



Take hold of your hunger.

Curbing hunger while trying to diet and cut calories can be a challenge. This product conveniently comes to the rescue any time those hunger pangs begin, giving you a natural solution to the stress of dieting. No more fighting hunger alone; now you have a proven product to help you fight the snack attacks when you want to.

Vi-Trim mixes clear, and is virtually flavor free and odorless! Mix this powder into water or your favorite beverage to help calm hunger between meals, or mix into your Vi-Shape® Nutritional Shake Mix or foods like soup.

Why is our formula better than others?

1. Patent-pending blend calms hunger and assists in managing stress of dieting.
2. Contains patented, high quality ingredients clinically proven to help with weight loss.
3. Natural formula that won't affect the taste of your favorite beverages or foods.

What's in Vi-Trim®?

1. Patent-pending herb blend that mixes clear, and won't alter the flavor of beverages or foods.
2. **ChromeMate™** – A globally patented chromium complex that plays an important role in proper insulin function, maintenance of healthy blood sugar and cholesterol levels, normal energy production, and promotion of healthy body weight.
3. **CitraMax™** – An all natural, safe, and effective plant extract derived from *Garcinia gambogia* which has been clinically proven to suppress appetite, and inhibit fat production.
4. **PEA** – Assists in managing the stress of dieting, which can affect your mood.
5. **Carnitine** – Derived from an amino acid, it helps with energy production which can help you lose weight.

SUPPLEMENT FACTS

Serving Size: 1 packet (4.2g)

Ingredient	Amount	% Daily Value
Calcium (as hydroxycitrate)	85 mg	8%
Chromium (as polynicotinate)†	200 mg	167%
Potassium (as hydroxycitrate)	130 mg	3%
Garcinia cambogia (fruit) Extract‡	1000 mg	**
(-) Hydroxycitric Acid	600 mg	**
Acetyl-L-Tyrosine	125 mg	**
Carnitine (as carnitine fumarate)	125 mg	**
PEA (as phenylethylamine)	75 mg	**
L-Theanine	25 mg	**

Other Ingredients: Maltodextrin, natural flavor.

Directions: Add 1 packet to 8–12 ounces of your favorite beverage. Consume 1–3 servings daily.

Keep in a cool dry place. Keep out of the reach of children.

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.

** Percent Daily Values (%DV) not established.

Super Citrimax® and ChromeMate® are trademarks of InterHealth N.I.

† ChromeMate® brand niacin-bound chromium (U.S. Patents 4,923,855, 4,954,492 and 5,194,615).

‡ Super Citrimax® brand (-)hydroxycitric acid (U.S. Patents 6,160,172, 6,395,296, 6,875,891 and worldwide patents pending).

Did you know...

37% of us confuse being thirsty with being hungry.

Mild dehydration can slow one's metabolism by 3%.

75% of Americans are dehydrated!

It takes 20 minutes for the brain to signal to your body that it is full. Slow down while eating, and you'll feel full with fewer calories.

Eating with friends can make you eat more! Sharing a meal with 2 friends results in an average 50% more calories being consumed. Dine with 7 or more friends, and you'll eat 2 times as much as you normally would! So enjoy eating out, but focus on the fun, be aware of this fact, and your eating habits will become healthier!