



## FAQ

**Q: What are the benefits of Trimstix?**

- A:
- Curbs sugar cravings\*
  - Promotes healthy blood-sugar levels in healthy individuals\*
  - Boosts energy levels\*

**Q: How do you recommend using Trimstix?**

A: Empty a Trimstix stick packet into 8-12 fl oz of cold water and stir or shake to dissolve.

**Q: When should you take Trimstix?**

A: We recommend taking Trimstix after lunch to help curb afternoon sugar cravings.

**Q: What makes Trimstix different from other weight-loss products?**

A: Trimstix not only curbs sugar cravings and appetite, it also helps control healthy blood sugar levels in healthy individuals for long-term weight management and weight-loss success.\*

**Q: Should I eat food before taking Trimstix?**

A: Food is not required to take Trimstix. If you are sensitive to caffeine, try taking Trimstix with food.

**Q: What are the key ingredients in Trimstix?**

A: The key ingredients in Trimstix are Fibersol®, Canipure®, and Advantra Z®.

**Q: Is there any difference between the flavors of Trimstix?**

A: Other than the delicious flavors, there are no differences in the ingredients.

**Q: Where is Trimstix manufactured?**

A: Trimstix is manufactured in the United States in a GMP (Good Manufacturing Practices)-compliant facility.

**Q: Does Trimstix contain fish or shellfish?**

A: No, Trimstix does not contain fish or any shellfish products.

**Q: Does Trimstix contain soy?**

A: No, Trimstix does not contain soy or any soy byproducts.

**Q: Does Trimstix contain nuts?**

A: No, Trimstix is nut-free.

**Q: Does Trimstix contain dairy?**

A: No, Trimstix is dairy-free.

**Q: Does Trimstix contain gluten?**

A: No, Trimstix is gluten-free.

**Q: Does Trimstix contain caffeine or stimulants?**

A: Yes, Trimstix contains 50 mg of caffeine per serving.

**Q: Is Trimstix vegan-friendly?**

A: Yes, Trimstix is vegan-friendly.

**Q: Can you use Trimstix if you are pregnant or nursing?**

A: We recommend consulting with your physician about any supplement if you are pregnant or nursing.

\*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.