



## WHAT IS TLS WEIGHT MANAGEMENT SOLUTION?

TLS Weight Management Solution will teach you about low-glycaemic-impact eating and how to identify new favourite foods, create new, healthy behaviours and improve body composition to get your metabolism operating in high gear. Plus, with the help of scientifically formulated TLS supplements, you'll find your fit in no time.

## WHY TLS WEIGHT MANAGEMENT SOLUTION?

Most weight management programs tell you what to eat. However, they often fall short as a lifetime solution because they fail to address the REASON why you may be overeating, under-exercising and/or making unhealthy choices.

A weight management plan only works if you stay with it. As any successful dieter can tell you, it's much easier to lose weight and firm up when the plan you choose fits your lifestyle and personality.

With any endeavour to lose weight, most people think they need to go on a diet. But that's not exactly true. A diet is simply what you eat, which means you're already on one. That diet either works for you so you achieve and maintain the weight loss you want, or it doesn't.

REGARDLESS OF YOUR GOALS,  
COMMITMENT LEVEL OR  
YOUR BODY'S PERSONAL NEEDS,  
TLS WEIGHT MANAGEMENT SOLUTION  
CAN WORK FOR YOU.

TLS is a program designed around you, your goals and your commitment level to achieving your personal health and fitness goals. It's not a one-size-fits-all program that tells you to "just eat this and not that" or "do this and don't do that." TLS is customised for you as an individual and designed to keep you on track to achieve your personal weight management goals and maintain a healthy lifestyle.

## SUCCESS STORIES

### DAN\* LOST 40 KG IN 12 WEEKS



BEFORE



AFTER

### TRACEY\* LOST MORE THAN 10% BODY FAT IN 12 WEEKS



BEFORE



AFTER

## FIND YOUR FIT

Each plan in the TLS Profiling System begins with an optional four- to seven-day detox that promotes full-body cleansing while priming your metabolism for weight management. From there, you can choose from five specially designed, low-glycaemic menu plans that will fit your body's nutritional requirements, as well as your goals, personality and commitment level.

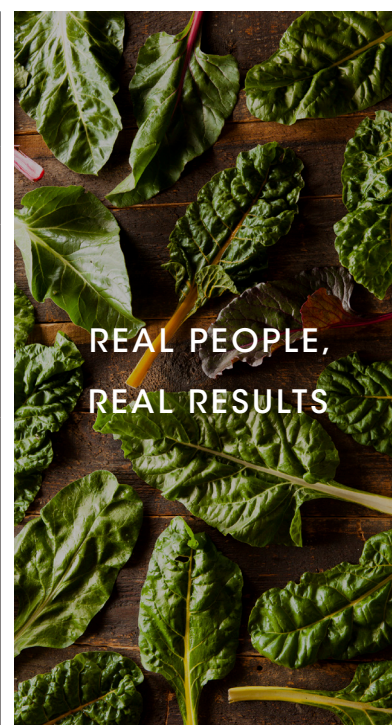
## WHY LOW GLYCAEMIC?

Low-glycaemic foods like lean proteins, high-fibre vegetables, fruits, beans and legumes, quality fats and whole grains help keep blood sugar levels stable. Stable blood sugar levels help keep your body balanced and help improve energy, sleep and how you react to stress and, most importantly, will help you burn fat instead of store it. Low-glycaemic eating has also been shown to be superior for weight loss and weight management, cardiovascular health and more.

## A PLAN FOR EVERYBODY

THE PLANS	30-DAY JUMP START	FAT SHREDDER	RAPID RESULTS
<b>RESULTS TO EXPECT</b>	Lose 2–9 kg in 30 days	Lose up to 4.5 kg in 2 weeks	Lose 0.9–1.36 kg per week
<b>WHY IT'S FOR YOU</b>	You're looking for a quick way to lose weight, healthily. You're committed to staying focused and following a regimented plan. You want to focus on flushing your body of toxins, curbing your unhealthy cravings and obtaining optimal body composition.	You're extremely committed to achieving swift weight management goals through an effective program. You'll shed fat and feel better, physically and emotionally, knowing you can do anything you set your mind to.	You're motivated, dedicated and committed to do whatever it takes to reach your weight management goals. Get ready to break unhealthy habits and start losing fat and centimeters.
<b>WHAT YOU'LL DO</b>	<ul style="list-style-type: none"> <li>• 30-day program</li> <li>• Follow a strict meal plan</li> <li>• TLS supplements</li> <li>• Phase 1: Gentle stretching, no strenuous exercise*</li> <li>• Phase 2: Full-body, moderate- to high-intensity workouts*</li> </ul>	<ul style="list-style-type: none"> <li>• 2-week program</li> <li>• Strict regimen for quick results</li> <li>• TLS supplements</li> <li>• Full-body workouts*</li> </ul>	<ul style="list-style-type: none"> <li>• Grain-free program</li> <li>• Protein and vegetable-rich meals</li> <li>• TLS supplements</li> <li>• Behaviour modification to break unhealthy habits</li> <li>• Gradual workout plan designed to maintain lean muscle*</li> </ul>

THE PLANS	SURE & STEADY	CONTINUED COMMITMENT
<b>RESULTS TO EXPECT</b>	Lose 0.45–0.9 kg per week	A guide to healthy everyday living at your target weight
<b>WHY IT'S FOR YOU</b>	You're looking to make gradual changes to your lifestyle and reach your goal weight, one day at a time. With the TLS Sure & Steady program, it's not if you'll hit your goal, but when.	You're at a healthy weight and are looking to maintain a healthy lifestyle. You want to focus on maintaining optimal body composition but are looking for a plan with flexibility, allowing the occasional indulgence.
<b>WHAT YOU'LL DO</b>	<ul style="list-style-type: none"> <li>• Grains and starch program</li> <li>• Steady results with less dramatic lifestyle changes</li> <li>• Quality whole grains, protein and vegetable-rich meals</li> <li>• TLS supplements</li> <li>• Behaviour modification, setting you up for long-term success</li> <li>• Recommended workout plan*</li> </ul>	<ul style="list-style-type: none"> <li>• Maintain your target weight</li> <li>• Balanced meals consisting of quality whole grains, protein, dairy, low-glycaemic starches, fruits and vegetables</li> <li>• TLS supplements</li> <li>• Emphasises an active lifestyle</li> </ul>





## TLS WEIGHT MANAGEMENT SOLUTION TOOLS



### TLS® HEALTH GUIDE AND JOURNAL

The TLS Health Guide and Journal helps you set realistic goals and addresses why you may be facing a weight management struggle. It explains low glycemic-impact eating and provides sample meal plans to make getting started simple. This guide also provides 90 days of journaling to keep you on track through the entire program.

[au.tlsSlim.com](http://au.tlsSlim.com)

An interactive website and mobile-friendly application that provides:

- Accountability to help you achieve your results in the time frame you wish to achieve them
- Free weight management profile to help determine which program best meets your needs
- Exercise plans, recipes, educational videos, tips and more\*

## HOW IT WORKS

### BODY COMPOSITION

Traditional diets focus solely on the number on the scale. In addition, more of the weight reduction you experience often comes from water and muscle loss. TLS Weight Management Solution, however, focuses on loss of body fat. TLS Weight Management Solution emphasises achieving healthy body composition by increasing the ratio of muscle to fat, because muscle dictates metabolism. To obtain a healthy body composition, TLS Weight Management Solution emphasises the importance of combining low-glycaemic eating with exercise.

### BEHAVIOUR MODIFICATION

For any weight management program to succeed, change must occur. Change usually requires you to overcome fear. Once you do, your life changes for the better. TLS Weight Management Solution makes it a point to address this very important aspect of success to ensure past mistakes are not repeated. Small, manageable changes lead to long-lasting results.

### SUPPLEMENTATION

TLS Weight Management Solution provides scientifically developed weight management supplements designed to support your weight management efforts. Each formula addresses different processes in your body that cause you to gain weight or hinder your weight management efforts.\*\* TLS supplements are designed to work synergistically and [au.tlsSlim.com](http://au.tlsSlim.com) will recommend a custom regimen based on a brief questionnaire to maximise your success with TLS Weight Management Solution.



MANAGEABLE CHANGES  
LEAD TO LONG-LASTING RESULTS.

\*Consult your physician before beginning any new exercise program.

\*\*Many products are made available through [GLOBAL.SHOP.COM](http://GLOBAL.SHOP.COM). This personal consumption program allows US products to be shipped to Australia that are not available for regular sale in Australia. These products are not listed with TGA. Any products for personal consumption must be only for your personal use.

## TLS WEIGHT MANAGEMENT SOLUTION SUPPLEMENTS

Available on GLOBAL.SHOP.COM\*



### TLS CORE Fat & Carb Inhibitor\*

TLS CORE helps you lose weight and feel great, prompting weight loss by helping to inhibit carbohydrate absorption. CORE also supports leptin sensitivity, which may help to reduce appetite and stimulate lipolysis (fat loss).



### TLS ACTS Adrenal, Cortisol, Thyroid & Stress Support Formula\*

TLS ACTS is designed to help support the body's ability to regulate adrenal function during times of stress by promoting healthy cortisol levels and maintaining healthy thyroid function to support your weight loss goals.



### TLS Thermochrome\*

TLS Thermochrome V6 uses high quality ingredients, including caffeine from green tea and theobromine, both gentle on the body without compromising on caffeine's benefits for energy, thermogenesis and metabolic drive. With TLS Thermochrome V6's unique thermogenic blend, it can help the body burn through fat and maintain healthy blood sugar levels.\*



### Tls Green Coffee Plus Garcinia Cambogia\*

TLS Green Coffee Plus Garcinia Cambogia helps facilitate the use of stored fat as a source of energy — promoting thermogenesis and accelerating fat-burning in the body when used as part of the TLS system. In addition, Svetol® Green Coffee Extract is the most clinically researched brand of green coffee bean extract.

## TLS BEVERAGE OPTIONS



### TLS Trim Tea\*

TLS® Trim Tea is a gluten-free, thermogenic slimming tea formulated to promote a multi-functional method to weight loss. Containing GoTrim™ (Irvingia Gabonensis/African Mango) and black tea extract, Trim Tea uses a three-pronged approach to tackle weight management, targeting: satiety, appetite control and metabolic balance.



### TLS Trim Café\*

Trim Café contains Columbian Arabica Coffee powder and GoTrim™ (Irvingia Gabonensis/African Mango). With GoTrim™, Trim Café provides three main mechanisms of action to promote healthy weight loss: fullness, appetite control and metabolic balance.\*



### TLS Nutrition Shakes

High in protein and containing 10 grams of fibre per serving, TLS Nutrition Shakes make a satisfying meal replacement. TLS Nutrition Shakes help you avoid hunger and provide the energy and nutrition you need.

## Getting Started

Just go to [au.tlsSlim.com](http://au.tlsSlim.com) and take your free Weight Management Profile. Once you receive a customised Menu Plan based on your unique health and weight management goals, you can get started right away!



\*Many products are made available through GLOBAL.SHOP.COM. This personal consumption program allows US products to be shipped to Australia that are not available for regular sale in Australia. These products are not listed with TGA. Any products for personal consumption must be only for your personal use.

†Svetol® is a registered trademark of Naturex, Inc.

‡Contains milk from cows not treated with rBGH. No significant difference has been shown between milk derived from rBGH-treated cows and non-rBGH-treated cows.