

Download Slim In 6 Nutrition Guide

Total calories (cal) Calories from fat (fat cal) Total fat (g) Saturated fat (g) Trans fat (g) Cholesterol (mg) Sodium (mg) Total carbohydrate (g) Dietary fiber (g) Slim in 6 is a DVD home fitness program introduced by Debbie Siebers, a health and fitness entrepreneur. Slim in 6 is said to help you lose six pounds, six inches and six days if you adhere to the specific workout program step-by-step. Are they out of their minds? Slim-Fast has taken downsizing to a whole new level. First, they go from 6 cans to 4 bottles, and then they reduce the amount ...Advocare Slim Claims. Slim by Advocare is a product that is meant to help people who are trying to lose weight. It does this by suppressing your appetite so that you will not have to consume more calories than your body needs.