



### **Who can take the TLS® 30-Day Jump-Start Kit?**

Anyone over the age of 18 years — whether you want to tone up, have 5–20 lbs to lose or want a jump-start before you begin another TLS program.\*†

### **Who should use the TLS 30-Day Jump-Start Kit?**

Anyone who is looking for an easy-to-follow, cost-effective, all-inclusive kit that promotes optimal body composition and addresses the essentials of effective weight management. Whether you need to tone up, manage your weight or want to jump-start a longer weight management journey — the TLS 30-Day Jump-Start Kit is perfect place to start.

### **How do I use the TLS 30-Day Jump-Start Kit?**

During Phase 1, take the NutriClean® Cleansing System, Isotonix® Daily Essentials Packets and TLS CORE Fat & Carb Inhibitor supplements. In Phase 2, use the TLS Nutrition Shakes as snacks and continue taking the Isotonix Daily Essentials Packets and TLS CORE Fat & Carb Inhibitor supplements. For best results, follow the nutritional directive outlined in the guide and take supplements as directed.

### **How many times can I take the TLS 30-Day Jump-Start Kit?**

While you can stay in Phase 2 for as long as you would like, we advise repeating Phase 1 (Detoxing phase) no more than once every three months, or as recommended by your healthcare practitioner.

### **Why participate in the TLS 30-Day Jump-Start Kit instead of other TLS plans?**

This kit is designed to maximize your results and jump-start your commitment to any of the TLS programs. If you are not ready to commit to a longer plan but still want to lose weight, feel better or want to look great for an upcoming social event, this is the perfect program to help you.

### **Should I take the Weight Management Profile on [tlsSlim.com](https://tlsSlim.com) before starting the TLS 30-Day Jump-Start Kit?**

You are more than welcome to, but it is not a requirement! Once you have completed the profile, it will suggest (based on your answers) one of our TLS programs. This is customized to you! We encourage you to transition to the suggested TLS program after you complete the TLS 30-Day Jump-Start program.

### **Can I use other TLS or Market America products during the TLS 30-Day Jump-Start program?**

The TLS 30-Day Jump-Start Kit provides all the recommended supplementation you need for the program. However, you may use the optional supplements listed in the guide for additional support, or other supplements if necessary. This applies to those who start with other TLS programs, such as Fat Shredder, Rapid Results, Sure & Steady or Continued Comittments. You can always use other TLS or Market America products as part of your health regimen. As always, you should consult your healthcare provider before beginning this or any other weight management program.

### **Do I have to take ALL of the recommended supplements from the TLS Profile?**

For the best results, we suggest using the supplements recommended to you from your TLS Profile quiz. Success stories from our program were based on participants utilizing the recommended supplements. Our supplements are supported by science and designed to enhance and accelerate your results. Each addresses a unique part of the journey to optimal health and weight. Be sure to read the label of every product to determine if it is right for you and take it as directed on the label.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

†Individuals following the TLS Weight Loss Solution as part of a healthy diet and exercise program can expect to lose 1-2 pounds per week.

## **Why is the Isotonix® Daily Essentials beneficial and can I mix them with other fluids besides water?**

Only mix Isotonix products with water. Do NOT mix with smoothie, juice or any other liquid, as this affects the effectiveness of the product. Follow the guideline of 2 oz per Isotonix or 8 oz for the Packets. If you add in additional Isotonix, add 2 oz for each. The Isotonix Daily Essentials Packets is a convenient on-the-go packet with four essential customer favorites: Isotonix OPC-3®, the most powerful antioxidant supplement on the market today; Isotonix Multivitamin, so you fill in for dietary deficiencies. Isotonix Advanced B-Complex, to boost your B vitamins; and Isotonix Calcium Plus, essential for maintaining strong bones, healthy teeth and gums.\*

## **Is it normal to feel tired, sluggish or bloated during Phase 1? If so, what can I do about it?**

Detox is a different experience for everyone. Some people feel sluggish or bloated throughout, while some will feel energized. Some people experience fatigue in their joint and muscles and headaches, while others experience better sleep and more mental clarity. All of these are normal, as your body is working hard to help you eliminate toxins. As toxins release, we can either feel better or worse. This is why it is important to continue taking Isotonix supplements and eating foods rich in color so that micronutrients can support your cells during the detox process. Remember to drink the recommended amount of water, or more. If you feel bloated, consider taking additional Isotonix Digestive Enzymes or adding more fiber in your diet and continue with NutriClean Advanced Fiber Power with Stevia. It is important to keep moving, such as walking or stretching, to support lymphatic drainage and keep things moving so you have good bowel movements.

## **Why is detoxing (Phase I) important?**

We live in a world filled with an abundance of toxic chemicals. People often struggle with weight issue when their bodies are filled with toxins. Periodic detoxing helps your body balance the different systems, remove toxins and kick-start your weight management.

Today we are at risk of toxin overload due to pollution in the water and air, poor lifestyle (lack of sleep, sedentary and overstressed) and poor food choices (refined carbohydrates, sugary beverages, packaged/convenience food, deep fried food, alcohol and caffeine). A build up of toxins without sufficient detoxification support may lead to an increased toxic burden. Our digestive tract and liver work together, so when one is stressed or overworked the other is, too. One of the consequences of having an overstressed or toxic liver is that it cannot fully metabolize fat, which causes vitamin deficiencies and poor digestion. Common symptoms you may experience may be indigestion, bloating, gaseous, unable to focus, feeling sluggish and struggle with losing weight, hence why we recommend following our detox program 1–4 times a year.

## **How do I use NutriClean® 7-Day Cleansing System?**

First, read the label on the box for important information and instructions. Be sure you have seven days you can commit uninterrupted to the Detox Program.

Drink plenty of water and other fluids throughout the day (a minimum of 32 oz, optimally 64 oz daily).

Please follow the Menu Plan from the [tlsSlim.com](http://tlsSlim.com) site and/or the tracking sheet that came with your 30-Day Jump-Start Kit so you know exactly when and how to take it.

Upon waking up, mix 1 packet of the Isotonix Daily Essentials with exactly 8 oz of water; drink immediately and wait 20 minutes before eating or drinking anything else.

Wait for 20 minutes; then (1) mix one scoop of the NutriClean Advanced Fiber Powder in 8 oz water, drink immediately. (2) Take two release capsules from blister pack. (3) Squeeze ½ lemon in 8 oz warm water and drink immediately.

At bedtime, consume the contents of one clear packet containing two HepatoCleanse capsules and two Release capsules. Repeat this cycle for seven consecutive days, taking the fiber powder and capsules at the same time each day. Consult a healthcare provider if you would like to use beyond seven days.

## **Why do I have to drink the warm or lemon water in the morning during the 7-Day Detox?**

Drinking warm or hot lemon water when you wake up may help get your digestive system moving. It also may help the liver and bile, helping with liver detoxification.

Lemons are good source of vitamin C, a primary antioxidant that helps protect cells from damaging free radicals and creating an alkaline environment in the body. This is a great way to kick start your morning, and you may want to continue warm lemon water after 7-day detox because you noticed the benefits.

## **Can I drink coconut water during Phase 1/Detox week?**

No coconut water during Phase 1/Detox week because although it contains some vitamins and minerals, it contains too much sugar for the amount you should consume during this phase. Water is best to hydrate you, especially during Phase 1/Detox week.

## **Why is TLS® Trim café or TLS Trim tea allowed during the Phase 1/Detox week of the Jump-Start program, but not regular coffee and tea?**

TLS Trim café and TLS Trim tea contain a trademark ingredient, Please change to GoTrim® (IGBO131®)<sup>††</sup> which sets a three-pronged approach to tackle weight management, targeting: satiety, appetite control and metabolic balance. In general, caffeine is not recommended during Phase 1/Detox phase but small amounts found in TLS Trim tea and TLS Trim café is acceptable for those who would like to take it. However, if you must include caffeine, try to limit to no more than 1 cup of coffee or tea per day. In Phase 1, it is most important to eliminate processed food, packaged food, hydrogenated oils, soft drinks, smoking, alcohol and refined sugar.

## **Can I eat other vegetarian proteins not listed in the TLS 30-Day Jump-Start Kit Power Foods list?**

Yes, clean vegetarian proteins are allowed. Spirulina, chia seeds, organic non-GMO tempeh, hemp hearts, and pea and rice protein

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<sup>††</sup>The average person using 300 mg of GoTrim® (IGBO131®) per day, eating sensibly and exercising regularly, can expect to lose up to 2 pounds per week and 4.1% body fat percentage lost over a 10 week period of time.

powders are all great alternatives. Highly processed vegetarian or vegan proteins should be avoided.

### Why is protein recommended for two meals and not all meals during Phase 1/Detox week?

According to the food list and menu plan, protein recommendation is two servings per day. To simplify the menu plan, we added to two meals (one serving per meal, respectively). However, if you like, you are welcomed to equally distribute two servings of protein in three meals based upon your preference.

### Why is TLS® Nutrition Shake not allowed during Phase 1/ Detox week ?

To maximize the support of cleansing and purging toxins during the Phase 1/Detox, it is strongly encouraged to choose wholesome fresh food from the garden patch (found in the power food list). TLS® Nutrition Shake is designed to support you with weight management in Phase 2 and our other programs, not on detox.

### If there is no dairy permitted in most of the TLS menu Plans, why is the TLS Nutrition Shake allowed?

Firstly, we source the highest-quality ingredients. Our TLS Nutrition Shake is made with a high-quality whey protein. Milk is made of two proteins — casein and whey. Whey protein can be separated from the casein. Whey protein is considered a complete protein, as it contains all nine essential amino acids and has a very low lactose content. In addition, it is very digestible, absorbed from the gut quickly compared to other types of protein. For optimal results, it is recommended that the TLS Nutrition Shakes be the only “approved dairy” consumed in Phase 2 of the Jump Start, Rapid Results, Fat Shredder and Sure and Steady programs.

### Are the TLS Nutrition Shakes to be used as a meal replacement or as a snack?

During Phase 2, the TLS Nutrition Shakes are recommended as snacks, using one or two scoops. However, they can be used as a meal replacement in a pinch. We suggest enjoying the TLS Nutrition Shakes with two cups of vegetables, such as spinach or kale. TLS Nutrition Shakes should only be mixed with water during the TLS 30-Day Jump-Start Kit.

### How do TLS Nutrition Shakes assist with weight management?

Whether you want to lose weight or build lean muscle, TLS Nutrition Shakes provide a quick and easy snack between meals to satisfy hunger and an alternative to fast food. As an excellent source of protein, and with 10 grams of fiber per serving, TLS Nutrition Shakes deliver the energy and nutrition you need. Remember fiber and protein at every meal and snack, make managing weight no big deal. This is also a great choice for those who have the tendency to skip meals because they were too busy to prepare and eat them. TLS Nutrition Shakes can be enjoyed as a snack or a meal. In addition, you can find “Shaking and Baking” recipes from [tlsSlim.com](http://tlsSlim.com) website using this TLS Nutrition Shake to make delicious pancakes, muffins and even cookies.

### Why is protein intake so high in Phase 2?

Most people don't consume adequate protein for their needs. In addition, protein helps you stay satiated and blunt the glycemic impact of a meal. Therefore, adequate protein is crucial to reduce craving, increase fullness, balance your blood sugar and support your muscles.

### Why is dairy not allowed in the 30-Day Jump-Start, Fat Shredder, Rapid Results and Sure and Steady programs?

Dairy contains lactose, which is a source of carbohydrate. Some people may be sensitive to dairy and experience digestive issues such as bloating and gas when consuming dairy. In addition, some people may have the tendency to overeat dairy products. Therefore, to achieve the best results, dairy is not recommended for the 30-Day Jump-Start, Fat Shredder, Rapid Results and Sure and Steady programs.

### What is a serving size of dairy? When dairy is allowed in TLS programs, what amount is considered a serving size? And what if I want to be dairy free?

Dairy is allowed in the Continued Commitment program (you can enjoy one serving of quality dairy per day). The serving size depends on the dairy. When using milk, sour cream, cheese and yogurt, always refer to the label on the food to determine serving sizes. For example, one pre-sliced piece of cheese is one serving. An 8-oz cup of milk is one serving.



You can eliminate dairy from any of our programs and recipes and use no dairy at all. You can also use healthy dairy alternatives to replace your dairy choices. We recommend staying away from heavily processed dairy alternatives like soy cheese and similar products.

### What are dairy alternatives that are TLS friendly?

There are many dairy alternatives in the market, such as almond milk, oat milk, rice milk, hazelnut milk, hemp milk, cashew milk and coconut milk. Always choose unsweetened when choosing dairy alternatives. As you can see from the nutrition label, some dairy alternatives are naturally higher in sugar (even if unsweetened,) like rice milk and oat milk, so be sure to keep that in mind.

### Why can't I eat raw nuts during the 30-Day Jump-Start or Fat Shredder programs?

No, nuts are not on the list of TLS® 30-Day Jump-Start Kit Power Foods. The TLS 30-Day Jump-Start Kit is designed for rapid weight management. Although nuts have many health benefits, some people have difficulty digesting raw nuts and the TLS Jump-Start program is about helping to balance and repair digestion. Also, most people have the tendency to overeat without realizing it or choose unhealthy trail mixes. In addition, nuts provide both protein and healthy fat, so to keep it simple for 30 days, we don't recommend nuts so that you can maximize your results.

However, after the TLS 30-Day Jump-Start program, if you are recommended the Sure and Steady or Continued Commitment program (based upon your weight loss profile recommendations on [tlsSlim.com](https://tlsSlim.com)) and if you wish to include nuts into your diet, please refer to the following recommendations:

1 serving of healthy oil = 1 tbsp oil (avocado, olive, grapeseed) which is approximately 1oz (28g) or ¼ cup of nuts \*\*. Our goal is to aim for 15g of fat in nuts to replace 1 tbsp of oil (15g)

- Almonds (20–24 nuts): 160 calories, 14 grams fat, 6 grams protein
- Brazil Nuts (6–8 nuts): 190 calories, 19 grams fat, 4 grams protein
- Cashews (16–18 nuts): 160 calories, 14 grams fat, 4 grams protein
- Hazelnuts (18–20 nuts): 180 calories, 17 grams fat, 4 grams protein
- Macadamia (10–12 nuts): 200 calories, 22 grams fat, 2 grams protein
- Peanuts (28 nuts): 170 calories, 14 grams fat, 7 grams protein
- Pecans (18–20 halves): 200 calories, 20 grams fat, 3 grams protein
- Pine Nuts (150–157 nuts): 160 calories, 14 grams fat, 7 grams protein
- Pistachios (45–47 nuts): 160 calories, 13 grams fat, 6 grams protein
- Walnuts (14 halves): 190 calories, 18 grams fat, 4 grams protein

\*\* <https://www.nuthealth.org/>

### Do I have to exercise during the TLS 30-Day Jump-Start Kit or other TLS programs?

Exercise is recommended during Phase 2 of the TLS 30-Day Jump-Start program, but not Phase 1 of the program. During Phase 1 strenuous exercise must be avoided; rather, enjoy light, gentle stretching or yoga, and walking. In Phase 2 and for our other programs, exercise is a foundational part of achieving your weight loss goals, health and longevity.

The recommended amount of exercise is two hours and 30 minutes per week of moderate-intensity aerobic activity, such as a brisk walk

or, if your doctor recommends, vigorous-intensity aerobic activity, like jogging or running. In addition, aim for muscle-strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

Example:

- 25-minute walk, six days per week
- 25-minute run, three days per week
- Three weight-training sessions per week

[https://health.gov/sites/default/files/2019-09/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf](https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf)

### What happens after 30 days?

We encourage you to continue with the TLS lifestyle with one of our incredible programs. Determine which one is for you by taking the free Weight-loss and Lifestyle Profile on [tlsSlim.com](https://tlsSlim.com). This will determine the best long-term solution for you. If you reached your goal, you may want to consider becoming a Certified TLS Coach. Being a part of the weight management industry and helping others reach their goals is also a great way to keep you on track.

### How does TLS CORE Fat & Carb Inhibitor support weight management?

Excessive intake of carbohydrates, especially if eating refined carbohydrates and processed food, can make losing weight very challenging. People from all walks of life love carbs and often eat too much of them, especially the unhealthy processed, refined sugar and flour carbohydrates. Whenever you eat carbohydrate (excessive intake), it triggers your body to make insulin in response to sugar in your blood. The job of the insulin is to store, hence making losing weight challenging. Over time, overeating/excess eating will increase the risk of leptin resistance and insulin resistance. Both of which make losing weight hard. TLS CORE Fat & Carb Inhibitor was created to deal specifically with the weight management issues related to leptin sensitivity. TLS CORE Fat & Carb Inhibitor, one of the few products on the market to deal with this issue, works in three specific ways. First, it may help with appetite suppression with the help of LeptiCore<sup>®†</sup>, a clinically-proven, patent-pending, all-natural ingredient designed specifically to promote healthy weight management.\*

Next, TLS CORE Fat & Carb Inhibitor inhibits the amount of starchy carbohydrates being absorbed by the body. These carbohydrates can elevate blood sugar levels, increasing insulin. This can cause the body to store additional fat, triggering leptin, thus causing you to eat and over-consume. Finally, TLS CORE Fat & Carb Inhibitor helps to stop the body from converting excess carbohydrates into fat.\* By supporting a normal response to leptin, helping to inhibit the body's absorption of carbohydrates you eat, and reducing fat stores in the body, you can finally get the support you need to keep off the weight.\* TLS CORE Fat & Carb Inhibitor, in combination with the TLS Weight Loss Solution, will help you lose weight and feel great!

### What does TLS stand for?

Transitions Lifestyle System. Our mission is to empower people through science-based, proven methodologies to advance individuals in health and wealth. Transitions Lifestyle System is committed to maximizing human potential!

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

†LeptiCore<sup>®</sup> is a registered trademark of Gateway Health Alliances, Inc.

## Where can I learn more about TLS Weight Loss Solution, other support materials or the other programs available?

Visit [tlsSlim.com](https://tlsSlim.com), under the Resources tab you can find amazing recipes, our menu plans, program details and product infographics. One of our best tools is the *TLS Health Guide & Journal*, which you can download from the site. It contains life-changing education and tracking sheets for your long-term success.

You can find more information on YouTube under TLS Weight Loss Solution. Follow us @TLSWeightloss on Instagram, Twitter and at TLS weight-loss Solution on Facebook.

If you know of a TLS® Coach in your area, he/she can be a resource to help you learn more about our program.

## How does TLS work with intermittent fasting?

If someone chooses to intermittent fast (IF) whether they choose 10/14, 16/8 or 18/6, it is beneficial to utilize a TLS program, including its select meal plans, during the designated "feeding window." The TLS program complements IF perfectly, as TLS focuses on choosing wholesome food, rich in vegetables and fruits, high-quality protein, and healthy fat. Also, it is necessary to break your fast with protein and not with carbohydrates for best results.

The most successful TLS followers who also use IF focus on our Rapid Results and/or Fat Shredder programs because they eliminate grains, dairy and reduce servings of fruits. These TLS meal plans are the perfect complement to those following an IF program, so they consume the best combinations of healthy foods during their feeding window and not simple carbs or processed foods.

Individuals who utilize IF will see significant benefit with the use of TLS CORE Fat and Carb Inhibitor, especially if they are concerned about cravings during their period of fasting. For those who are more advanced in their IF practice, TLS Green Coffee with Garcinia Cambogia is an ideal product due to its impact on utilizing free fatty acids for energy and metabolic endurance.

## How does TLS work with keto?

Ketogenic diet (or keto diet) is a low carb, high-fat diet. TLS Rapid Results and Fat Shredder programs and recipes can work for those following a keto lifestyle. Both of these menu plans are designed to be lowest in carbs: high in vegetables. You may choose vegetables that are more keto-friendly, such as leafy green vegetables, asparagus, and radishes (as opposed to sweeter vegetables like beets and carrots, etc.) and focus on healthy fats. You can certainly increase your healthy fat serving in view of cutting down on protein to balance the overall intake.

TLS® CLA and TLS Green Coffee with Garcinia Cambogia could also be a great addition to a keto program and complement weight management goals. TLS CLA helps reduce overall body fat and assists in promoting lean muscle mass. TLS Green Coffee with Garcinia Cambogia helps facilitate the use of stored fat as a source of energy.\*

## How can I become a TLS Coach?

Becoming a TLS Coach is a great way to continue on your journey while helping others with theirs. Ask your TLS Coach or Market America UnFranchise® Owner for more information. If you do

not have a coach or Market America representative, please email [FindYourFit@marketamerica.com](mailto:FindYourFit@marketamerica.com).

## How do I send in my TLS testimonial?

1. Include your testimonial document and photos in ONE email.
2. Title your testimonial document with your full name, e.g., "Jane Smith TLS Testimonial."
3. Label each photograph with your full name, whether it's a before or after photo, and if it's a side, back or front photo. (e.g., "Jane Smith Before Front").
4. Top Tip: Please include how many centimetres and kilograms you lost in your testimonial.
5. Don't forget to sign your testimonial waiver.
6. Now you're ready to send everything to **[FindYourFit@marketamerica.com!](mailto:FindYourFit@marketamerica.com)**

