



Nourishing the Potential of Mind and Body™

It's that time of the year again: Party Season. And with it comes the stress of finding gifts, preparing special meals and making family arrangements. When you factor in all those festive drinks, turkey, stuffing, ham, mince pies and other seasonal specialty delights – the temptation to overeat is everywhere.

An average person can gain up to half a stone during the Christmas and New Year period – but: it doesn't have to be that way!!

This festive season, considering adding some supplements to the daily routine, which may not only help to maintain weight, but also help folks to feel better, might just be the “recipe for success”.

Since there are many facets to weight challenges, including life style such as activity level, dietary choices (consuming too many calories, too much fat and too little nutrients) and sleep deprivation as well as psychological factors (e.g., depression) and even genetic components. Except for “genetics”, food supplements may help to maintain or achieve a healthy weight.

SLENDERITE – loose weight, feel great.

Slenderite™ is a **unique combination of ingredients that dieters request most**: EGCG (Green Tea), Caffeine, Phase 2®, Chromium Picolinate and 5-Hydroxytryptophan (5-HTP). It is a **unique combination of thermogenic, hunger balancing, mood supporting as well as reducing calorie absorption** and improved nutrient utilisation ingredients. Hence, it provides **5 key benefits** for maintaining a healthy weight.

Slenderite™ contains **Phase 2**, which is an ingredient clinically proven to aid in weight management efforts. Additionally, it has been shown to promote healthy blood sugar and lipid levels. Slenderite™ contains **chromium picolinate** which helps the body metabolize carbohydrates, fats and protein for energy and maintain healthy blood sugar already in the normal range.

The special blend of ingredients in Slenderite™ includes **EGCG** (Green Tea) and **caffeine**, which may help burn excess calories and boost metabolism. Indeed, clinical studies using green tea extract have found it to increase fat oxidation and thermogenesis in participating subjects. Green Tea is rich in polyphenols, namely epigallocatechin gallate (EGCG). EGCG is a powerful antioxidant, which helps the body fight free radicals that may otherwise cause cellular damage.

Dieters often report feelings of moodiness or irritability. Hence, Slenderite™ contains **5-HTP, which the body converts into serotonin**. Serotonin is known as the “**happy hormone**”, influencing mood, sleep quality and appetite. As part of Slenderite™, 5-HTP may help to **improve mood while dieting**, and also assist with those annoying **cravings** for sweets.

Natrol (UK) Limited • 1 Farnham Road • Guildford • Surrey • GU2 4RG
T +44 (0)1483 549032 • F +44 (0)1483 549132 • E info@natrol.co.uk

www.natrol.co.uk

Natrol (UK) Limited Corporation No: 05759796. Registered Office: As Above



Nourishing the Potential of Mind and Body™

Food supplements are intended to supplement the diet and should not be substituted for a varied diet.

Natrol (UK) Limited • 1 Farnham Road • Guildford • Surrey • GU2 4RG
T +44 (0)1483 549032 • F +44 (0)1483 549132 • E info@natrol.co.uk

www.natrol.co.uk

Natrol (UK) Limited Corporation No: 05759796. Registered Office: As Above