



# TLS® 30-DAY JUMP-START KIT FAQs

## 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.\*†

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

When you purchase the kit, a booklet is included to guide you through it, step by step. You can also download the booklet from our [tlsSlim.com](https://tlsSlim.com) website.

## 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 one of our 12-week TLS programs. If you aren't ready to commit to a longer plan but want to lose weight, feel better or have an event coming up you want to look your best for, this is the perfect program!

## Should I take the Weight Loss Profile 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 Weight Loss Profile it will suggest (based on your answers) one of our TLS programs. This is customized to you! We encourage you to continue with your customized result once you complete the 30-Day Jump-Start program.

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

While you can stay on Phase 2 for as long as you would like, we advise repeating Phase 1 no more than every three months, or as recommended by your healthcare provider.

## Why is detoxing (Phase I) important?

Detoxing assists with improving your metabolism, curbing your cravings and kick-starting your weight loss. It's important to detox because overeating, consuming unhealthy foods and drinking sugary drinks burdens your digestive tract and liver. Over time, this can lead to poor digestion and the inadequate absorption of nutrients. Foods like refined grains, starches, sugars and unhealthy fats do not give your body the nutrients it needs. This causes you to feel hungry, tired and bloated — forcing your body to stay in fat storage mode. Your 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 becomes so overloaded that it can't fully metabolize fat, which causes vitamin deficiencies and poor digestion.

## Is it normal to feel tired during Phase 1?

Yes, during Phase 1 your body is flushing out toxins and refreshing itself, which can cause fatigue. However, midway through Phase 1 you'll experience less bloating and increased energy levels.

## Why are the recommended supplements beneficial?

- **NutriClean® 7-Day Cleansing System:** This colon- and liver-cleansing supplement uses nutrients, herbs and botanicals to mildly purge, detoxify and cleanse the digestive system.\*
- **Isotonix Daily Essentials Kit:** Convenient on-the-go packets with four essential customer favorites: Isotonix OPC-3®, The most powerful antioxidant supplement on the market today; Isotonix® Multivitamin, so you get total nutrition; Isotonix Activated B-Complex, to increase your energy; and Isotonix Calcium Plus, essential for maintaining strong bones, healthy teeth and gums.\*

\*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.

- **TLS® CORE Fat & Carb Inhibitor:** TLS CORE assists with weight loss and helps inhibit carbohydrate absorption in the body.\*
- **TLS Nutrition Shakes:** These delicious chocolate and vanilla shakes are formulated to deliver an optimal balance of protein, carbohydrates and fats in every serving. TLS Nutrition Shakes are perfect for anyone who finds it difficult to get the recommended daily amount of fiber and protein.

### Can I use other TLS or Market America products during the 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. You should consult your physician before beginning this or any other weight-management program.

### Do I have to take all of the recommended supplements?

For the best results we suggest using all of the recommended supplements. Success stories from our program were based on participants utilizing the recommended supplements.

### What support materials are available?

Aside from the support materials included in the kit, you can download countless recipes, meal plans, exercise and workout options on [tlsSlim.com](http://tlsSlim.com) for free. One of our best tools is the *TLS Health Guide & Journal*, which you can purchase on the site. It contains life-changing education and tracking sheets for your long-term success.

### Why are dairy and grains not allowed?

The TLS 30-Day Jump-Start Kit is a strict program designed for rapid but healthy weight loss. Even high-quality dairy and grains can slow weight loss efforts and cause bloating. To achieve the best results dairy and grains should not be consumed.

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

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

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

### Can I eat raw nuts?

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 loss, and although nuts have many health benefits, the fats from oils are not preferred during the program to achieve optimal results.

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

Exercise is recommended during Phase 2, but not Phase 1 of the Challenge. During Phase 1 strenuous exercise must be avoided; rather, enjoy light, gentle stretching or yoga, and walking. In Phase 2 exercise is required. While each person may be at a different level, for overall cardiovascular health, the American Heart Association recommends at least 30 minutes of moderate-intensity aerobic activity at least 5 days per week.\*\* If you currently exercise more than the recommendations, it is advised to maintain your current plan. It is important to consult your healthcare provider before starting any weight loss or exercise program.

\*\*[http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/FitnessBasics/American-Heart-Association-Recommendations-for-Physical-Activity-in-Adults\\_UCM\\_307976\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/FitnessBasics/American-Heart-Association-Recommendations-for-Physical-Activity-in-Adults_UCM_307976_Article.jsp)

### 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 Profile on [tlsSlim.com](http://tlsSlim.com). This will determine the best long-term weight loss solution for you. If you reached your goal, you may want to consider becoming a Certified TLS Coach. Being a part of the weight loss industry and helping others reach their goals is also a great way to keep you on track.

### 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).

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

Watch the **TLS Introduction Video** on YouTube, ask your TLS Coach, or visit [tlsSlim.com](http://tlsSlim.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 inches and pounds 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)!