

FACT SHEET

SkinnyStix®

Most of us thought the era of the “Super-Powerful” diet formula ended a few years back when the FDA removed Ephedra and similar products from the U.S. market because of safety concerns.

Well, it turns out that “most of us” were wrong. It seems that a huge, multi-billion-dollar, “underground” market for these stimulant-based fat burners sprung up even before the ink was dry on the FDA’s decree.

And now a brand-new concept in high-quality, super-powerful and super-effective diet formulas is taking the market by storm. Limitless Worldwide has secured the rights to one of the most heavily researched, clinically validated “super diet formulas” ever, and has transformed it into an easy-to-take, mood-elevating, energy-enhancing weight-loss powder that’s perfect for people on the go, high-powered executives, busy parents, and anyone trying to lose weight in today’s world.

Limitless Worldwide’s SkinnyStix help make losing weight easier.*
Simply mix the contents of 1 SkinnyStix packet in 16 ounces of water and drink it 15 minutes before your main meals... that’s it!



SkinnyStix Weight-Loss Packets Are Formulated to Promote:
Powerful Appetite Control* • Mood Elevation* • Energy* • Fat Burning* • Stamina*



WEIGHT LOSS In a double-blind, placebo-controlled trial on the key functional compound in SkinnyStix, subjects lost a significant 1.22% (vs. placebo) more than subjects in the clinical trial on the combination of two weight-control compounds found in a well-known weight-loss aid that used to be on the market.* And not just that, they lost this weight in ¼ of the time.* Moreover, subjects who continued taking the SkinnyStix compound for one year experienced no rebound weight gain.*

APPETITE The weight-loss compound caused subjects to eat significantly fewer calories and stop eating earlier than placebo when taken fifteen minutes before eating.*

MOOD ELEVATION A self-reported ‘Motivation and Workload Questionnaire’ showed significant improvements in:

- Contentment*
- Interest in tasks*
- Eagerness to do tasks*



Science... Beyond Testimonials®

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease. Use in conjunction with any sensible diet and exercise program. Individual results will vary.

Introduction

A proven leader in the weight-loss market, Limitless Worldwide LLC is now launching a new, easy-to-take, powdered form of weight-loss supplement. All the goodness of one of the most heavily researched, clinically validated weight-loss compounds is now packed into one easy stick-pack. For those who have a hard time swallowing diet pills and want to reap the benefits of a true weight-loss supplement, Limitless has a solution in the form of the delicious SkinnyStix® drink powder.

Weight-Loss with SkinnyStix

In a double-blind, placebo-controlled experiment on the key SkinnyStix compound, 47 mild to moderately overweight subjects were instructed to take either the functional compound (24 subjects) or placebo (sugar containing, identical-looking capsules, 23 subjects) with a large glass of water 15 minutes before their main meals, and they were asked to take great care not to change their current dietary and exercise habits. The subjects were weighed at the beginning and at the end of the 45-day trial. (The difference in weight from baseline to day 45 was compared by the Mann Whitney test for paired samples with a p value less than 0.05 to show statistical significance. Twenty-two subjects continued the supplementation for 12 months; measurements were taken each month.)

At the end of 45 days, the mean weight loss for the key SkinnyStix compound was 11.2 pounds (5.1 kg), whereas the placebo group experienced a decrease of less than a pound* (0.3 kg). The difference was statistically significant between the two groups (p<0.05). An examination of the data of each individual in the functional group showed that 23 of the 24 subjects (96%) lost weight from baseline. Further, the subjects who continued taking the functional compound for a total of 12 months experienced no rebound weight gain and were able to successfully maintain their initial weight loss.*

Satiety with SkinnyStix

Recently, feeding behavior and subjective feelings of appetite and satiety were rigorously examined specifically in conjunction with an ad libitum (unlimited, 'at one's pleasure') meal on the SkinnyStix functional compound. This randomized, counter-balanced, within-subject, single-blind, crossover trial conducted at the University of Liverpool involved 58 normal and overweight female volunteers (weight = 60.16 ± 6.09 kg; BMI = 21.78 ± 1.99 kg/m²), aged 21.31 ± 3.79 years.

Volunteers were given a first serving of the functional compound or placebo with 100 ml water, 15 minutes prior to a fixed load breakfast. This was then followed by a second serving of the functional compound or placebo 4 hours later, and 15 minutes before an ad libitum meal. Appetite ratings were evaluated using a 100 mm Visual Analogue Scale (VAS) for hunger, fullness, desire to eat, prospective consumption, satisfaction, thirst and nausea. Ratings were taken at 9 time points: pre-serving (1), pre- (2) and post-fixed load breakfast (3), hourly between breakfast and lunch (4-6), pre-serving (7), pre- (8) and post-lunch (9). Furthermore, gram and caloric intake were measured at the ad libitum meal consisting of twelve high- and low-fat savory and sweet foods choices. Results showed that the functional SkinnyStix compound induced a significant reduction in gram intake (46.6g, 12.4%) and kcal intake (132.2 kcal, 17.6%) at the

ad libitum test meal compared to placebo (p =0.002 and p <0.001, respectively). There was also a significant difference in time taken to consume the ad libitum meal (p = 0.005), with a shorter lunch duration with the SkinnyStix functional compound (16 minutes) compared to placebo (19 minutes). In addition, the functional compound produced a significant reduction in gram intake of high-fat sweet items (17.6g, 27.6%) and a significant reduction in gram intake of low-fat savory items (19.3g, 13.7%) compared to placebo* (p = 0.031 and p = 0.012, respectively).

The main effects of use on VAS analyses of hunger (p = 0.039) and desire to eat (p = 0.039) were found, with less hunger and less desire to eat with the functional compound compared to placebo.* Trends showed prospective consumption was lower with the functional compound. No significant effects of the product on thirst or nausea were observed.

Energy with SkinnyStix

Several clinical studies have been done on the energy compound (methylxanthine) contained in SkinnyStix, showing thermogenic and energy expenditure effects. As early as 1981, researchers investigated the potential thermic effect of methylxanthine consumption in human subjects. This group investigated the thermic effect in volunteers consuming an optimized dose of methylxanthine. Using a respiration chamber, investigators observed a significant (p < 0.001) increase in resting energy expenditure by 21.5% within the first hour after consumption as compared to decaffeinated coffee.

Other authors have seen similar results using indirect calorimetry methods. One research group observed a significant resting energy expenditure increase in both lean and overweight volunteers. Eighteen volunteers ingested the optimized methylxanthine dose, and their resting metabolic rate was measured over the next 2½ hours. Metabolic rate significantly increased and showed statistical significance at the end of the time period as compared to baseline control (p<0.02). Yet another research group tested the same optimized methylxanthine dose (as well as several higher concentrations) in a placebo-controlled, double-blind study and observed a dose-dependent increase in resting energy expenditure in healthy, normal-weight subjects. Indeed, the optimized dose increased energy expenditure significantly as compared to placebo (p<0.05). Linear regression analysis also showed a significant linear relationship between methylxanthine dose versus methylxanthine plasma concentration (p<0.001) and methylxanthine dose versus thermogenic response (p=0.006).

Conclusion

The SkinnyStix functional compounds have been clinically shown to produce weight loss in overweight individuals of about 11 pounds in 45 days. Mechanistic studies have linked the success of this product to observed and reported appetite suppression. Evidence shows that the key SkinnyStix compound is an extremely valuable tool for those seeking to achieve fast, substantial and long-term weight loss. In addition, SkinnyStix contains methylxanthines to increase energy, alertness, and mood, and to help improve weight-loss efforts. This novel, delicious product is a powerful tool to help improve the deleterious consequences of excess body weight.*

Supplement Facts

Serving Size: 1 Packet (grams per serving varies)
Servings Per Container: 20

	Amount Per Serving	% Daily Value†
Calories	5	
Total Carbohydrate	1 g	<1%
Sugars	0 g	†
Niacin (as Niacinamide)	6 mg	30%
A Proprietary Blend Containing:	1,024 mg	
<i>Illex paraguariensis</i> (leaf) Extract		†
<i>Paullinia cupana</i> (seed) Extract		†
<i>Coffea arabica</i> (bean) Extract		†
<i>Turnera diffusa</i> var. <i>aphrodisiaca</i> (leaf) Extract		†
<i>Stevia rebaudiana</i> (leaf) Extract		†
<i>Theobroma cacao</i> L. (seed) Extract		†
<i>Oryza sativa</i> L. (seed) Powder		†
Cayenne (<i> Capsicum annum</i>) (fruit) Powder		†
<i>Chlorella vulgaris</i> (algae) Powder		†
<i>Vitis vinifera</i> (seed) Extract		†
<i>Vaccinium angustifolium</i> (fruit) Powder		†
<i>Vaccinium macrocarpon</i> (fruit) Powder		†
<i>Prunus P. cerasus</i> (fruit) Powder		†
<i>Prunus domestica</i> (fruit) Powder		†
<i>Rubus idaeus</i> (fruit and seed) Concentrate		†
<i>Fragaria virginiana</i> (fruit) Powder		†
<i>Vaccinium myrtillus</i> (fruit) Powder		†
<i>Vitis vinifera</i> (fruit) Powder		†
<i>Vaccinium myrtillus</i> (fruit) Extract		†
<i>Vaccinium angustifolium</i> (fruit) Extract		†

† Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Berry Breeze Other Ingredients: Citric Acid, Malic Acid, Natural Flavors, Dextrose, Sucralose, Honey Powder, Silica, Red Cabbage Powder (for color).
Tangy Tangerine Other Ingredients: Natural and Artificial Flavors, Citric Acid, Sucralose, Honey Powder, Silica, FD&C Yellow 6.
Wild Watermelon Lime Other Ingredients: Citric Acid, Malic Acid, Natural Watermelon and Lime Flavors with Other Natural Flavors, Sucralose, Silica, Honey Powder, Natural Colors from Grapes, Purple/Black Carrots and Sweet Potatoes

SkinnyStix®

DIRECTIONS: Mix the contents of 1 SkinnyStix packet in 16 fl. oz. of water and drink the entire serving 15 minutes before main meals. Do not exceed 3 SkinnyStix per day. Use in conjunction with any sensible diet and exercise program. Individual results will vary.

WARNING: Do not exceed suggested daily serving. This product contains a potent xanthine (i.e., caffeine), of about 120 mg per serving. Consult your physician before using if you are taking caffeine-containing medications or if you are sensitive to stimulants. Do not use if pregnant or nursing. Not for use by individuals under the age of 18 years. **Keep out of reach of children. Use only as directed.** Do not consume if seal is broken.

NOTE: Limit the use of caffeine-containing supplements, foods or beverages while consuming this product because too much caffeine may cause nervousness, irritability, sleeplessness and occasionally, rapid heart beat.

If you or your health-care provider have any questions, please call: 1-800-429-4290.

Note for Consumers of Charge™ Capsules: SkinnyStix and Charge™ Capsules contain similar functional ingredients. Therefore, you may replace your Charge serving with a serving of SkinnyStix, and vice-versa. However, these products should not be taken together at the same time.

Manufactured for: Limitless Worldwide, LLC, Salt Lake City, UT 84110

Manufactured in the U.S.A.

Product resale allowed only through authorized representatives. International distribution is not authorized without prior written approval.

Store at controlled room temperature: 15° to 30°C/59° to 86°F.

*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.