



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 Isotonix® Digestive Enzymes with Probiotics, Isotonix Daily Essentials Packets and TLS CORE with Chromium, White Kidney Bean & LeptiCore® supplements. In Phase 2, use the TLS Nutrition Shakes as snacks and continue taking the Isotonix Daily Essentials Packets, Isotonix Digestive Enzymes with Probiotics and TLS CORE 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 programmes. If you aren't ready to commit to a longer plan but want to manage your weight, feel better or have an event coming up you want to look your best for, this is the perfect programme!

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 programmes. This is customised to you! We encourage you to continue with your customised result once you complete the 30-Day Jump-Start programme.

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 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.

How does TLS CORE 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 towards weight management and healthy lifestyle goals, TLS CORE works as hard as you. White kidney bean extract inhibits enzymes that help break down carbohydrates, allowing certain carbohydrates to pass through the body undigested and stopping them from eventually being converted into fat. Additionally, chromium contributes to normal macronutrient metabolism and the maintenance of normal blood sugar levels, while LeptiCore® may help support overall health and well-being to further support your weight management goals.

Why is Isotonix® Digestive Enzymes with Probiotics important for me?

Proper digestion is essential for the body to effectively utilise food for use by cells and tissues. Enzymes support the normal breakdown of food into substances that can be used to provide energy to the body. Supplementation with digestive enzymes provides the body with the additional support it needs for proper digestion. Isotonix Digestive Enzymes with Probiotics is more than an occasional digestion aid; it utilises a formula of patented ingredients — including DigeZyme®, an effective probiotic enzyme blend, and Lactospore®, a special probiotics strain, that replenish essential digestive enzymes and probiotics for your health. In addition, Isotonix Digestive Enzymes with Probiotics is formulated using the revolutionary Isotonix delivery system. Our high-quality Isotonix Digestive Enzymes with Probiotics product is a lemon flavoured, easy-to-take, and once-a-day supplement both children and adults will enjoy. The formula is great for you and great for them, making it an affordable solution for the entire family! Also, for those who have difficulty swallowing tablets, Isotonix Digestive Enzymes with Probiotics is the ideal supplement of choice.

How do TLS Nutrition Shakes assist with weight management?

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

Why is the Isotonix Daily Essentials beneficial?

The Isotonix Daily Essentials Packets is a convenient on-the-go packet with four essential customer favourites: Isotonix OPC-3®, the most powerful antioxidant supplement on the market today; Isotonix Multivitamin, so you get total nutrition; Isotonix Activated B-Complex, to boost your B vitamins; and Isotonix Calcium Plus, essential for maintaining strong bones and healthy teeth.

Can I use other TLS or Market United Kingdom products during the programme?

The TLS 30-Day Jump-Start Kit provides all the recommended supplementation you need for the programme. However, you may use the optional supplements listed in the guide for additional support, or other supplements if necessary. You should consult your healthcare practitioner before beginning this or any other weight management programme.

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 programme 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 uk.tlsSlim.com for free. One of our best tools is the *TLS Journal*, which you can purchase on the site and comes with a FREE TLS Health Guide download. 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 programme 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 programme 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 programme. 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, England's National Health Service (NHS) recommends at least 150 minutes of moderate-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 programme.

**SOURCE: <https://www.nhs.uk/live-well/exercise/>

What happens after 30 days?

We encourage you to continue with the TLS lifestyle with one of our incredible programmes. Determine which one is for you by taking the free Weight Management Profile on uk.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 United Kingdom UnFranchise® Owner for more information. If you do not have a coach or Market United Kingdom representative, please email FindYourFit@marketunitedkingdom.com.uk.

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

Watch the **TLS Introduction Video** on YouTube, ask your TLS Coach or visit uk.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.
5. Don't forget to sign your testimonial waiver.
6. Now you're ready to send everything to FindYourFit@marketunitedkingdom.com!