

# Your #1 Choice for a Healthy Meal Replacement.



**11g Fibre** per serving

**18g Protein** per serving

**1.6-3.2g Sugar** per serving

**TLS WEIGHT MANAGEMENT SOLUTION**

## TLS NUTRITION SHAKES

Shake Up Your Routine.

**TLS NUTRITION SHAKES** provide a great healthy nutritional alternative for active lifestyles. They are great-tasting, formulated meal-replacement shakes available in two delicious flavours: Chocolate Delight and Creamy Vanilla. TLS Nutrition Shakes are specifically formulated to deliver an optimal balance of 18 grams of high-quality soy protein to handle your hunger, allowing you to feel full and stay satisfied. Protein is also necessary for tissue building and repair and contributes to the maintenance of muscle mass. Our TLS Nutrition Shakes are balanced and also deliver 10-11 grams of dietary fibre and 25 different vitamins and minerals — all with under six grams of fat per serving!

Easy to prepare, our shakes are a convenient healthy meal-replacement alternative to a high-kilojoule (kj) breakfast, lunch or dinner. You can also mix them with fruit and milk to provide the health and nutrition you need to keep going, and to stay away from fast food alternatives.

When compared with similar meal-replacement shakes, our TLS Nutrition Shakes contain fewer kilojoules, less fat and are lower in saturated fat. Our shakes are also higher in protein, lower in sugar (only 1.6 – 3.2 grams), and higher in fibre than most other Canadian shakes. A high-fibre count is desirable, as it helps fill you up so we formulated our shakes to contain Fibersol®-2 which is a highly concentrated form of dietary fibre. They also contain natural flavours, no added colour and our product does not contain gluten.

Our formula contains less than 975 kj per serving and a diet reduced in energy (kilojoule-restricted diet) with regular exercise may contribute to weight loss or weight maintenance. Also, many clinical studies show that daily use of meal-replacement shakes helps with weight loss more rapidly in obese individuals and can lose more total weight with protein as a major diet component.

If you want a healthier weight management routine, TLS Nutrition Shakes provide a quick and easy meal to satisfy hunger as a healthy alternative to fast food. Treat your body to a delicious meal-replacement shake!

- Great-tasting nutrition shake
- Available in two flavours: Chocolate Delight and Creamy Vanilla
- Easy to prepare
- Convenient, re-sealable canister
- Excellent source of fibre
- High in protein
- No colour added
- Source of calcium
- Low in saturated fat
- 25 vitamins and minerals per serving
- Contains antioxidant vitamins C and E
- Gluten free

### TLS NUTRITION SHAKES (14 Servings)

Creamy Vanilla | Code: C6390

Chocolate Delight | Code: C6391



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