

## **TAI*slim*® SKINNYs FAQs**

### **Q. What are TAI*slim*® SKINNYs, and how do they work?**

A. TAI*slim* SKINNYs are delicious, sugar-free chocolate flavored nuggets that actually help you to lose weight. Taken with at least 8 ounces of water, the patented and proprietary ingredients in SKINNYs gently expand in your stomach, filling you up and keeping you feeling satisfied for hours. They also help to gently remove unwanted fat and cholesterol from your digestive system.

### **Q. When should I take SKINNYs?**

A. Take one between breakfast and lunch, another between lunch and dinner and you can also take a third if you are feeling hungry in the evening after dinner. Always drink at least 8 ounces of water with each SKINNY.

### **Q. If I'm using SKINNYs, should I still drink TAI*slim* liquid?**

A. SKINNYs are designed to be used in conjunction with TAI*slim* liquid and the TAI*slim* Ultimate Weight Loss Plan. Our clinical studies on the complete TAI*slim* system have shown appetite suppression and metabolic calorie burning nearly double that of either product alone.

### **Q. Why should I drink water with SKINNYs?**

A. Water is needed in order for SKINNYs to expand in your stomach to keep you feeling full. SKINNYs will not work without at least 8 ounces of water. Taking SKINNYs with insufficient water may result in abdominal discomfort.

### **Q. Have there been any scientific studies on SKINNYs?**

A. The safety and effectiveness of the key ingredients in SKINNYs have been validated by more than 100 studies.

### **Q. Do SKINNYs contain sugar or artificial sweeteners?**

A. There is no sugar and no artificial sweeteners in SKINNYs. They are sweetened with natural-source polyglycol, isomalt, and purified stevia extract.

### **Q. Are SKINNYs gluten-free?**

A. Yes.

### **Q. Are SKINNYs suitable for vegetarians and vegans?**

A. Yes.

### **Q. Can SKINNYs be used by diabetics?**

A. Sugar-free and with only 20 calories, SKINNYs can be used by diabetics. Please consult with your health care practitioner prior to starting any weight loss or diet plan.

### **Q. Will SKINNYs interfere with medications?**

A. To our knowledge, SKINNYs will not interfere with medications.

**Q. Are there any side effects from SKINNYs?**

A. For the first 3–4 days, a small number of people may experience some mild and temporary abdominal or intestinal changes as they adjust to the proprietary GojiMannan fiber. To minimize these symptoms, always be sure to drink at least 8 ounces of water with SKINNYs. If your adjustment to the GojiMannan is slow, you may want to chew only one SKINNY per day for the first 3–4 days. This will allow your body to adapt.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.