

# SlimAM

PRE-WORKOUT ENERGY DRINK DESIGNED FOR  
CARDIOVASCULAR WELLNESS

STORE IN A COOL, DRY PLACE.



## MAKE IT

Mix one sachet with at least  
16.9 fl. oz. of cold water.  
Shake well until dissolved.

## TAKE IT

It's great anytime, but  
best used prior to and  
during exercise.

## DOSE

One sachet daily or as  
directed by your  
healthcare professional.

TIPS: DRINK UP AND GET MOVING!



## About SlimAM

### Rise & Energize

Power up for your workout routine and start your day with increased energy! SlimAM is a unique, high-quality supplement designed for overall cardiovascular wellness that can assist and improve performance during exercise. Our formula contains antioxidant and anti-inflammatory components, and pharmaceutical grade L-Arginine that are intended to reduce lipid and plaque levels while increasing your physical energy\*.

Bottom line... this stuff works!

SlimAM is a proprietary formula with the unique addition of curcumin, a nitric oxide free radical scavenger and powerful anti-inflammatory agent produced by plants. This agent has been shown to reduce lipid and plaque levels in arteries.

Each scoop of SlimAM furnishes five grams of pharmaceutical grade, free-based elemental L-Arginine.

### Active Ingredients:

#### L-Arginine

This amino acid is a "building block" of protein. It stimulates the release of human growth hormones and other substances in the body. This, in turn, can promote strength and endurance when used as part of regular and sustained physical activity routine. It is converted in the body into a free radical chemical called nitric oxide. L-Arginine also promotes the stimulation of nitric oxide which helps to support blood flow, vascular and intramuscular circulation.

#### L-Citrulline

L-citrulline is a naturally occurring amino acid found in food and also made in the body. Our bodies change L-citrulline into another amino acid called L-arginine and also to nitric oxide. L-citrulline might help increase the supply of ingredients the body needs to making certain proteins. It might also help open up veins and arteries to improve blood flow and reduce blood pressure.

#### N-Acetyl Cysteine

N-acetyl cysteine (NAC) is used by the body to build antioxidants. Antioxidants are vitamins, minerals, and other nutrients that protect and repair cells from damage. NAC can be used to protect the liver. There's evidence it can help prevent bladder or neurologic damage caused by some drugs.

#### Rhodiola Rosea (root) Extract

Rhodiola is a plant. The root is used as a medicine most commonly used for increasing energy, endurance, strength, and mental capacity. It is also used as a so-called "adaptogen" to help the body adapt to and resist physical, chemical, and environmental stress. Rhodiola extracts might help protect cells from damage, regulate heartbeat, and have the potential for improving learning and memory.

#### Banaba Leaf Extract

Banaba is an herbal remedy extracted from the leaves of *Lagerstroemia speciosa*, a tree native to Southeast Asia. Long used in folk medicine, banaba is available in supplement form. Proponents claim that banaba can promote weight loss and treat a wide range of health problems. Rich in corosolic acid (a substance found to possess blood-sugar-lowering, antioxidant, and anti-inflammatory properties), banaba also contains ellagitannins, a class of compounds with antioxidant effects.

#### Instant BCAA 2:1:1

Instant BCAA 2:1:1 or BCAAs are known as branched-chain amino acids. They are a form of amino acids that are essential to the human diet. They work synergistically to promote tissue repair and ensure that your body is getting all of the necessary nutrients that you need. BCAAs are extremely versatile, working to increase energy levels, aid in muscle repair, cause a sharp increase in brain function, building muscle, improving exercise, improving sleep, promotes cardiovascular health and also aids kidney function.

#### Turmeric Root Extract

Turmeric and especially its most active compound curcumin have many scientifically-proven health benefits. It's a potent anti-inflammatory antioxidant and may also help improve symptoms of depression and arthritis. Turmeric contains bioactive compounds with powerful medicinal properties. It supports healthy metabolism, healthy joints and encourages healthy cholesterol levels. Turmeric can also positively influence weight management with its properties.

#### Choline Bitartrate

Choline is an essential nutrient that helps keep the cells and nerves working normally.

#### Vanadium

Vanadium is a mineral used for treating prediabetes and diabetes, low blood sugar, high cholesterol, heart disease, tuberculosis, syphilis, a form of "tired blood" (anemia), and water retention (edema); for improving athletic performance in weight training; and for preventing cancer.

## Supplement Facts

Serving Size 10.15 g  
Servings Per Container 30

	Amount Per Serving	% Daily Value*
L-Arginine Base	5000mcg	**
L-Citrulline DL-Malate	300mg	**
N-Acetyl-L Cysteine	200mg	**
Rhodiola Rosea (Root) Extract (1%)	15mg	**
Banaba (Leaf) Extract	125mg	**
BCAA 2:1:1 (Instant)	100mg	**
Thumeric Root Extract (95%)	100mg	**
Choline Bitartrate	60mg	**
Vanadium (Chelate)	110mcg	**
Vitamin B3 (Niacinamide)	48mg	240%
Niacin	20mg	100%
Pantothenic Acid (D-Calcium Pantothenate)	11 mg	110%
Vitamin B12 (Cyanocobalamin)	30 mg	500%
Chromium (Picolinate)	300 mg	500%
Folic Acid	120 mg	30%

\*\*Daily value not established

Other ingredients: Citric Acid, Natural Flavors, Organic Rooibos Tea, Beet Juice Powder (Color), Sucralose.

### **Vitamin B12**

SlimAM is formulated with vitamin B12, which has one of the largest and most elaborate chemical structures of all the vitamins. This vitamin is essential for blood cell formation and supports metabolic health within the body.

### **Pantothenic Acid**

Pantothenic acid or vitamin B5 works in conjunction with the other B vitamins to produce energy from food. It is also critical to the production of red blood cells and aids in the breakdown of fats and carbohydrates.

### **Vitamin B3 (Niacinamide)**

Niacinamide is a form of vitamin B3 (niacin) one of the eight B vitamins your body needs for good health. Vitamin B3 plays a vital role in converting the food you eat into usable energy and helps your body's cells carry out important chemical reactions.

### **Niacin**

Niacin (nicotinic acid), also known as vitamin B3, is one of eight known B vitamins. It has been used for decades to lower cholesterol and reduce cardiovascular risk.

### **Chromium**

Chromium is a mineral commonly taken to aid with body conditioning including weight loss, increasing muscle, and decreasing body fat. Chromium has also been known to help improve athletic performance, to increase energy, and to prevent age-related mental decline.

### **Folic Acid**

Folic acid is needed for the proper development of the human boy and is often used in combination with other B vitamins. Folic acid acts by helping the body produce and maintain new cells. In particular, red blood cell formation is dependent upon adequate levels of this vitamin.

## **Best Used With:**

**NutraBurst+** liquid multivitamin dietary supplement replenishes vital nutrients & minerals.\*

**All-natural Original & Instant Iaso® detox and cleansing tea** removes & flushes harmful toxins. \*

**SlimPM** burns fat, provides a greater night's rest and increases protein synthesis of your hair.\*



Total Life Changes®, LLC  
Fair Haven, MI 48023  
1-810-471-3812  
[www.TotalLifeChanges.com](http://www.TotalLifeChanges.com)

\*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. Keep out of reach of children. If you are pregnant or breastfeeding consult a doctor before using this product. If you are taking any medication, or have any type of medical issue, consult a healthcare professional before using this product. The Federal Food, Drug and Cosmetic Act requires this notice.