



# 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 Ultimate Aloe® Juice, Isotonix OPC-3®, Isotonix®, Multivitamin and Isotonix Isochrome supplements. In Phase 2, use the TLS Nutrition Shakes as snacks and continue taking the Isotonix OPC-3, Isotonix Multivitamin and Isotonix Isochrome supplements. For best results, use in conjunction with the 30-Day Challenge Booklet. Follow the nutritional directive outlined in the booklet 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 customised to you! We encourage you to continue with your customised 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 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 metabolise 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 is Isotonix Isochrome ideal for the TLS Weight Management Program?

Isotonix Isochrome is a unique formula of compounds including vitamins, minerals, amino acids, coenzyme Q10 and enzymes. Isochrome helps to enhance the body's energy production, cardiovascular health and muscle health, which all are ideal in a fitness or

weight management, all important for everyday life. This is why this supplement is ideal as part of the TLS® Weight Management Solution.

This is why we have Isotonix Isochrome as a key component to our TLS Fat Shredder program. Isochrome incorporates chromium picolinate into its formulation, ensuring that the benefits of chromium — blood sugar and cardiovascular health maintenance, and promotion of muscular strength — are provided. These are then combined with other compounds such as B vitamins, coenzyme Q10 and L-Carnitine, each of which work to support Isochrome's unique benefits for energy and weight management.

### **How do TLS Nutrition Shakes assist in weight loss/management?**

TLS Nutrition Shakes assist in weight loss by providing a source of quality protein and fibre — much-needed nutrients that also promote a feeling of fullness.

### **Why is taking a vitamin supplement important?**

A vitamin may be broadly defined as a substance that is essential for the maintenance of normal metabolic function, but which is not produced in the body and therefore must be consumed from a source outside the body. They are necessary elements in the process of converting food to energy and in the growth and repair of body tissue. Reduction of vitamin levels over extended periods can result in vitamin deficiency. These shortages may lead to symptoms, that can include loss of appetite, loss of body weight, increased irritability, and sleeplessness or constant drowsiness. Deficiencies of this nature can be easily avoided by adequate vitamin intake.

### **Can I use other TLS or Market Australia 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 utilising 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 [au.tlsSlim.com](http://au.tlsSlim.com) for free. One of our best tools is the TLS Journal that comes with the FREE TLS Health Guide, 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 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, Fitness Australia recommends at least 150 minutes of moderate intensity cardiovascular exercise or 75 minutes of vigorous cardiovascular exercise 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 management or exercise program.

\*\* SOURCE: <http://www.heartfoundation.org.au/SiteCollectionDocuments/physical-activityin-patients-with-cvd-management-algorithm.pdf> [http://www.getmoving.tas.gov.au/\\_data/assets-file/0003/45048Fitness\\_Australia\\_cardiovascular\\_exercise\\_prescription\\_for\\_healthy\\_adults1.pdf](http://www.getmoving.tas.gov.au/_data/assets-file/0003/45048Fitness_Australia_cardiovascular_exercise_prescription_for_healthy_adults1.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 Management Profile on [au.tlsSlim.com](http://au.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 Australia UnFranchise® Owner for more information. If you do not have a coach or Market Australia representative, please email [findyourfit@marketaustralia.com.au](mailto:findyourfit@marketaustralia.com.au).

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

Watch the TLS Introduction Video on YouTube, ask your TLS Coach, or visit [au.tlsSlim.com](http://au.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@marketaustralia.com.au](mailto:findyourfit@marketaustralia.com.au)**!