

# Slim Oats

## Delicious Hunger Free Weight Loss



### Have Slim Oats Your Way To Fuel Your Day, Hunger-Free

Slim Oats will give you the energy you need to tackle your day whilst helping you feel fuller for longer assisting with your weight loss goals.

Slim Oats can be used as a key ingredient to increase your energy by adding to shakes and smoothies, use in healthy baking, use for overnight oats or use as traditional porridge.

Not only a great energy source but Slim Oats will help you feel fuller for longer and reduce food cravings helping you stay on track with your diet thanks to the addition of SlimBiome®

Slim Oats provides a high energy source with low sugar, a source of protein and a high source of fibre – delivering everything you need to get the most out of your day. A great addition to your diet for weight loss support.

### Making Weight Loss Easy

Slim Oats combines contains slow releasing energy in the form of complex carbohydrates and 12g of protein with our unique & patented dietary fibre / mineral complex SlimBiome®.

This unique combination supports people aiming to lose weight while supporting energy levels and keeping a feeling of fullness throughout the day.

SlimBiome® has been used in human studies as a helping hand for people on a calorie restricted diet. It reduces hunger and cravings to make you stick to your chosen regime and achieve your weight loss goals faster and easier.

The Slim Oats is available for purchase in bulk or as finished product.

## Slim Oats To Support Your Weight Loss Goals

### On pack benefits

Contains patented weight loss ingredient SlimBiome®



358 kcal per serving



Source of Energy - to help fuel your body (hunger free)



Source of protein - 12g per serving



Good Source of Fibre - 14g per serving



Promotes healthy metabolism of macronutrients



Supports a healthy gut microbiome



### Additional benefits



Great tasting



Quick & easy - Or add to shakes, bakes or other foods



Feel fuller for longer, reduces your food cravings



Contains dietary and prebiotic fibres



Registered trademark



Features SlimBiome®, a Scientifically formulated and Patented ingredient

Complies with Regulation (EU) n°1169/2011



# What Makes Slim Oats Different?

- ✓ Each serving contains patented SlimBiome®, a scientifically formulated functional fibre and mineral blend.
- ✓ SlimBiome® is scientifically backed and shown in studies to support weight loss along with many other health benefits such as improve gut microbiome diversity, maintain blood glucose levels and even improve mood.
- ✓ The Slim Oats contains a very high dose of 4g of unique fibres per serving to support the development of a healthy gut microbiome which supports general health & wellbeing.

## Nutritional Data

Typical Values	Per 60g serving	Per 100g serving
<b>Energy (kcal)</b>	215	358
<b>Fat (g)</b>	3.5	5.9
Of which saturates (g)	0.6	1
<b>Carbohydrates (g)</b>	35	58
Of which sugars (g)	0.7	1.2
<b>Fibre (g)</b>	8.3	14
<b>Protein (g)</b>	7	12
<b>Salt (g)</b>	<0.02	<0.03

## Directions For Use

Slim Oats can be used in a range of different ways to increase carbohydrate intake and to get a dose of SlimBiome® reducing hunger:

- Blend with your favourite shakes and smoothies
- Use in baking and other recipes
- Use in your overnight oats
- Use as traditional porridge

## Ingredients

Rolled **oats**, SlimBiome® (Fructooligosaccharides, Glucomannan Konjac, Chromium Picolinate).

Allergens: For allergens, including cereals containing gluten, see ingredients in **bold**.

## SlimBiome® Features



PREBIOTIC



LACTOSE & GLUTEN FREE



HALAL & KOSHER



NON GMO



EFSA & HEALTH CANADA HEALTH CLAIMS



FSANZ CLAIMS AVAILABLE



GRAS



FREE FLOWING POWDER  
(EASILY ADDED DURING MANUFACTURING)



HEAT STABLE

## About SlimBiome®

SlimBiome® is a functional fibre and mineral blend that helps people on a calorie restricted diet to lose weight and promotes the diversity of the gut microbiome to sustain weight loss.

Formulated by leading UK universities and key opinion leaders on the gut microbiome and functional food ingredients, SlimBiome® provides a patented, scientifically formulated ingredient, suitable for a wide range of applications in the food and supplement market.

## Regulatory Approvals



Health Canada

## Health Claims\*

- ✓ Contributes to weight loss as part of a calorie restricted diet
- ✓ Contributes to a growth & maintenance in muscle mass
- ✓ Carbohydrates contribute to the recovery of normal muscle function (contraction) after highly intensive exercise
- ✓ Contributes to maintain normal levels of cholesterol in the blood
- ✓ Contributes to the maintenance of normal blood glucose levels
- ✓ Contributes to normal macronutrient metabolism
- ✓ Contributes to satiety and a feeling of fullness and helps you stay fuller for longer
- ✓ Contributes to reduced feelings of hunger, food cravings and the desire to eat
- ✓ Supports digestive health by maintaining and/or improving the gut microbiome
- ✓ Supports digestive Health by promoting the growth and diversity of beneficial bacteria in the gut

\*Depending on the regulatory jurisdiction these official health claims can be made.