



TLS® 30-DAY JUMP-START KIT FAQs

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 30-Day Jump-Start Kit is for you.

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

During Phase 1, take the NutriClean Cleansing System, Isotonix Daily Essentials Packets and TLS CORE Fat & Carb Metabolizer supplements. In Phase 2, use the TLS Nutrition Shakes as snacks and continue taking the Isotonix Daily Essentials Packets and TLS CORE Fat & Carb Metabolizer supplements. For best results, use in conjunction with the 30-Day Challenge Booklet. Follow the nutritional directive outlined in the guide and take supplements as directed.

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

This kit is designed to maximise 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 Management 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 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 practitioner.

Why is detoxing (Phase I) important?

Detoxing assists with improving your metabolism, curbing your cravings and kick-starting your weight management. 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.

How does TLS CORE Fat & Carb Metabolizer support weight management?

In the weight management game, carbohydrates can really pack on the pounds. Carbohydrates can also trigger leptin resistance and lead to higher blood sugar levels, increasing insulin causing the body to store fat. When you work toward your weight management

and healthy lifestyle goals, TLS CORE Fat & Carb Metabolizer works as hard as you. TLS CORE Fat & Carb Metabolizer contains the active ingredient Phase 2, a white kidney bean extract. Phase 2 inhibits the enzymes that normally break down carbohydrates into glucose within the small intestine. As a result, the absorption of glucose from carbohydrate-rich foods, such as bread, potatoes, rice and pasta is inhibited. This gives you an advantage by minimizing the effects of surplus carbohydrates that are waiting to be converted into fat within the body. TLS CORE Fat & Carb Metabolizer contains GreenSelect (Green Tea Extract Phytosome), a caffeine-free extract from green tea leaves combined with phosphatidylcholine from soybean. Green tea is known for its ability to inhibit the breakdown and absorption of dietary fat. Research has also shown that green tea polyphenols promote a healthy metabolism.

How do I use NutriClean 7-Day Cleansing System?

You need to be sure that you are able to fully commit to the system for seven consecutive days. (Adults): In the morning, 30 minutes before or two hours after your first meal of the day, take one Release tablet (from the blister pack) and one Hepatocleanse capsule from the clear packet. Also, 30 minutes before or two hours after your first meal of the day, and two hours before or after taking other medications or natural health products (since the absorption of these products may be delayed), mix one rounded scoop (11.3 g) of the powder in 250 ml of cold water, stir or shake briskly and drink immediately. Throughout the day, be sure to drink plenty of water and other fluids (a minimum of 32 ounces/4 cups, optimally 64 ounces/8 cups per day). At bedtime, consume the remaining contents of one clear packet containing a final Hepatocleanse capsule and one more Release tablet and take with food. Consult a healthcare practitioner for use beyond seven days. Repeat this cycle for seven consecutive days, taking the tablets/fiber/capsules at the same time each day.

How do TLS Nutrition Shakes assist with weight management?

Anyone interested in weight management and the achievement of optimal body composition, as well as anyone in search of a quick and easy meal alternative, should take our Nutrition Shakes. TLS Nutrition Shakes assist in weight management by providing a source of quality protein and fibre — much-needed nutrients that also promote a feeling of fullness. TLS Nutrition Shakes are useful as meal replacements to help fight hunger and provide additional protein, fibre and calcium for your meals: breakfast, lunch or dinner. They can be enjoyed anytime. Great for a delicious fast food alternative! Protein provides much-needed nourishment while also blunting hunger pangs, enabling you to feel fuller for longer without becoming deprived of necessary nutrients.

Why is the Isotonix Daily Essentials beneficial?

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 get total nutrition; Isotonix Advanced B-Complex, to boost your B vitamins; and Isotonix Calcium Plus, essential for main-

taining strong bones, healthy teeth and gums.

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.

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.

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 ca.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 management. Even high-quality dairy and grains can slow weight management 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.

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 management, 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 program. 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 Public Health Agency of Canada recommends at least 2.5 hours of moderate to vigorous intensity aerobic activity every week, combined with muscle-strengthening activities two days a week ** If you currently exercise more than the recommendations, it is advised to maintain your current plan. It is important to consult your healthcare practitioner before starting any weight management or exercise program.

** SOURCE: <http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/index-eng.php> <http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/07paap-eng.php>

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 Management Profile on 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 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.

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

Watch the **TLS Introduction Video** on YouTube, ask your TLS Coach, or visit 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 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!