**easiSLIM TONIC™** is a dietary supplement that may be used for its nutritional properties, as an effective means for appetite control and as an energy booster. It incorporates a clinically proven fat burner and may have a thermogenic effect when used in conjunction with exercise. This formulation contains NO ALCOHOL and is SUITABLE FOR DIABETICS & VEGETARIANS. Contains Caffeine.

**Yerba maté**, a herb originating in South America, has been used for centuries by indigenous Indians for its nutritional and medicinal properties. South Americans drink it as a tea for its energetic and nutritious properties. It is said to be nature’s most balanced stimulant. Yerba maté contains 196 active compounds and has 24 vitamins and minerals, 15 amino acids and contains high antioxidant levels.
The patient may experience sustained energy levels. “Trials have been done on Yerba maté as a natural fat burner, anti-oxidant and an effective means of appetite control. It has also been used as a mood enhancer. Due to its high anti-oxidant properties, Yerba maté should be taken with a large glass of water, to help flush toxins from the body. (*A.Martinet, et al. "Thermogenic effects of commercially available plant preparations aimed at treating human obesity." Phytomedicine. 1999)

Yerba also has positive effects on diabetes. (*Lunceford,N., et al trial Fitoterapia. 2005 jul; 76(5): 419-27)

Caffeine is a naturally occurring substance found in the leaves, seeds or fruits of more than 60 plants. It is a Central Nervous System stimulant and a mild diuretic (may reduce water retention) and therefore may restore alertness & temporarily reduce tiredness by providing an energy boost and elevating mood. When combined with physical activity, caffeine may intensify performance.

Potassium Glycerophosphate is a mineral that plays a key role in the functions of nerve firing and muscular contraction. It helps ensure that the body’s fluid levels are regulated and that the pH of the body is balanced.

B Vitamins work together to help increase metabolic rate, boost energy levels, maintain healthy skin and muscle tone. They also enhance the immune and nervous system function, as well as promote cell growth. B1 (Thiamine HCl) is a catalyst essential for carbohydrate metabolism. B2 (Riboflavine) helps the body produce energy by metabolizing fats, carbs and proteins. B3 (Nicotinamide) has anti-inflammatory and antioxidant properties and eliminates toxins. B6 (Pyridoxine HCl) absorbs and metabolizes amino acids, uses fats and forms red blood cells. B12 (Cyanocobalamin) plays a role in cell division and assists the function of the nervous system.

Contra-indications:
eaSIILIM™ Tonic is not recommended during pregnancy or lactation and should be taken with care by patients with a history of peptic ulceration and high blood pressure. It is not recommended for children under 12 years of age. Persons with caffeine intolerance should avoid taking this product. Reduce or discontinue use in the event of developing heart palpitations, insomnia, nervousness, tremors or nausea. Always consult your health care professional before taking any complementary medication or supplements. Only effective for weight loss when used in conjunction with exercise and as part of a healthy eating plan (kilojoule controlled diet).

Dosage: 1-2 teaspoons twice a day.
Do not take later than 14h00 in the afternoon, as it may keep you awake at night, due to the slow release nature of Yerba maté.

This product is available through Medi-Rite and independent pharmacies countrywide.

www.easihealth.co.za