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## Crave Control

Take a break from hunger with Synergy SLMsmart Crave Control. This refreshing, strawberry-lemonade flavored drink mix promotes a sustained sense of fullness with a powerful blend of efficacious ingredients, including chromium picolinate, fiber, and a patented, all-natural potato protein extract. This delicious formula fights hunger for up to three hours at a time, reducing the cravings for sweets, high-fat treats, and fast foods. With Crave Control, healthy satiety is only a drink away.

### BENEFITS

- Helps curb hunger for up to three hours
- Helps you consume less food throughout the day
- Reduces cravings and unhealthy snacking

### KEY INGREDIENTS

- *Chromium* — a trace mineral found in small amounts in whole grains and brightly colored fruits and vegetables, chromium picolinate helps activate insulin, a hormone that helps the body burn blood sugar instead of storing it as fat. By supporting already-normal blood sugar balance, chromium may also help with food cravings that are triggered by low glucose levels.

- *Slendesta* — a stimulant-free, all-natural product derived from potatoes using a water-based, patented process. Slendesta does not artificially stimulate metabolism or cause jitters, bloating, or other side effects commonly associated with some other weight management ingredients. The active component in Slendesta is a natural protein called Proteinase Inhibitor II (PI2). It's a special protein found under the skin of the potato that works by enhancing the body's release of cholecystokinin (CCK), a natural factor used by the body to signal the brain that food has been eaten which helps to create feelings of fullness and satisfaction.

### RECOMMENDED USE

Mix one (1) packet into 14 to 16 ounces of water.



slim · lose · maintain



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## FREQUENTLY ASKED QUESTIONS

### How is SLMsmart Crave Control unique?

Crave Control contains the perfect blend of ingredients to help prevent hunger pangs and cravings without jeopardizing your health or weight management goals. Additionally, SLMsmart Crave Control goes through rigorous quality testing to ensure a pure, safe, and effective product.

### How does it work?

By replacing unhealthy snacking with SLMsmart Crave Control, a person can feel satisfied, less hungry, and less likely to crave the foods they don't need. The ingredients of Crave Control provide satiety while allowing optimal function of your metabolism.

### When should I take Crave Control?

Take Crave Control in anticipation of periods of hunger. If you know you won't be eating another meal for a few hours, drink a glass of Crave Control immediately. Doing so will help prevent between-meal cravings and allow you to save your appetite for a satisfying meal

of Essential Foods. For certain people, cravings come at distinct times of the day. In anticipation, take Crave Control one hour before to suppress the craving before it happens.

### Can I take SLMsmart Crave Control at night?

Taking this product at night does not present a problem at all. There is nothing in the product to make it more or less effective at any time of day, and there are not any side effects (like the sleeplessness risk for Calorie Burner) associated with this product.

### How much weight can I expect to lose on Synergy's SLMsmart weight management program?

Over the course of 90 days, you can expect to lose at least 10% of your body weight, which is considered a healthy rate for weight loss, optimal for long term results.

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

## Supplement Facts

Serving Size 1 Packet (7g)  
Servings Per container 30

Amount Per Serving		
Calories 20	Calories from Fat 0	
		% Daily Value*
<b>Total Fat</b> 0g		0%
Saturated Fat	0g	0%
Trans Fat	0g	
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	20mg	0%
<b>Total Carbohydrate</b>	6g	0%
Dietary Fiber	4g	0%
Sugars	0g	
<b>Protein</b>	0g	
Chromium (as chromium picolinate) <sup>†</sup>	1000mcg	833%
Potato Extract <sup>††</sup>	300mg	**

**Other Ingredients:** Isomalto-oligosaccharides, erythritol, FOS (fructooligosaccharides), citric acid, natural flavors (strawberry and lemon), grapeskin extract (*Vitis vinifera*), malic acid, stevia leaf extract (*Stevia rebaudiana Bertoni*), silicon dioxide.