taken before this regular meal to provide prolonged fullness and appetite control with much less food. If hunger arises at other times of the day, PGX SlimStyles

INSULIN RESISTANCE – THE GREATEST PLAGUE OF THE 21ST CENTURY

The dramatic increase in weight problems and obesity seen around the world over the past 20 years is resulting in a catastrophic rise of diabetes, cardiovascular disease and many other serious health problems. Science now tells us that almost all of the health risks associated with increased body fat occur because most overweight people develop insulin resistance, a state in which insulin no longer works efficiently and the body compensates for this by producing higher than normal amounts of insulin. Insulin resistance results in elevated blood sugar (from mild elevations to serious diabetes), hypoglycemic food cravings and excessive appetite, increased blood pressure, damage to the heart and blood vessels, inflammation and many other abnormalities. As many as 40% of North American adults and an ever increasing numbers of children now have some degree of insulin resistance. PGX may be the most effective treatment for insulin resistance ever discovered!

Research presented at the 2004 Annual Meeting of the American Diabetes Association demonstrates that in overweight, insulin resistant subjects, PGX lowers after-meal blood glucose by approximately 20% and also lowers insulin secretion by approximately 40%, producing a whole body insulin sensitivity index improvement of nearly 50% — a phenomenal accomplishment that is unequalled by any drug or natural health product. Because insulin sensitivity is restored, when PGX is used regularly, hypoglycemic cravings are eliminated and reducing food intake becomes a much more achievable goal.

Appetite Control Fibre Blend powder or capsules can be taken alone or the powder sprinkled on or with a small, healthy snack such as fresh fruit or a

light salad. Be sure to drink the recommended amount of water.

PGX™ THE KEY TO LONG TERM WEIGHT CONTROL

Most people who lose weight from dieting will regain all of their excess weight within 1-2 years. PGX is a healthy fibre that can be safely used for a lifetime of appetite control, normalization of blood sugar levels and maintenance of normal insulin function. After weight loss goals have been achieved, SlimStyles Meal Replacement Drink Mix with PGX should generally be taken once per day (for breakfast is most effective) and PGX SlimStyles Appetite Control Fibre Blend should be taken before all normal meals. If hunger arises at other times of the day, PGX SlimStyles Appetite Control Fibre Blend powder or capsules can be taken alone or with a small, healthy snack such as fresh fruit or a light salad.

PGX™ HAS BEEN CLINICALLY PROVEN TO:

- Reduce appetite comfortably and safely
- Reduce hypoglycemic food cravings
- Normalize after-meal blood glucose and insulin levels
- Dramatically improve insulin sensitivity in those who are insulin resistant
- Greatly reduce the glycemic index of food when taken with or before a meal
- Increase the level of appetite suppressing hormones such as CCK
- Lower LDL (bad) cholesterol by as much as 30%

DOSAGE AND MIXING INSTRUCTIONS

PGX™ DRINK POWDER

Add 1 to 2 level scoops of PGX SlimStyles Appetite Control Fibre Blend drink powder to 250 to 500 ml of water or juice and shake or blend until smooth. Drink immediately and follow with an equal portion of water. Drink PGX SlimStyles Appetite Control Fibre Blend drink powder 1 - 2 times per day (before meals or when hungry along with a low calorie snack) or as directed by a health professional. Other serving suggestions: Add 1 or 2 scoops to yogurt, fruit salad, oatmeal, soup or other food.

2 level Scoops of Drink Powder Provide:

5 grams (5000 mg) of PGX fibre blend, flavoured with natural orange, stevia and xylitol. Since water-soluble fibre is non-digestible, PGX contains no available carbohydrates and it provides almost no calories.

PGX™ 500 MG CAPSULES

Up to 5 to 10 capsules before meals or snacks can be taken for effective appetite control.

Each PGX capsule taken requires taking 50 ml to 100 ml of water (2 to 4 oz or 1/4 to 1/2 cup).

Each 5 capsules require taking 250 ml to 500 ml of water (8 to 16 oz or 1 to 2 cups)

Each 10 capsules require taking 500 ml to 1000 ml of water (16 to 32 oz or 2 to 4 cups)

Note: 5 capsules are equivalent to 1 scoop of PGX powder

Capsules are convenient to carry so ideal to use when eating out.

Use either PGX powder drink or PGX capsules at least once per day before any meal or with snacks to reduce appetite.

SAFETY

PGX has an excellent safety profile. As is true for any fibre supplement, to avoid gas, bloating or diarrhea, the dose of PGX should be gradually increased as tolerated.

PGX fibre can slow the rate of absorption of oral medications so should be taken at least 1 hour before or 2 to 3 hours after using PGX powder or capsules.

Diabetes and hypoglycemia. PGX can be used along with insulin or diabetes drugs. Diabetics must monitor their blood sugar and adjust medication accordingly as the PGX helps control blood sugar and it may lessen the need for medications or insulin over time. Persons with type 1 and type 2 diabetes should work closely with their prescribing doctor

PGX lowers after-meal blood glucose by approximately 20% and also lowers insulin secretion by approximately 40%, producing a whole body insulin sensitivity index improvement of nearly 50% — a phenomenal accomplishment that is unequalled by any drug or natural health product. This explains why it is so successful in controlling blood sugar and appetite when dieting and regulating any blood sugar problem, including diabetes.

Vitamin and Mineral Absorption. As a soluble fibre, PGX will slow the absorption of certain nutrients but it is not believed to block any nutrient from being absorbed and utilized by the body. The human digestive tract is designed to accommodate a very high fibre intake and PGX is natural fibre. Substances often found in fibre rich foods such as phytates and tannins can block absorption, but PGX is a highly purified fibre, free of these substances. A greater concern is how little fibre we derive from the typical western diet.

There is no question that PGX SlimStyles Appetite Control Fibre Blend can effectively help you lose weight. Now in convenient capsules or the powdered drink, it can be taken alone or alternated with the SlimStyles Meal Replacement shakes. The bottom line is this: appetite control with PGX makes dieting so much easier.