

SLIM & TRIM TRILOGY

HOW-TO

Ready to cleanse, shed, and refresh your body naturally? The Slim & Trim Trilogy is your ultimate detox and weight loss solution!

This powerful pack is designed to flush toxins, boost metabolism, and curb cravings, while helping you feel lighter, more energized, and in control of your weight loss or wellness journey.

Tulsi Trim: Harness the power of Holy Basil and cleansing botanicals to support stress relief, digestion, and natural detoxification, helping you feel balanced and refreshed every day.

Slimmer MAX: Rev up your metabolism and say goodbye to those stubborn cravings with this potent blend, making healthy weight management easier and more effective.

FREE! VitaliTEA: Refresh and rejuvenate with this cleansing tea that not only soothes but also helps flush out toxins, leaving you feeling light and revitalized.

Together, these products work in harmony to help you ignite your vitality and reach your wellness goals. Whether you want to increase energy, support weight management, or simply feel amazing, this is your ultimate go-to solution!



Benefits

- Speeds up metabolism*
- Encourages natural fat loss*
- Helps curb cravings*
- Supports healthy weight management*
- Flushes out toxins*
- Balances blood sugar levels*
- Cleanses the digestive tract*
- Strengthens the immune system*



Tulsi Trim promotes natural detoxification while supporting digestion, stress relief, and metabolism, making it a perfect addition to any wellness routine for balance and vitality.*

→ Mix one scoop with up to 8 ounces of warm water or your favorite beverage, once or twice daily, or as advised by your healthcare professional.*



This powerful formula features patented weight loss ingredients Sensoril® and Crominex® 3+ to help reduce hunger, curb stress-eating, lower cortisol levels, and stabilize blood sugar.*

→ Blend, shake, or stir 1 scoop into 8 ounces of water, ideally 30 minutes before meals. Can be taken up to 3 times per day.



VitaliTEA features herbs renowned for their stress-relieving properties, and its active medicinal components to block the release of cortisol, leaving you feeling tranquil & relaxed.*

→ Add 1 teaspoon to 4 cups of hot water, cover, and steep for 2 to 8 hours. Drink 4 cups a day.

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Tulsi Trim Tea

original holy basil detox tea

HBNnaturals
PRODUCT INFORMATION PAGE



suggested use

- Mix one scoop with up to 8 ounces of water or your favorite beverage, once or twice daily, or as advised by your healthcare professional.

ingredients

Organic Ocimum tenuiflorum (Holy Basil), Organic Althaea officinalis (Marshmallow) Root, Organic Cnicus benedictus (Blessed Thistle), Organic Cassia angustifolia (Senna) Leaf, Organic Carica papaya (Papaya) Fruit Extract, Organic Zingiber officinale (Ginger) Root, Organic Matricaria recutita (Chamomile) Flower, Organic Glycyrrhiza glabra (Licorice) Root

ingredient highlights

- **Holy Basil (Tulsi):** A powerful adaptogen that helps manage stress, enhance mental clarity, and support immunity. Rich in antioxidants and anti-inflammatory compounds, it combats oxidative stress, promotes joint health, and aids respiratory function. It may also help regulate blood sugar and improve insulin sensitivity.*
- **Licorice Root:** This naturally soothing root supports respiratory health by calming coughs, easing sore throats, and reducing irritation. It also promotes digestive wellness, helping to relieve acid reflux, ulcers, and gastrointestinal discomfort. With its potent anti-inflammatory properties, licorice root helps reduce inflammation and supports adrenal health for balanced energy and over well-being.*
- **Chamomile Flower:** Known for relaxation and digestion, chamomile helps ease bloating, reduce inflammation, and soothe the gut. Its antioxidants support liver function, protect cells, and promote restful sleep.*

product summary

This powerful herbal blend is designed to promote stress relief, digestion, detoxification, and overall vitality. With its natural adaptogenic properties, it helps balance mood, strengthen immunity, and support the body's response to stress.

Soothing and restorative, it supports gut health, eases bloating, and encourages gentle detoxification, promoting liver function and natural bowel regularity. Its calming properties also aid relaxation, reduce inflammation, and support restful sleep, making it the perfect addition to your daily wellness routine.

Rich in antioxidants, Tulsi Trim helps combat oxidative stress, regulate blood sugar, and support weight management, delivering balance, clarity, and vitality in every sip!*

benefits

- **Flushes toxins** to support a natural body cleanse, helping to remove impurities and restore balance for overall wellness.*
- **Promotes gut balance** by eliminating harmful waste and supporting a healthy microbiome, which is essential for digestion and detoxification.*
- **Enhances nutrient absorption** by clearing out built-up toxins, allowing the body to more efficiently absorb essential vitamins and minerals.*
- **Supports liver function** by aiding in the breakdown and elimination of toxins, ensuring the body's natural detox pathways work optimally.*

responsible cautions

- Holy Basil (Tulsi) Tea may modify glucose regulation.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.

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Tulsi Trim Tea

original holy basil detox tea

main constituents

HOLY BASIL (TULSI)

- **Eugenol:** A natural compound that offers anti-inflammatory, antioxidant, and antimicrobial benefits, supporting immunity, reducing inflammation, and promoting oral health.*
- **Ursolic acid:** A natural compound known for its powerful health benefits, including reducing inflammation, fighting tumors, and combating viruses.*
- **Saponins:** Possess properties that help lower cholesterol levels, reduce blood pressure, and support heart health.*
- **Vitamin C, calcium, iron, zinc, and chlorophyll:** Essential nutrients which support immunity, bone health, oxygen circulation, and detoxification.*

Clinical studies for Holy Basil:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC4296439/>
- <https://pubmed.ncbi.nlm.nih.gov/36770859/>

BLESSED THISTLE

- **Cnicin:** The main compound in Blessed Thistle, cnicin gives the plant its bitter taste and supports digestion by stimulating saliva and gastric acid production.*
- **Polyacetylenes:** Natural compounds known for their potential to help the body fight bacterial infections. Additionally, these compounds may support the immune system, reduce inflammation, and promote overall health.*

Clinical studies for Blessed Thistle:

- <https://pubmed.ncbi.nlm.nih.gov/12677537/>
- <https://pubmed.ncbi.nlm.nih.gov/38718639/>

SENNA LEAF

- **Sennosides:** The primary chemical constituents of senna leaves are anthraquinone glycosides, specifically known as sennosides (sennosides A and B), which are responsible for its laxative effect; these are derived from the anthraquinone aglycones rhein and aloe-emodin.*

Clinical studies for Senna Leaf:

- <https://pubmed.ncbi.nlm.nih.gov/36644449/>
- <https://pubmed.ncbi.nlm.nih.gov/36080355/>

GINGER

- **Enzymes:** Gingerols and shogaols are the main bioactive compounds in ginger, contributing to its medicinal properties.*
- **Volatile Oils:** Ginger also contains volatile oils including zingiberene, which contributes to its distinct aroma.*

Clinical studies for Ginger:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9779757/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7866215/>

PAPAYA

- **Enzymes:** The key chemical component is papain, a proteolytic enzyme found in unripe papaya, which aids in protein digestion.*
- **Carotenoids:** Beta-carotene and beta-cryptoxanthin are powerful antioxidants that support eye health, strengthen the immune system, and promote radiant, healthy skin.*

Clinical studies for Papaya:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8066973/>
- <https://pubmed.ncbi.nlm.nih.gov/31315213/>

MARSHMALLOW ROOT

- **Mucilage:** A sticky, gel-like substance that forms a protective coating on mucous membranes, providing soothing relief to irritated tissues.*
- **Polysaccharides:** These complex carbohydrates make up the majority of the mucilage and include components like galacturonic acid, rhamnose, and galactose.*
- **Flavonoids:** Antioxidants like isoquercitrin and hypolaetin glycosides which contribute to the plant's potential anti-inflammatory effects.*

Clinical studies for Marshmallow Root:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC6912529/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10420783/>

CHAMOMILE

- **Flavonoids:** Antioxidants that protect cells, reduce inflammation, and support heart health. Found in plants, they boost immunity, promote circulation, and enhance overall wellness.*
- **Carotenoids:** Natural compounds with anti-inflammatory, antioxidant, and antimicrobial properties. They support immune function, promote respiratory health, and aid in stress relief.*

Clinical studies for Chamomile:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9822300/>
- <https://pubmed.ncbi.nlm.nih.gov/36297396/>

LICORICE ROOT

- **Glycyrrhizin:** Supports immune function, reduces inflammation, and promotes liver and respiratory health.*
- **Flavonoids:** Powerful antioxidant and anti-inflammatory compounds, supporting immune function, protecting liver health, and promoting respiratory wellness.*

Clinical studies for Chamomile:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7123875/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7175350/>

SLIMMER MAX

Healthy Weight Management

Unlike other weight loss products, Slimmer does not contain laxatives or stimulants. It's made with 9 powerful metabolism-boosting superfoods. It's simple, it's safe, and it works!

Start with one serving of Slimmer in the morning for the first three days. If you have a substantial amount of weight to lose, it might be beneficial to drink Slimmer at breakfast and again at lunch. If you struggle with binge eating at night, you can add in a shot of Mind after dinner. The key to success with Slimmer is consistency and persistency.*



Benefits

- Boosts metabolism*
- Decreases cravings*
- Increases energy*
- Burns fat*
- Reduces stress*
- Stabilizes blood glucose levels*

Responsible Cautions

- Because this product may lower blood glucose, consult your healthcare provider before taking this product if you are taking blood glucose lowering medication.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult a healthcare provider prior to use.

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Suggested Use

Mix 1 scoop of Slimmer into 8 ounces of water, ideally 30 minutes before meals. Slimmer can be taken up to 3 times per day.*

Ingredients

Organic Freeze Dried Coconut (Cocos Nucifera) Water, African Mango (Irvingia Gabonensis) Seed, Green Coffee (Coffea arabica L., Rubiaceae) Bean (50% chlorogenic acid and less than 2% natural caffeine) Extract, Organic Blue Agave Inulin (Agave Tequilana) Plant, Garcinia Cambogia (Garcinia gummi-gutta) Fruit (with 50% HCA) Extract, Organic Mulberry (Morus Alba) Leaf, Organic Sea Buckthorn (Hippophae rhamnoides) Fruit, Lemon (Citrus Limon) Fruit, Chromium® (as Crominex® 3+ chromium stabilized with Capros® amla extract (fruit) and PrimaVie® Shilajit), Organic Irish (Chondrus crispus) Moss, Sensoril® Trim Ashwagandha (Withania somnifera) Root and Leaf Extract (10% Withanolides), Organic Luo Han Guo (Siraitia grosvenorii) Fruit, Organic Beet (Beta Vulgaris) Root

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Crominex® 3+

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VITALITEA

Energy & Detox

VitaliTEA is one of the most powerful detox teas available for micronutrient delivery and elimination of undigested waste in your colon and your digestive system. It's filled with compounds from plants that gently cleanse your digestive system and support your health with naturally occurring phytonutrients, high antioxidants, and known healing herbs.*

All the water soluble components in the herbs float in the mild but fragrant brew. They are immediately absorbed by the cells as VITALITEA enters your system. Antioxidants, polysaccharides, oligosaccharides, flavonoids, terpenes, phytosterols, alkaloids... the list becomes thousands of compounds in each of these families of phytochemicals.*

Benefits

- Cleanses digestive system*
- Removes toxins*
- Increases energy*
- Boosts metabolism*
- Supports healthy weight*
- Supports immune system*

Ingredients

Organic Green Tea, Organic Matcha Green Tea, Organic Oolong Tea, Organic Red Clover Herb, Organic Passionflower, Organic Cacao Nibs, Organic Cinnamon Bark, Organic Yerba Mate, Organic Licorice Root, Organic Burdock Root, Organic Chamomile Flowers, Organic Eleuthero Root, Organic Lemon Peel, Organic Alfalfa, Organic Ginger Root, Organic Clove



Suggested Use

Bring 4 cups of water to a boil and remove from heat. Add 1 teaspoon of VitaliTEA to the heated water, cover, and steep at least 2 hours or overnight.*

Add sweetener or lemon to taste. Refrigerate. The tea can be consumed hot or cold. Drink all 4 cups of VitaliTEA before 4:00 pm.*

Although steeping for just a couple of hours will also work, steeping VitaliTEA for up to twelve hours creates a phytonutrient-rich cocktail for your cells. The longer the herbs steep, the more vitamins and minerals that will be extracted.*

Responsible Cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult a healthcare provider prior to use.

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