



# 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 weight to lose or want to start a new healthy lifestyle.

## 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.

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

Although you can do this program each month we recommend you either stay on Phase 2 as long as you want or transition into our Sure and Steady program to continue your TLS lifestyle. It is also encouraged to repeating our Phase 1 Cleanse and detox every 3 months.

## 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. Be sure to get plenty of sleep, walking also helps to support the body in the detox process. Most will feel energized by the end of Phase 1.

## Why are the recommended supplements beneficial?

- **Timeless™ Evergreen Formula:** A combination of vitamins, minerals and special herbs that helps protect the body from the negative effects of free radicals which are produced during detoxification process.
- **NutriClean™ Fiber with L-Glutamine & Probiotics:** Promotes bowel regularity while supporting bacterial balance in the gut.
- **Isotonix Daily Essentials Kit:** Isotonix™ OPC-3™ Plus, acts as an antioxidant; Isotonix™ Multivitamin and Minerals, so you get total nutrition; Isotonix™ B-Complex Plus Powder for proper bodily function; and Isotonix™ Calcium Plus, essential for maintaining strong bones, healthy teeth and gums.\*
- **Isotonix™ Digestive Enzyme Plus:** Promotes healthy digestion and nutrient absorption.
- **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 Market Malaysia 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 our recipe booklet, exercise guide and more in your UFMS or get it from your TLS Coach.

### **Why are dairy and grains not allowed?**

The TLS 30-Day Jump-Start Kit is a strict program designed for healthy weight management. 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. Although Dairy is not allowed, some wonder why there is a dairy based protein in our Nutrition shakes. Firstly, we source the highest quality. Milk is made of two proteins, casein and whey. Whey protein can be separated from the casein. Whey protein is considered a complete protein as it contains all 9 essential amino acids and has a low lactose content.

### **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 healthy 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 management 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)

### **Why can't I have beans during this program?**

One purpose of the 30-Day Jump-Start Kit is to improve digestive health. Beans can be difficult for some to digest, which is why they are not on the approved list. Canned beans are also high-glycemic.

### **What happens after 30 days?**

We encourage you to continue with the TLS lifestyle with this program or you can transition into our TLS Sure and Steady meal plan. Sure and Steady is more lenient but will keep you on track to maintaining or achieving your goals.

### **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 Malaysia UnFranchise® Owner for more information.

### **Where can I learn more about TLS Weight Management?**

Watch the **TLS Introduction Video** on YouTube, ask your TLS Coach, or visit [MY.SHOP.COM](http://MY.SHOP.COM).

