

Overview

Slimora is a premium metabolic fat burner designed to support your weight management goals as part of a balanced diet and active lifestyle. Its advanced formula combines carefully selected ingredients that work together to promote effective fat metabolism, healthy weight loss, appetite control and sustained daily energy.

At the heart of Slimora lies a potent blend featuring Glucomannan (from Konjac root), which is renowned for its ability to expand in the stomach and promote feelings of fullness. Other key ingredients include Green Tea Extract and Grains of Paradise Extract, which are valued for their role in supporting thermogenesis and fat utilisation. Garcinia Cambogia Extract helps to manage cravings, Caffeine, which provides a gentle energy boost, Chromium, which contributes to normal macronutrient metabolism and blood glucose levels, and Black Pepper Extract (95% Piperine), which enhances the absorption of the other ingredients.

Conveniently delivered in vegetable capsules, Slimora is suitable for vegetarians and offers a clean, plant-based profile. It is ideal for adults actively pursuing weight management, whether starting a new wellness programme, seeking to break through a plateau or looking for reliable daily support alongside healthy eating and regular exercise. With 20 servings per container, Slimora provides a practical month-long solution for individuals committed to feeling lighter, more energised and better able to control their appetite.

Benefits

Slimora is expertly formulated to support your body's natural metabolic processes, helping you to feel more in control of your weight management efforts when combined with a healthy diet and regular physical activity. Its blend of plant extracts and nutrients works gently yet effectively to promote fat metabolism, reduce hunger sensations and sustain daily vitality.

Key benefits include:

- **Slimora supports healthy fat metabolism.** Ingredients such as green tea extract and grains of paradise help the body utilise stored fat more efficiently.
- **Slimora promotes appetite control.** Glucomannan and Garcinia cambogia contribute to a greater feeling of fullness, making it easier to manage daily calorie intake.
- **Slimora provides a gentle energy boost.** Each serving contains 100 mg of caffeine as well as supporting botanicals to help combat fatigue and maintain motivation throughout the day.
- **Slimora helps maintain normal blood sugar levels.** Containing chromium, it contributes to normal macronutrient metabolism and blood glucose levels.
- **Slimora uses enhanced absorption technology.** Black pepper extract (piperine) has been added to optimise the bioavailability of the other active ingredients.

The supplement offers practical, science-backed support for individuals committed to a balanced lifestyle.

How to use the supplement

For best results, take 6 Slimora capsules daily, 30 minutes before your main meals, with a full glass of water. This timing helps support appetite control and allows the ingredients to work effectively with your body's natural digestive processes.

To achieve the best outcomes, incorporate Slimora into a comprehensive wellness routine:

1. Pair it with a balanced, calorie-controlled diet rich in whole foods.
2. Combine this with regular physical activity, such as brisk walking, strength training or

cardio.

3. It is especially important to stay well hydrated throughout the day when taking Glucomannan, as it needs to expand safely in the stomach.
4. Take it consistently for at least 4–8 weeks while maintaining healthy lifestyle habits.

Remember that Slimora is a dietary supplement that works best as part of a varied diet and healthy lifestyle. Do not exceed the recommended dose. Consult your healthcare professional before use if you are pregnant, breastfeeding, taking medication or have a medical condition. Each daily serving contains 100 mg of caffeine.

How it works

Slimora is a carefully formulated dietary supplement designed to support fat burning, promote weight loss, control appetite and boost energy levels as part of a balanced diet and healthy lifestyle. Its blend of ingredients works through complementary mechanisms that target key aspects of metabolism and daily energy balance.

Key mechanisms

Glucomannan (konjac root extract, 600 mg per serving) expands in the stomach upon contact with water to form a viscous gel that promotes a feeling of fullness (satiety). This may help to reduce overall calorie intake by slowing gastric emptying and promoting healthy portion control. As a soluble fibre, glucomannan also contributes to gut health by serving as a prebiotic, which is fermented by beneficial bacteria into short-chain fatty acids that play a role in metabolic processes.

Green tea extract (450 mg per serving) provides catechins, particularly EGCG, which are associated with supporting fat oxidation and thermogenesis. When combined with caffeine, these compounds may enhance the body's natural ability to utilise stored fat for energy and increase daily energy expenditure to a modest extent.

Garcinia cambogia extract (600 mg per serving) contains *hydroxycitric acid* (HCA), which has been studied for its potential to inhibit the enzyme ATP-citrate lyase, which is involved in fatty acid synthesis. This may help to limit the production of new fat cells while supporting healthy *serotonin* levels, which can contribute to appetite regulation.

Grains of paradise extract (90 mg per serving) contains pungent compounds such as 6-paradol, which may activate *brown adipose tissue* (BAT). This process, known as non-shivering thermogenesis, helps the body generate heat and potentially increases calorie burn without additional physical effort.

Caffeine (100 mg per serving) acts as a mild stimulant of the central nervous system that can temporarily increase the metabolic rate and encourage the release of stored fatty acids for use as energy. It works synergistically with green tea extract to promote alertness and fat metabolism.

Chromium (300 µg as *chromium picolinate* per serving) contributes to maintaining normal blood glucose levels and macronutrient metabolism. By supporting healthy insulin function, it may help reduce cravings and stabilise energy levels throughout the day.

Black pepper extract (95% *piperine*, 9 mg per serving) enhances the bioavailability of the other ingredients, enabling the body to utilise the formula's components more effectively. It may also offer mild thermogenic properties.

Synergistic effect

When taken together as directed, these ingredients provide multi-pathway support for fat

metabolism, weight loss, appetite management and sustained energy, helping you to stay on track with your wellness goals. Results vary from person to person and are most effective when used alongside a calorie-controlled diet and regular physical activity. Slimora is not a miracle solution, but rather a supportive tool in a comprehensive approach to weight management.

Administration

Slimora is designed for regular daily use as part of a healthy lifestyle involving a balanced diet and regular exercise. Follow the recommended usage instructions carefully to ensure optimal results and safety.

Recommended dosage

Take 6 capsules daily, divided into two capsules approximately 30 minutes before each of your three main meals (breakfast, lunch, and dinner). Swallow the capsules whole with a full glass of water. This timing allows the glucomannan to expand naturally for satiety, while enabling the other ingredients to work alongside your meals.

Each daily serving (6 capsules) delivers:

- Glucomannan: 600 mg
- Green tea extract: 450 mg
- Garcinia cambogia extract: 600 mg
- Grains of paradise extract: 90 mg
- Caffeine: 100 mg
- Chromium: 300 µg (750% NRV)
- Black pepper extract (95% piperine): 9 mg

Do not exceed the recommended daily dose of six capsules.

How to use

Always take with plenty of water (at least 250–300 ml). Glucomannan expands significantly when hydrated. Consuming adequate fluids helps minimise any risk of discomfort and supports the product's intended effects.

For best results, take the capsules at consistent times relative to your meals and stay well hydrated throughout the day.

You can use the product continuously for up to three months, followed by a break if desired, or as advised by your healthcare professional.

What to avoid

Due to its fibre content, glucomannan may reduce the absorption of oral medications. Take other medications at least 1 hour before or 4 hours after taking Slimora. Consult your doctor or pharmacist for personalised advice, especially if you take diabetes medications, thyroid hormones or any other prescription drugs.

Please note that the formula already contains 100 mg of caffeine. If you are sensitive to caffeine, limit additional sources of caffeine (e.g. coffee, tea, energy drinks).

Do not take with minimal fluid or lie down immediately afterwards.

Do not use if you have difficulty swallowing or any oesophageal or gastrointestinal narrowing.

Slimora works best when combined with a calorie-controlled diet and healthy lifestyle. Individual results may vary. For any clarifications about incorporating Slimora into your routine, consult a

qualified healthcare professional.

Important considerations

Food supplements like Slimora should complement, not replace, a varied and balanced diet and a healthy lifestyle. You should consult your healthcare professional before starting any new supplement, especially if you are taking medication, have a medical condition, or are unsure about its suitability. Results may vary between individuals.

Store in a cool, dry place below 25°C. Protect from direct sunlight and moisture. Keep out of reach of children.

Side effects

Slimora is generally well tolerated when taken as directed with plenty of water. As with all dietary supplements, it may cause side effects in some individuals. Most of these are mild and temporary, and are often related to the fibre content or stimulant properties of the ingredients. The following information is based on data available for the individual components. Individual responses vary, and not all users will experience these effects.

Common side effects

These are usually mild and may improve as the body adjusts:

- Gastrointestinal discomfort, such as bloating, gas (flatulence), abdominal fullness, mild cramping, loose stools or constipation (primarily linked to glucomannan fibre).
- Digestive upset, such as nausea, stomach discomfort or heartburn (can occur with Garcinia cambogia, green tea extract or caffeine).
- Headaches or mild jitteriness (associated with the 100 mg of caffeine and green tea extract).
- Increased bowel movements or softer stools (due to fibre and catechins).

These effects are typically minimised by taking the capsules with adequate water alongside meals, as recommended.

Rare side effects

These occur less frequently and may include:

- Insomnia or restlessness (due to the caffeine content; more likely if additional sources of caffeine are consumed).
- Mood changes, irritability, or dizziness (linked to chromium or caffeine sensitivity).
- Skin irritation or mild allergic reactions (rare with any herbal extract).
- Reduced absorption of nutrients or medications (glucomannan may bind to certain substances in the gut).

Serious side effects

The risk of serious side effects is low when Slimora is taken at the recommended dose with plenty of water, and not combined with excessive caffeine or other supplements.

- Choking or oesophageal/gastrointestinal blockage (associated with glucomannan if insufficient water is consumed; always follow directions).
- Liver-related issues, such as elevated liver enzymes, jaundice, dark urine or fatigue, are rare and have only been reported in sensitive individuals or when taking high doses of Green tea extract catechins or Garcinia cambogia.
- Severe allergic reactions (difficulty breathing, swelling of the face or throat).

- Significant changes in blood sugar levels are possible with chromium, particularly in individuals taking diabetes medication.

Stop using the product and consult a healthcare professional if you experience persistent or severe symptoms. Liver concerns reported with some ingredients are typically associated with much higher doses, prolonged use or pre-existing conditions.

General guidance

Slimora is not intended for use by individuals under 18, pregnant or breastfeeding women, or individuals with known medical conditions, unless they have consulted a healthcare professional. Always consult your healthcare professional before starting any supplement, especially if you are taking medication, have a pre-existing condition, or are concerned about potential interactions. Food supplements like Slimora can support wellness when combined with a varied diet and a healthy lifestyle, but they are not a substitute for medical treatment.

Contraindications

Slimora is a dietary supplement and, due to the specific properties of its ingredients, should not be used by certain individuals. Always consult a qualified healthcare professional before use, especially if you have any pre-existing medical conditions or are taking medication.

Do not use Slimora if you have any of the following conditions:

- **Pregnancy or breastfeeding:** Insufficient safety data for glucomannan, garcinia cambogia, green tea extract, grains of paradise and other components. Play it safe and avoid use.
- **Under 18 years of age:** Not intended for children or adolescents.
- **Known or suspected oesophageal, stomach or intestinal disorders** (including strictures, motility disorders, a history of choking or difficulty swallowing): due to the risk of blockage and expansion from glucomannan.
- **Liver disease or a history of liver problems:** Green tea extract (EGCG) and garcinia cambogia have been associated with rare cases of liver injury in sensitive individuals.
- **Bipolar disorder or mania:** Garcinia cambogia may exacerbate symptoms.
- **Severe kidney disease:** Chromium supplements may pose risks to individuals with impaired kidney function.
- **Hypersensitivity or allergy:** Do not use if you are hypersensitive or allergic to any of the ingredients (including glucomannan, green tea, garcinia, grains of paradise, piperine, or chromium).

Use with caution and only under medical supervision if:

- you have diabetes or are taking blood sugar-lowering medications (glucomannan, chromium and garcinia cambogia may affect blood glucose levels);
- you have thyroid disorders or are taking thyroid medication (chromium may interfere);
- you have cardiovascular conditions or caffeine sensitivity;
- you are due to undergo surgery, some ingredients may influence blood sugar or clotting.

This list is not exhaustive. Individual contraindications may vary. If you are unsure whether Slimora is suitable for you, please speak to your doctor or pharmacist before starting to take it. Slimora is not a substitute for a varied diet and a healthy lifestyle.

Warning

Slimora is a dietary supplement designed to support fat metabolism, control appetite, and boost energy levels as part of a balanced diet and healthy lifestyle. It is not a substitute for a varied

diet, regular exercise or medical treatment. Do not exceed the recommended daily dose of six capsules.

Important safety information

- Always take with plenty of water. Each dose (two capsules) must be swallowed with at least 250–300 ml of water. Glucomannan expands on contact with liquid. Taking it with insufficient fluid may cause choking, oesophageal blockage or intestinal obstruction, which is a serious risk. Do not take immediately before going to bed.
- This product contains caffeine (100 mg per daily serving). Not recommended for individuals who are sensitive to caffeine or who have heart conditions, high blood pressure, anxiety disorders or insomnia. Limit your intake of other caffeine sources to avoid experiencing jitteriness, palpitations or sleep disturbances.
- This product is not intended for individuals under 18 years of age, pregnant or breastfeeding women, or children.

Consult your healthcare professional before use if you:

- have any medical conditions, especially diabetes, liver problems, thyroid disorders, gastrointestinal issues or cardiovascular disease;
- are taking prescription medications, particularly blood sugar-lowering drugs, thyroid hormones or anticoagulants;
- are scheduled for surgery or medical procedures
- have a history of liver problems.

Green tea extract and garcinia cambogia have been associated with rare cases of liver injury in sensitive individuals. Discontinue use immediately and seek medical advice if you experience symptoms such as abdominal pain, dark urine, fatigue, or jaundice.

Additional precautions

- Glucomannan may reduce the absorption of oral medications. Take other medicines at least one hour before or four hours after taking Slimora.
- Discontinue use and consult a doctor if you experience persistent digestive discomfort, allergic reactions, or any other unusual symptoms.
- Store in a cool, dry place below 25°C, away from direct sunlight.
- Keep out of reach of children.

Slimora is intended for use by healthy adults only, as directed. Individual results may vary. If you are in any doubt as to its suitability, always seek personalised advice from a qualified healthcare provider. This product is not intended to diagnose, treat, cure or prevent any disease.