

# WHAT'S IN YOUR SNACK?

We compared the nutritional value of TLS® Shakes vs. other common snacks.\*

**19 GRAMS**  
OF PROTEIN



**PROVIDES 24**  
ESSENTIAL VITAMINS  
AND MINERALS

**10 GRAMS**  
OF FIBER WITH ONLY  
6 GRAMS OF FAT

**ONLY 3**  
GRAMS OF SUGAR



**Special K™ Protein Shake**  
Protein: 10g | Fiber: 5g  
Sugar: 18g



**Nature Valley® Oats 'N Honey**  
Protein: 4g | Fiber: 2g  
Sugar: 12g



**Yoplait® Strawberry Yogurt**  
Protein: 5g | Fiber: 0g  
Sugar: 26g



**CLIF® Energy Bar**  
Protein: 10g | Fiber: 5g  
Sugar: 22g

★★★★★

"I've tried a few nutrition shakes and TLS is by far the best tasting and most satisfying. Love these shakes!"

- Diane M

# SHAKE

THINGS UP IN YOUR LIFE  
[tlsSlim.com](http://tlsSlim.com)

Creamy Vanilla  
6390 | \$33.95

Chocolate Delight  
6391 | \$33.95

**TLS®**  
WEIGHT LOSS  
SOLUTION

SHIPFREE AVAILABLE

The other snack examples and their companies shown here are not associated or affiliated with Market America in any way.

\*Amounts shown are per serving.