

# SlimCakes®

| Oatmeal Berry |

When it comes to eating healthy... Have Your Cake and Eat it Too™.

With only 90 calories, 5 grams of filling fiber from whole oats, inulin and flaxseed and a delicious blend of antioxidant-rich berries, SlimCakes are a healthy and delicious snack.



## What should I know about SlimCakes?

- ▶ Indulge your sweet tooth minus the guilt with our Oatmeal Berry SlimCakes—the heart-healthy\* snack that tastes like a cookie.
- ▶ SlimCakes can be enjoyed as part of a complete meal or as a between-meal snack as a way to curb cravings.
- ▶ SlimCakes are an excellent snack choice for kids—toss one in their lunchbox in lieu of a bag of chips.
- ▶ SlimCakes are sweetened with natural agave, containing no artificial flavors or colors. They also contain zero cholesterol and are preservative free.

\* Diets low in saturated fat and cholesterol may reduce the risk of heart disease.

\*\* Low-fat diets rich in fiber-containing grain products, fruits, and vegetables may reduce the risk of some types of cancer, a disease associated with many factors.

## How can I benefit from SlimCakes?

- ▶ SlimCakes are an all-natural, heart-healthy snack that have 5 grams of fiber from whole oats, inulin and flaxseed.\*\* These delicious snacks also contain antioxidant-rich blueberries and cranberries, which can help neutralize free-radicals.
- ▶ SlimCakes contain soluble fiber. Use soluble fiber as part of your diet to help maintain healthy blood sugar levels. Soluble fiber also binds to fatty acids; this makes you feel fuller longer. Soluble fiber helps to maintain cholesterol levels already in a normal range.\*\*



ISAGENIX®

## How do SlimCakes® compare to the competition?



SlimCakes®

VS

Kashi® TLC Cookies  
Happy Trail Mix

**Serving size:** 1 cookie (30g)  
**Calories:** 90  
**Total Fat:** 2g  
**Fiber:** 5g  
**Sugars:** 4g

**Serving size:** 1 cookie (30g)  
**Calories:** 140  
**Total Fat:** 5g  
**Fiber:** 4g  
**Sugars:** 8g

SlimCakes are wonderfully delicious. While there are several healthy “cookies” available, SlimCakes are an all-natural and affordable treat that your entire family will love—and don’t forget you can even enjoy SlimCakes on your Cleanse Days!

## SlimCakes Frequently Asked Questions

### WHO CAN BENEFIT FROM EATING OATMEAL BERRY SLIMCAKES?

Anyone looking for a heart-healthy, delicious snack option can benefit from SlimCakes – adults and children alike. This is an excellent alternative to the cookies you would find in the snack aisle of your grocery store, and can help satisfy your appetite and cravings.

### HOW CAN I INCORPORATE SLIMCAKES INTO MY NUTRITIONAL CLEANSING SYSTEM?

SlimCakes can be enjoyed as part of a complete meal or as a between-meal snack as a way to help control cravings.

### HOW DO SLIMCAKES SUPPORT DIGESTIVE HEALTH?

A diet high in natural fiber promotes regularity, which supports digestive health.

### HOW DO SLIMCAKES SUPPORT HEART HEALTH?

SlimCakes can complement a heart-healthy diet because they are low in saturated fat, contain no cholesterol and are packed with fiber-rich whole oats, inulin and flaxseed.\* What’s more, flaxseed contains Omega-3 fatty acids, which helps to support overall health.

### HOW DO SLIMCAKES SUPPORT HUNGER REDUCTION?

A diet high in natural fiber may help to curb cravings. SlimCakes are an excellent source of fiber from whole oats, inulin and flaxseed, making these delicious treats very filling.\*\*

### HOW MANY SLIMCAKES CAN I EAT IN A DAY?

We recommend you eat up to two SlimCakes each day as healthy snacks.

\* Diets low in saturated fat and cholesterol may reduce the risk of heart disease.

\*\* Low-fat diets rich in fiber-containing grain products, fruits, and vegetables may reduce the risk of some types of cancer, a disease associated with many factors.



For more information, please contact your Isagenix Independent Associate: