

"YOUR NIGHT-TIME FAT BURNING FORMULA"



REO SLIM
PLUS



Fat Burning



Restful Sleep



**Powerful
Thermogenic**



Product OVERVIEW



- *Supports Fat Burning*
- *Helps Block Excess Carbohydrates*
- *Improves Metabolism*
- *Controls Appetite*
- *Supports Better Sleep & Recovery*



FAT BURNER BLEND

"Fuel Your **Body**,
Ignite Your **Soul**"

REO SLIM
PLUS



Benefits

➤ Green Coffee Bean Extract

- **Weight Management:** Chlorogenic acid may help reduce body weight by boosting metabolism, inhibiting fat accumulation, and reducing carbohydrate absorption in the digestive tract.
- **Blood Sugar Regulation:** It can improve insulin sensitivity and lower blood glucose levels, potentially reducing the risk of type 2 diabetes.

➤ Cayenne Pepper Extract

- **Pain Relief:** Capsaicin is a potent analgesic that reduces "**Substance P**," a chemical messenger that signals pain to the brain. Topical extracts are FDA-approved for treating nerve pain, arthritis, and muscle strains.
- **Digestive Support:** Contrary to common belief, it can aid digestion by stimulating the production of digestive fluids and enzymes. Some research suggests it may help protect against stomach ulcers caused by *H. pylori*.

➤ Forskolin

- **Cardiovascular Health:** It may help manage **high blood pressure** by widening blood vessels (vasodilation). Intravenous forms have also been studied for improving heart function in congestive heart failure.
- **Testosterone Levels:** A small study on obese men suggested that taking forskolin twice daily for 12 weeks could lead to a significant increase in **free testosterone levels**.

➤ Garcinia Cambogia Extract

- **Improved Lipid Profile:** Some research indicates it may lower "bad" LDL cholesterol and triglycerides while potentially raising "good" HDL cholesterol.
- **Blood Sugar Regulation:** Animal studies show it may improve insulin sensitivity and lower blood sugar, although more human data is required to confirm these effects.

➤ Caffeine

- **Disease Prevention:** Regular consumption is associated with lower risks of Type 2 diabetes, heart failure, and stroke. It may protect against certain cancers, such as oral and liver cancer.
- **Neurological Protection:** Studies suggest a reduced risk of developing Alzheimer's and Parkinson's diseases.
- **Physical Performance:** Enhances endurance and strength, making it beneficial for athletic activity.

METABOLISM & DIGESTION SUPPORT

“Natural Support for
METABOLISM & GUT HEALTH.”

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PLUS



Benefits

➤ Ginger Extract

- **Metabolic Health:** Regular intake may help lower fasting blood sugar levels and improve insulin sensitivity in people with type 2 diabetes. It also shows potential for improving lipid profiles by reducing **"bad" LDL cholesterol** and **triglycerides**.
- **Immune & Respiratory Support:** Its antimicrobial and antioxidant properties help the body fight infections like the common cold or flu. It may also act as a natural decongestant to help clear mucus.
- **Heart Health:** Studies suggest it can help lower blood pressure and cholesterol while preventing blood clots.

➤ Cardamom Extract

- **Digestive Health:** Acts as a carminative to relieve bloating, gas, and indigestion. It is known in Ayurveda to stimulate digestive fire.
- **Heart Health & Blood Pressure:** High antioxidant and potassium levels may help lower blood pressure by acting as a vasodilator and reducing inflammation.
- **Oral Health and Hygiene:** Cardamom extract is highly effective at fighting mouth bacteria that cause bad breath, cavities, and gum disease. Historically, chewing the seeds has been used as a natural breath freshener.

➤ Apple Cider Vinegar

- **Blood Sugar Regulation:** ACV may significantly improve fasting blood glucose levels and hemoglobin A1C, especially in individuals with type 2 diabetes or insulin resistance.
- **Weight Loss Support:** Some studies suggest that daily ACV consumption can improve metabolic parameters, such as reducing waist circumference and body mass index (BMI).
- **Improved Digestion & Gut Health:** ACV contains probiotics that support the gut microbiome, and the acidity can help regulate stomach pH, potentially aiding in acid reflux management.



APPETITE CONTROL

Smart Appetite
Control for Smart
WEIGHT LOSS.

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Benefits

➤ Fenugreek Extract

- **Hormonal Support for Men:** Research indicates that daily doses of 500–600 mg of fenugreek extract can significantly increase free and total testosterone levels. This is often linked to improved libido, enhanced energy, and better mood.
- **Lactation Aid for Women:** Fenugreek is a well-known galactagogue, believed to stimulate milk-producing hormones like prolactin and oxytocin. Some studies have reported a 20% to 100% increase in breast milk volume within the first few weeks of use.
- **Physical Performance and Body Composition:** For those in resistance training, fenugreek supplementation has been shown to improve upper and lower body strength, increase lean body mass, and aid in body fat reduction.
- **Heart Health:** Fenugreek may help lower "bad" LDL cholesterol and triglycerides while maintaining or increasing "good" HDL cholesterol, supporting overall cardiovascular health.

➤ Glucomannan Extract

- **Weight Management:** Glucomannan can absorb up to 50 times its weight in water, expanding in the stomach to create a feeling of fullness, which reduces overall calorie intake.
- **Cholesterol Reduction:** It helps lower LDL ("bad") cholesterol and triglycerides by decreasing the absorption of fat and cholesterol in the gut.
- **Blood Sugar Control:** As a soluble fiber, it slows down the digestion and absorption of nutrients, helping to stabilize blood glucose levels, which is beneficial for managing diabetes.
- **Constipation Relief:** It acts as a bulk-forming laxative, softening stools and increasing motility to improve bowel regularity.



Block Excess
Carbs, Support
Smart
**WEIGHT
MANAGEMENT."**

**CARBOHYDRATE
BLOCKER**

REO SLIM
PLUS



Benefits

➤ **White Kidney Bean Extract**

- **Weight Management:** By inhibiting alpha-amylase, the extract reduces the number of calories absorbed from starchy foods like bread, pasta, and potatoes. Clinical trials have shown modest weight loss, typically ranging from 1.5 kg to 3.2 kg over 12 weeks when combined with a balanced diet.
- **Blood Sugar Regulation:** It slows the digestion of carbohydrates, which can help prevent sharp spikes in blood sugar and lead to more stable insulin responses after meals.
- **Appetite Suppression:** Higher protein and fiber content in some formulations can increase feelings of fullness and satiety, potentially reducing overall calorie intake.
- **Heart and Metabolic Health:** Some evidence suggests it may improve lipid profiles by lowering LDL (bad) cholesterol and triglycerides while potentially increasing HDL (good) cholesterol.
- **Digestive and Gut Health:** The undigested starch that reaches the colon acts as a prebiotic, feeding beneficial gut bacteria and supporting the production of health-promoting short-chain fatty acids

➤ **Cinnamon Extract**

- **Blood Sugar Management:** Cinnamon extract can lower fasting blood sugar levels by improving insulin sensitivity and slowing carbohydrate breakdown in the digestive tract. It may also mimic insulin's action to help cells take up glucose more effectively.
- **Heart Health Support:** Regular intake has been linked to reductions in "bad" LDL cholesterol and triglycerides while potentially increasing "good" HDL cholesterol. It may also help lower blood pressure when taken consistently for at least 8 weeks.
- **Anti-Inflammatory Properties:** The antioxidants in cinnamon, such as polyphenols, help reduce markers of chronic inflammation like C-reactive protein (CRP). This can benefit conditions like rheumatoid arthritis and support overall joint comfort.
- **Antioxidant Powerhouse:** It is rich in potent antioxidants that protect cells from oxidative damage caused by free radicals, which is a key factor in aging and chronic diseases.



STRESS & RECOVERY COMPLEX

“Stress Control for
BETTER RECOVERY

REO  SLIM
PLUS



Benefits

➤ Ashwagandha

- **Stress and Anxiety Relief:** Known for reducing cortisol, a key stress hormone, helping the body manage mental and physical stress.
- **Improved Sleep:** Studies suggest it helps improve sleep quality, making it useful for insomnia.
- **Enhanced Cognitive Function:** It may improve memory, focus, and reaction time

➤ Brahmi Extract

- **Stress and Anxiety Relief:** As an adaptogen, Brahmi helps the body resist stress by balancing cortisol levels and modulating neurotransmitters like serotonin and dopamine.
- **Sleep Support:** Its calming effect on the nervous system can help reduce insomnia and promote deeper, more restorative sleep.
- **Physical Wellness:** It has been traditionally used to reduce internal inflammation, support liver detoxification, and promote healthy hair and skin when used topically or internally.

➤ Jatamansi Extract

- **Brain Health & Memory:** Acting as a brain tonic, Jatamansi helps enhance memory, concentration, and focus. Its antioxidant properties protect brain cells from damage and improve neural signaling.
- **Heart & Digestive Support:** It may help regulate blood pressure and heart rate due to its cooling and relaxing effects. Additionally, it supports liver detoxification and aids digestion by relieving bloating and gas.
- **Improved Sleep Quality:** Known for its sedative effects, Jatamansi is an effective remedy for insomnia and restlessness. It helps individuals fall asleep faster and promotes deeper, more restorative rest.
- **Hair & Scalp Care:** Applied topically, Jatamansi oil nourishes hair follicles, strengthens roots, and stimulates growth. It also helps manage dandruff, scalp infections, and can prevent premature greying.
- **Women's Health:** Its antispasmodic properties can reduce cramps and discomfort during menstruation and help manage mood swings or sleep issues associated with menopause



SLEEP SUPPORT

“Relax Your Mind, Enjoy
RESTFUL SLEEP.”

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Benefits

➤ Chamomile

- **Sleep and Relaxation:** Chamomile contains apigenin, an antioxidant that binds to specific brain receptors, helping to reduce insomnia and promote a state of calm. Regular consumption before bed can improve overall sleep quality.
- **Menstrual Pain Relief:** By relaxing uterine muscles and reducing the production of pain-inducing hormones like prostaglandins, chamomile can alleviate menstrual cramps and mood swings.

➤ Passionflower

- **Menopausal Symptom Relief:** Some clinical trials show a reduction in symptoms like hot flashes, night sweats, insomnia, and irritability after 3–6 weeks of use.
- **Addiction Recovery Support:** Limited research suggests it may help alleviate mental symptoms associated with withdrawal from substances like nicotine, alcohol, and opioids.

➤ Passionflower

- **Anxiety and Stress Management:** Preliminary evidence suggests valerenic acid in the root may have anti-anxiety (anxiolytic) effects similar to some prescription drugs, but without the same risk of addiction.
- **Premenstrual Syndrome (PMS):** It may help alleviate physical and emotional symptoms of PMS, including **menstrual cramps**, irritability, and mood swings.

➤ Melatonin

- **Cardiovascular Health:** May help reduce primary hypertension and prevent heart muscle damage from ischemia-reperfusion.
- **Chronic Pain & Migraines:** May reduce the frequency, severity, and duration of migraines and headaches.
- **Metabolic Benefits:** Linked to increasing brown adipose tissue activity, which may support weight management.

➤ L-Tryptophan

- **Sleep Improvement:** **L-tryptophan** is often used for insomnia and sleep disorders (e.g., sleep apnea). It stimulates the production of melatonin, which regulates the sleep-wake cycle.
- **Mood Enhancement:** As a precursor to serotonin, it plays a role in regulating mood, anxiety, and behavior. It is used to help manage symptoms of depression and anxiety.
- **PMS Relief:** It may help alleviate severe PMS symptoms, also known as premenstrual dysphoric disorder (PMDD)

Overall Benefits of this Supplement



- › Fat burning 🔥
- › Weight loss support ⚖️
- › Appetite control 🍴
- › Carb blocking 🍞
- › Better metabolism ⚡
- › Stress relief 😌
- › Deep sleep support 😴

