

# Slenderiiz FAQs

---

## 1. ***What should I do if I get a headache?***

In some cases people can get headaches when following a lower calorie diet. To alleviate this you can drink an electrolyte-rich beverage with zero or low calories. Coconut water is a great choice.

## 2. ***What are the most common complaints about Slenderiiz?***

The most common complaints of the Slenderiiz weight loss program is that results do not occur quickly or that it doesn't work.

Factors can vary for each individual due to any of the following:

- Genetics that can determine your body's physiology and metabolic rate
- Environmental factors
- Not drinking enough water to remove the toxins that are released from lost fat.
- Inability to control stress (though not a very likely factor due to the effects of *rhodiola rosea* and *ashwagandha*)

While some complain of not seeing results after a month, other consumers went on to see astonishing results.

**Refer to #3 for solutions.**

Sources:

- <https://www.health.harvard.edu/staying-healthy/why-people-become-overweight>
- [Fate and Complex Pathogenic Effects of Dioxins and Polychlorinated Biphenyls in Obese Subjects before and after Drastic Weight Loss](#)
- [Increased Hydration Can Be Associated with Weight Loss](#)

## 3. ***What do I do if I hit a plateau?***

It is normal to experience a plateau for 2 to 5 days (where weight loss stops). If it persists past 6 days, you need to do two of three things.

**Option 1:** For one full day eat nothing but 6 apples (and take your Slenderiix & Xceler8 drops). Drink as much water as you need, but eat nothing other than 6 apples.

**Option 2:** For one full day eat nothing but protein (and Slenderiix & Xceler8 drops). Again, eat nothing but protein and water.

**Option 3:** Drink 3 PureNourish shakes a day with two apples and plenty of water.

#### ***4. What if I want to exercise while following this diet?***

This diet is extremely flexible.

If you would like to exercise then you need to offset calories burned with an increased consumption of calories.

For example: If you run and burn 300 calories then you need to balance that out by consuming 75% of those 300 calories (or an additional 225 calories consumed).

But you may only eat from the approved proteins and vegetables. No extra fruit.

It is important to note that vigorous exercise will slow your weight loss. You will lose inches, but your overall weight loss will be noticeably slower.

#### ***5. How about the safety and side effects of Slenderiiz's Weight Management program?***

There are no known side effects associated with using Slenderiix or Xceler8. However as with any weight loss program you should consult your doctor prior to beginning.

#### ***6. What if I need to cheat, what can I do without completely falling apart?***

This is one of our most-asked questions.

If you are going to cheat, then cheat with lean proteins or green vegetables.

Please don't eat any sweets, ice cream or other types of simple sugars. If you do, it will set you back 3 to 4 days. You are not going to suddenly gain 5 pounds, however you also will not lose any weight for 3 to 4 days.

Obviously we prefer that you not cheat, but if you do, be smart in your approach.

Whatever you do with this, do it in moderation and don't let it set you so far back that you give up on the diet all together.

Remember, you will not meet your weight loss goal if you quit on the diet. But cheating once or twice will not totally derail you.

**7. *How long do I leave the Slenderiix drops under my tongue and what do I do after?***

It is best to leave the Homeopathic Slenderiix Drops under your tongue for 10 seconds. After that you can simply swallow the liquid.

It's also important to not have anything to eat or drink 10 minutes before or after you take the drops.

**8. *Why the 1250-calorie diet?***

Because you are only consuming 1250 calories, Slenderiix signals your hypothalamus to mobilize fat out of your body's fat storage areas makes it available for you to burn as you go about your daily activities.

**9. *What preparations are required for Slenderiix drops?***

The most important preparation you can do is to mentally make the decision to follow the diet. You must stay on the diet for it to work. The great news is that in 30 days you may be a totally new you.

**10. *What to expect:***

You can expect to be hungry the first couple of days during the diet.

After about 48 hours the Slenderiix and Xceler8 Drops begin to curb your hunger and release fat stores to help feed your body.

Factors that ensure faster weight loss include making fibrous vegetables like broccoli, cauliflower, and Brussels sprouts part of your lunch and dinner meals.

Fiber and water intake are extremely important to your success with this program.

**11. *How does Slenderiix work?***

It is theorized that Slenderiix causes your hypothalamus to mobilize fat out of your body's fat storage areas and makes it available for use. There are three types of fat found in your body.

1. **Structured Fat:** Found between the joints and organs

2. **Normal Fat:** Located throughout the body; used to meet the body's daily nutritional needs.

**3. Abnormal Fat:** Deposits causing obesity; only drawn upon during starvation and pregnancy.

By restricting your caloric intake the body can only draw upon the structural and normal fat reserves.

That is why starvation diets alone do not work and actually cause people to gain weight. The body compensates for low food intake by beginning to store more fat.

## **12. *What if I want to take in fewer calories?***

Our program is built on 1250 calories but you may choose at your sole discretion to take in fewer calories to increase your weight loss. We suggest you discuss this with your doctor prior to beginning any new weight loss program.

## **13. *Why is Slenderiix Drops your best choice?***

There are many reasons; here are the top 4:

- Slenderiix Drops is manufactured in the USA by an FDA-approved facility.
- Slenderiix Drops give you a Hormone-Free formula to maximize your diet results by providing a 100% homeopathic formula.
- Slenderiix is a complete formula. It is not a watered-down version of amino acids.
- Slenderiix uses a multi-phased approach combined with a 1250-calorie diet to promote sustainable weight loss. Keeping you at your ideal weight is our mantra.

## **14. *How do I use the Xceler8 complex with Slenderiix?***

Slenderiix is a homeopathic synergistic blend of ingredients that work together to help you lose weight fast.

Xceler8 helps ensure maximum effectiveness when used with Slenderiix Drops. It does this in 3 ways.

First, it optimizes absorption of everything you eat and drink, including the Slenderiix drops. This ensures you receive more nutrients from the food you eat.

Second, it supports increased blood circulation throughout the body. The boosted blood flow, especially through the extremities, helps you and your joints feel better.

Third, you will experience increased energy.

**15. *Why aren't bananas on the Slenderiiz Approved Foods List?***

Bananas are high glycemic and while losing weight we want to control blood sugars.

**16. *Is there a reason why the Slenderiiz drops come in glass bottles? Would it be okay to put it in plastic bottles to carry around or would it alter the product?***

We recommend leaving it in the glass bottles. This is to keep the product unaltered as plastic can leach chemicals, especially when using alcohol.

**17. *Why do you use alcohol in Slenderiix?***

Slenderiix is a homeopathic product that uses alcohol as a safe preservative. Alcohol also acts as an absorption agent, increasing the uptake of ingredients into the blood stream.

**18. *What grain is the grain alcohol in Slenderiiz made from?***

It is made from potatoes.

**19. *Is Slenderiix recommended for a recovering alcoholic or someone who has went through an AA program because of its alcohol content?***

This is a very personal decision that we unfortunately can't make for you.

The amount of alcohol in Slenderiix is so minimal it won't even be detected in an alcohol screening test.

The alcohol content in an entire bottle of Slenderiix is approximately the same amount you would get if you ate 2 ripe bananas.

**20. *How long do Slenderiix and Xceler8 drops last after opening?***

Slenderiix drops do not expire if kept out of the sun. Xceler8 drops expire one year after opening.

**21. *Is olive oil considered a healthy fat while on the Slenderiiz Program?***

Vegetable oils are not recommended on the Slenderiiz Program unless they are raw and unheated.

For optimal results, we recommend coconut oil while on the Program.

Our favorite coconut oil is from Tropical Traditions because it is triple distilled and flavorless, making it good for consuming raw and for cooking with.

**22. *Does Slenderiix or Xceler8 affect blood pressure?***

We have never known Slenderiix or Xceler8 to affect blood pressure.

**23. *Are there any other sweeteners besides Stevia that are approved for the Slenderiiz Program?***

For the very best results, we recommend only using Stevia or Luo Han Guo sweetener while on the Slenderiiz Program.

Both liquid and powdered Stevia are acceptable. Luo Han Guo sweetener is derived from Monk fruit and is also an ideal sweetener while on the Slenderiiz Program.

**24. *Are your products safe for people with hypertension/high blood pressure?***

It is always best to speak with your primary care provider before going on a weight loss program of any kind.

We have yet to encounter anyone with hypertension to have issues taking Slenderiix or Xceler8.

**25. *Will decreasing the amount of product I take affect my weight loss results?***

You will still lose weight even if you decrease the amount of product you're taking, but it won't likely be as much.

**26. *Will taking Restoriix change the effectiveness of Slenderiix?***

You can take the two products together. However, for optimal results, Restoriix ideally should be taken on an empty stomach.

**27. *Is honey approved for the Slenderiiz Program?***

No. The only two approved sweetener options are Stevia and Luo Han Guo sweetener.

### **28. How much weight will I lose on average?**

Weight loss varies from person to person, but on average most people will lose between 13–15 pounds within 28 days on the Slenderiiz Program.

### **29. Why have I stopped losing weight?**

There are several reasons your weight loss may have plateaued:

1. **You're constipated.** This is most often the reason why people on the Slenderiiz Program stop losing weight.
2. **You're dehydrated.** This will reduce your weight loss efforts so make sure to increase your water consumption.
3. **Sugar is sneaking into your diet.** Sugar can be found in the most unlikely of places like salad dressings, sauces, and beverages. Make sure you are eliminating all sugar from your diet, including dining out.
4. **Release of toxins from fat stores.** When losing drastic weight, your body might work against you, holding onto toxins in the body. This can cause rebound weight gain. Make sure to detoxify by taking Restoriix while on the Slenderiiz Program.

### **30. Why am I getting a headache while on the Slenderiiz Program?**

According to the National Headache Foundation, 30% of headaches can be tied to diet-related issues.

Therefore, when you're rapidly losing weight, a common side effect is [frequent headaches](#).

Cutting sugar, caffeine, salt, and fat can cause your headache.

Another likely headache trigger is dehydration so up your water intake.

Your body should adjust to your new diet within 1–2 weeks, alleviating symptoms. If not, please contact your physician or healthcare provider.

### **31. Why am I constipated?**

[Constipation is very common](#) among people intentionally losing weight.

Just like your bowel movements are often disrupted during an irregular routine such as travel, it can also momentarily lock up as a natural reaction to your new diet, causing constipation.

Also, constipation from switching to a high protein diet could mean you aren't getting enough fiber.

We suggest to make sure you drink enough fluids, increase walking to one hour per day to get the body moving, chew foods thoroughly, and increase fiber intake from vegetables.

Also, liquids will dilute your digestive juices, making it harder for your body to digest your food, so save fluid intake until after you've eaten your meal.

Your body should adjust to your new diet within 1–2 weeks, alleviating symptoms. If not, please contact your physician or healthcare provider.

### **32. *Why do I have diarrhea?***

Diarrhea is extremely common, even among non-dieting, healthy adults.

When you introduce new foods to your body, particularly leafy greens, you can expect an adjustment period of 1–2 weeks for your digestive system to right itself and symptoms to ease.

PureNourish introduces healthy bacteria to your digestive system as well which can cause loose stools.

If you are using more than 1 serving of PureNourish a day, reduce your intake.

Your body should naturally adjust to your new diet within 1–2 weeks, alleviating symptoms. If not, please contact your physician or healthcare provider.

### **33. *Why am I having stomach discomfort?***

You are likely experiencing a diet of this nature for the very first time.

Any time you alter your diet, common side effects such as stomach discomfort, diarrhea, and constipation can occur. Rest assured that this is very common.

You can diminish this symptom by decreasing your serving size of PureNourish.

Your body should naturally adjust to your new diet within 1–2 weeks, alleviating symptoms. If not, please contact your physician or healthcare provider.

### **34. *What are the common side effects of the Slenderiiz Program?***

While side effects are rare, common ones include: bloating, diarrhea, constipation, stomach upset, and gas. **These are all natural side effects of introducing a new diet to your digestive system.**



**35. *Why do I feel bloated?***

The pea protein in PureNourish is the safest protein available, with even fewer side effects than whey, though it occasionally causes bloating.

You can relieve this symptom by decreasing your serving amount.

Your body should naturally adjust to your new diet within 1–2 weeks, alleviating symptoms. If not, please contact your physician or healthcare provider.

**36. *I have had symptoms for more than two weeks.***

There is a very small possibility that you may have an allergy or intolerance to a specific ingredient in the product. You should consider discontinuing use and consult your physician or healthcare provider.

**37. *Why am I losing my hair?***

Often times, [hair loss](#) and weight loss go hand-in-hand because hair follicles are extremely sensitive to external stresses.

Many people experience hair loss after dropping just 15 pounds and it can continue for up to 3–6 months after losing the weight. The hair will grow back on its own.

**38. *Why am I sleepless?***

If you are using Xceler8 at night, the B vitamins and green tea extract in the product could be disrupting your sleep.

You could also be eating too late at night, making your body spend energy on digestion when you are trying to sleep.

Try increasing your morning and afternoon serving of Xceler8 to avoid taking it at night and eat dinner earlier in the evening.

If you're taking Rejuveniix as well, don't use it at night.

Give yourself 5–6 hours between taking it and going to sleep.

**39. Can someone who is going through any type of surgery still be on Slenderiix and supplementation? And why?**

Yes, except for Magnical-D should not take due to the potassium. **Please refer to your physician or healthcare provider.**

**40. Does birth control affect Slenderiix results?**

Please refer to your physician or healthcare provider.

**41. Why can't you eat starchy carbs such as rice, pasta, and bread on Slenderiix?**

These types of food have a high glycemic index which means that it raises your blood sugar levels. The Slenderiix program is designed to control blood sugar levels.

**42. Is Slenderiiz suitable for an asthmatic?**

Yes it is; however, you should always seek the approval of your health care practitioner.

**43. Can I take Slenderiiz while on chemotherapy?**

We do not condone the use of weight loss products during such a stressful time on the body.

**44. Which Slenderiiz products are okay for breastfeeding/nursing mothers to take?**

While it is usually okay for nursing/breastfeeding women to take the Slenderiiz shakes, we do not recommend taking the drops (Slenderiix & Xceler8) while pregnant or breastfeeding

However, if you are pregnant or nursing, we always recommend that you contact your physician or healthcare provider before taking new products.

**45. *Can you bake with PureNourish or use it with hot water or other hot applications?***

PureNourish powder is formulated to deliver a blend of protein, vitamins, minerals and enzymes, along with a probiotic, all to promote digestive health.

This formulation works best when prepared with room-temperature water. That's not to say that it can't be used in hot applications, such as hot water or baking — several recipes using this powder as a flour substitute can be found on the website.

However, if the product is prepared with hot water or is baked, the effectiveness of the vitamins, enzymes and probiotics decreases, though the protein and minerals remain effective.

Also, the flavor may be affected with the application of heat.

**46. *Why does my Power Boost and/or Beauty Boost have clumps in it?***

This can occur as the powder absorbs moisture from the atmosphere, which would be expected if pouches are left open in a hot or humid environment.

In order to minimize this occurrence, we have added a stronger desiccant to the pouches, but this does not mean that clumping won't occur, especially if the pouches are left open or exposed to high moisture.

To preserve the flow of the powder, it is best to leave the product in its original pouch, expel air from the pouch prior to closing, and keep the pouch closed when you are not using the product.

If you do experience clumping of your powder, don't worry: the efficacy of the product has not decreased, and the clumps can be broken up by hand or the powder can be added to water to dissolve.

**47. *Why are the Slenderiiz droppers a different size?***

We have received several inquiries regarding the difference in the size of the droppers used with Slenderiix and Xceler8 drops, with one dropper having a 0.75ml graduation (photo below, left) and the other dropper having a 0.70ml graduation (photo below, right).

This difference is due to the 0.70ml serving size of Slenderiix, requiring a special dropper size.

Xceler8 has a 2ml serving size, so a special dropper is not needed. We have heard you, and because so many have expressed concern regarding the difference between these droppers, we have changed our practices to using only one dropper type. From June

2018 onward, all drop products will now have the special droppers with the 0.70ml graduation (photo below, right).



***These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.***