

The background of the image shows the upper bodies of two individuals, a man and a woman, from the chest down to the waist. They are standing side-by-side with their hands on their hips. A semi-transparent blue rectangular overlay covers the central portion of the image, serving as a background for the text.

# YOUR GUIDE TO A HEALTHY WEIGHT

)i(TLS®



# WHAT ARE YOUR GOALS?

- Why do you want to manage your weight?
- What is your ideal weight?
- How will your life be different when you achieve your ideal weight?



# WHAT ARE YOUR STRUGGLES?

## Why do you struggle with weight?

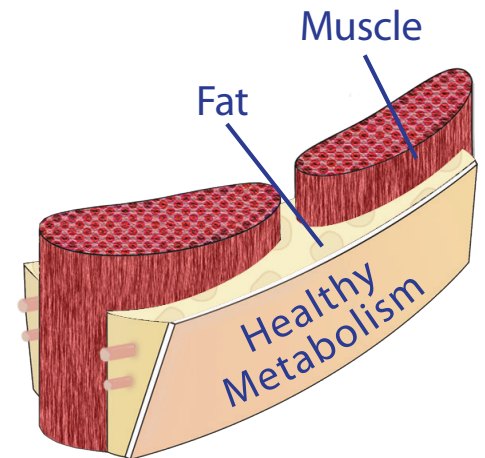
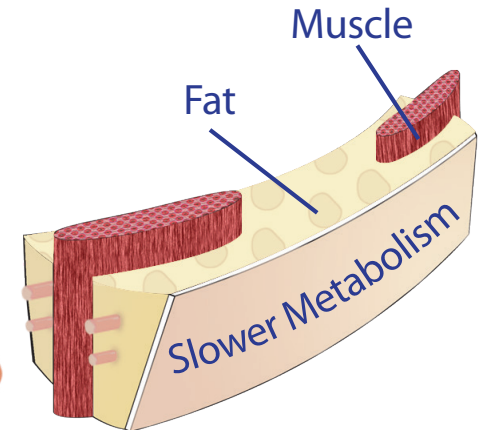
- ☐ Too much to do for everyone else
- ☐ I don't have time to exercise
- ☐ I don't like to cook
- ☐ I spend a lot of time at work
- ☐ I've tried to diet, but nothing has worked/I've fallen off the wagon
- ☐ I make poor food choices
- ☐ I eat too much, too often
- ☐ Other: \_\_\_\_\_





# WEIGHT MANAGEMENT ISN'T UNIVERSAL

- There's no one-size-fits-all plan for weight loss. What's right for someone else isn't always right for you.
- Many commercial weight loss programs place an emphasis on what to eat, not how to eat.
- Many programs focus on weight loss, rather than actual fat loss. True health and fitness is the result of an optimized ratio of muscle to fat.



The saying goes, "Muscle dictates metabolism." The less muscle you have, the slower your metabolism. The more you have, the stronger your metabolism.



# WHAT IS THE TLS<sup>®</sup> SOLUTION?

## Four Components

### Low-Glycemic-Impact-Eating

- It's about eating right, not eating less.

### Body Composition

- Focusing on fat loss instead of weight loss.

### Science-Based Supplementation

- Working with your body to enhance weight loss efforts.

### Education

- Being aware and changing unhealthy behaviors for life.



# LOW-GLYCEMIC EATING

## WHY LOW-GLYCEMIC-IMPACT?

LEADING A LOW-GLYCEMIC-IMPACT LIFESTYLE DOESN'T HAVE TO BE COMPLICATED. HERE'S A QUICK INTRO ON HOW THE GI OF FOODS AFFECTS YOUR METABOLISM AND HELPS YOU BURN FAT.

BLOOD SUGAR LEVELS

THIS IS YOUR **FAT-BURNING ZONE**

IDEAL FOR WEIGHT LOSS.

EATING **LOW-** AND **MEDIUM-** GI FOODS KEEPS YOU HERE.



## HIGH-GI FOODS

SPIKE YOUR BLOOD SUGAR, CAUSING YOU TO LEAVE THE FAT BURNING ZONE...

...AND LEAD TO **SAPPING** YOUR ENERGY.

A BALANCED DIET OF **LOW-** AND **MEDIUM-** GI FOODS GETS YOU BACK ON TRACK TO **FIND YOUR FIT.**





# WHAT ARE YOUR OPTIONS?

TLS Weight Loss Solution is the most customizable weight loss program available today.

Finding a solution that fits your lifestyle has never been easier.

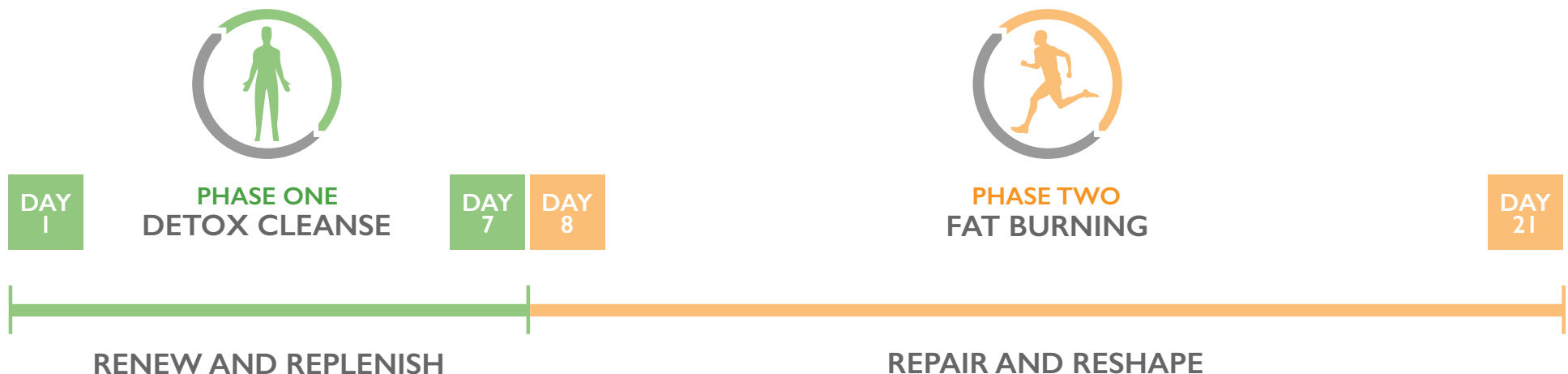


\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

# 21-DAY CHALLENGE

## Why it's for you:

You're looking for a healthy way to take control of your weight, fast. You're committed to staying focused and following a regimented plan. You want to focus on flushing your body of toxins, curbing your unhealthy cravings and obtaining optimal body composition.



## Results to expect:

The seven-day detox cleanse, Phase 1, will purge the body of toxins and prepare it for Phase 2, fat-burning. With Phase 2, you can lose up to 10 pounds.

\*Consult your physician or other healthcare professional before starting this or any other exercise program. If you experience faintness, lightheadedness, dizziness, pain or shortness of breath at any time while exercising, you should stop immediately and consult your physician or other healthcare professional. Do not start this program if your physician or healthcare professional advises against it.



# 21-DAY CHALLENGE

## What you'll do:

### PHASE 1

Follow a strict meal plan:

- ½ lemon in 1 cup warm water every morning
- At least eight glasses of water (8 oz. each) per day
- Up to 3 servings of fruit each day
- Unlimited vegetable servings
- 2 servings of protein each day
- 2 servings of good fats each day
- No grains, starches, dairy, sugars, artificial sweeteners, alcohol or caffeinated beverages (coffee, soda)
- Avoid strenuous exercise; rather, enjoy gentle stretches or yoga
- Take TLS® supplements, as directed

### PHASE 2

Follow a strict meal plan:

- At least eight glasses of water (8 oz. each) per day
- 6-12 servings of vegetables each day
- 2 TLS® Nutrition Shakes each day
- 3-4 servings of protein each day
- 2 servings of good fats each day
- 1 serving of fruit
- No dairy
- For overall cardiovascular health, the American Heart Association recommends at least 30 minutes of moderate-intensity aerobic activity at least 5 days per week.\*\*
- Take TLS® supplements, as directed

## TLS® CHALLENGE BOOKLET



## 3-WEEK PROGRAM

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\*\*[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)

# DETOX POWER FOODS

## Why it's for you:

For first-time TLS participants, this four-to seven-day detox prepares the body for the TLS program; for those who experience a plateau, it helps **kick-start weight loss efforts**.

## Results to expect:

Varies by individual; the seven-day plan purges the body of toxins, resulting in reduced energy in the first few days, followed by an increase later in the week.

## What you'll do:

- Remove unhealthy foods (“junk food”) from the house
- Follow a strict meal plan:
  - 3 servings of fruit each day
  - As many raw vegetables as you want
  - At least eight glasses of water (8 oz. each) per day
  - 2 servings of protein each day
  - 2 servings of good fats each day
  - Eliminate all grains and starches, sugars and artificial sweeteners, dairy, alcohol and caffeine (coffee, soda)

## TLS® MENU PLANS



### Why It's For You:

You're looking for a kick-start and want to receive the maximum benefit from TLS Weight Loss Solution. Whether this is your first time participating in TLS or you're stuck in a plateau, this 4-7 day detox will curb your appetite for sweet, salty and fatty foods while supporting your weight loss efforts.

### A Day On Detox:

Below is an example of some of the foods you can eat. Drink at least 8 glasses (8 oz.) of water daily, and supplement based on your Weight Loss Profile recommendation.





**BREAKFAST:** WARM LEMON WATER<sup>1</sup> & GREENS-ON-THE-GO<sup>2</sup>

**AM SNACK:** SPICY GAZPACHO<sup>1</sup>

**LUNCH:** STRAWBERRY SALAD<sup>1</sup>

**PM SNACK:** VEGETABLE MEDELY<sup>1</sup>

**DINNER:** SPICY CARROT SOUP<sup>1</sup>

**SNACK:** VANILLA BANANA CREAM<sup>1</sup>

<sup>1</sup>All recipes are found on [tlsdiet.com](http://tlsdiet.com) (must have active subscription)



**Isotonix® OPC3® with Pycnogenol®:**

- Helps maintain healthy cholesterol and blood glucose levels
- Demonstrates anti-inflammatory activity

**Isotonix® Multivitamin:**

- Contains 100% or more of the recommended daily allowance of essential vitamins
- Helps maintain normal metabolic functioning

**NutriClean® 7-Day Cleansing System:**

- Helps maintain digestive health
- Helps cleanse the colon, bowel, and detoxify the liver

**TLS® CORE Fat & Carb Inhibitor:**

- Helps inhibit carbohydrate absorption in the body
- May help suppress appetite by promoting a feeling of fullness

<sup>1</sup>Pycnogenol® is a registered trademark of Heipha Research Ltd., and is protected by US Patent Numbers 4,498,365, 5,728,355 and 6,572,366.

## 7-DAY CLEANSE

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# FAT SHREDDER

## Why it's for you:

For those who are extremely committed to achieving short-term weight loss goals, the Fat Shredder program is a high-intensity, two-week, weight loss regimen. Through a focused food guide, a quick, but intense, workout plan and use of TLS supplements, you'll shred fat, add muscle and feel better, physically and emotionally, knowing you can do anything you set your mind to doing.

## Results to expect:

Lose up to 10 pounds during this two-week program.

## What you'll do:

- Follow a strict meal plan with each day consisting of:
  - 1 TLS® Whey Protein Shake
  - 6-12 servings of vegetables
  - 2 TLS® Nutrition Shakes
  - 3-4 servings of protein
  - 2 servings of good fats
  - 1 serving of fruit
- Take TLS® supplements, as directed

## TLS® MENU PLANS



# FAT SHREDDER

## LOSE 10 POUNDS IN 2 WEEKS

### Why It's For You:

You're extremely committed to achieving swift weight loss goals through an effective program. You'll shed fat and feel better, physically and emotionally, knowing you can do anything you set your mind to.



### A Day On Fat Shredder:

Below is an example of some of the foods you can eat. Drink at least 8 glasses (8 oz) of water daily, and supplement based on your Weight Loss Profile recommendation.



BREAKFAST:  
VEGGIE OMELET



AM SNACK:  
MINT CHOCOLATE SHAKE



LUNCH:  
HERB ROASTED CHICKEN



PM SNACK:  
STRAWBERRY & SPINACH SHAKE



DINNER:  
TUSCAN COD



POST WORKOUT:  
TLS® WHEY PROTEIN SHAKE

### Meet our Family of Supplements

The products in your plan will be customized to suit your needs.



**ACTS:** Minimize stress-related weight gain  
**CLA:** Target stubborn belly fat  
**CORE:** Tame hunger  
**Green Coffee:** Inhibit the conversion of sugar into fat  
**Thermochromax:** Support normal metabolic functions  
**Nutrition Shake:** Snack or occasional meal replacement  
**Whey Protein Shake:** Protein supplement or post-workout shake

Torulin CLA® is an exclusively licensed product of BASF Personal Care and Nutrition GmbH.

## 2-WEEK PROGRAM

\*Consult your physician or other healthcare professional before starting this or any other exercise program. If you experience faintness, lightheadedness, dizziness, pain or shortness of breath at any time while exercising, you should stop immediately and consult your physician or other healthcare professional. Do not start this program if your physician or healthcare professional advises against it.

# RAPID RESULTS

## Why it's for you:

You're motivated, dedicated and committed to do what it takes to reach your weight loss goals. You're ready to break unhealthy habits and start shedding fat and inches.

## Results to expect:

Lose 2-3 pounds per week.

## What you'll do:

- Follow a strict, low-glycemic menu plan, with each day consisting of:
  - 5-6 servings of protein
  - 6-12 servings of vegetables
  - 2 servings of dairy
  - No grains or starches
  - 2 servings of good fats
  - 2 servings of fruit
- Exercise (4-5 days per week)
- Take TLS® supplements, as directed

## TLS® MENU PLANS



# RAPID RESULTS

LOSE 2-3 POUNDS PER WEEK

### Why It's For You:

You're motivated, dedicated and committed to doing whatever it takes to reach your weight loss goals. Get ready to break unhealthy habits, and start losing fat and inches.

### A Day on Rapid Results:

Below is an example of some of the foods you can eat. Supplement based on your Weight Loss Profile recommendation.





BREAKFAST:  
VEGGIE OMELET



AM SNACK: CHOCOLATE  
RASPBERRY SHAKE



LUNCH:  
SUNBURST CHICKEN SALAD



PM SNACK:  
LETTUCE WRAPS



DINNER: HOISIN-GLAZED  
SCALLOPS w/GRILLED ZUCCHINI



WATER:  
EIGHT (8 OZ) GLASSES DAILY

### Meet our Family of Supplements

The products in your plan will be customized to suit your needs.



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# SURE & STEADY

## Why it's for you:

Some people don't dive right into the water; they ease their way in. The Sure & Steady plan helps those individuals looking to make gradual changes to their lifestyle, one day at a time. Throughout this 12-week program, you'll see that even small changes to your diet, regular exercise and support from TLS® supplements can help achieve a healthier you.

## Results to expect:

Lose 1-2 pounds per week.

## What you'll do:

- 5-6 servings of protein
- 6-12 servings of vegetables
- 2 servings of dairy
- 1 serving of starches
- 2 servings of good fats
- 1 servings of whole grains
- 2 servings of fruit
- Exercise (3-5 days per week)
- Take TLS® supplements, as directed

## TLS® MENU PLANS



### SURE & STEADY

LOSE 1-2 POUNDS PER WEEK

#### Why It's For You:

You're looking to make gradual changes to your lifestyle and reach your goal weight, one day at a time. With the TLS® Sure & Steady program, it's not if you'll hit your goal, but when.

#### A Day on Sure & Steady:

Below is an example of some of the foods you can eat. Supplement based on your Weight Loss Profile recommendation.





**BREAKFAST:**  
BANANA PROTEIN PANCAKES



**AM SNACK:**  
VEGGIES WITH HUMMUS



**LUNCH:**  
PORTOBELLO CHICKEN PIZZA



**PM SNACK:**  
GO GREEN SHAKE



**DINNER:** TENDERLOIN STEAK  
WITH SALSA VERDE



**WATER:**  
EIGHT (8 OZ) GLASSES DAILY

#### Meet our Family of Supplements

The products in your plan will be customized to suit your needs.



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# CONTINUED COMMITMENT

## Why it's for you:

You're at a healthy weight and are looking to maintain a healthy lifestyle. You want to focus on maintaining optimal body composition but are looking for a plan with flexibility, allowing the occasional indulgence.

## Results to expect:

Healthy, everyday living at your target weight.

## What you'll do:

- Follow a balanced and healthy menu plan, with each day consisting of:
  - 5-6 servings of protein
  - 6-8 servings of vegetables
  - 2 servings of dairy
  - 1 serving of starches
  - 2 servings of good fats
  - 2 servings of whole grains
  - 3 servings of fruit
- Exercise (3-6 days per week)
- Continue use of TLS® supplements, as needed

## TLS® MENU PLANS



# CONTINUED COMMITMENT

A GUIDE TO HEALTHY, EVERYDAY LIVING AT YOUR TARGET WEIGHT

### Why It's For You:

You're at a healthy weight and are looking to maintain a healthy lifestyle. You want to focus on maintaining optimal body composition but are looking for a plan with flexibility, allowing the occasional indulgence.



### A Day on Continued Commitment:

Below is an example of some of the foods you can eat.



**BREAKFAST:**  
EGG SCRAMBLE



**AM SNACK:**  
CHOCOLATE COCONUT SHAKE



**LUNCH:**  
CHICKEN SALAD SQUASH BOATS



**PM SNACK:** PEANUT BUTTER  
APPLE-CINNAMON WEDGES



**DINNER:** BAKED PORK CHOPS  
WITH APPLE TOPPING



**WATER:**  
EIGHT (8 OZ) GLASSES DAILY

### Meet our Family of Supplements

The products in your plan will be customized to suit your needs.



**ACTS:** Minimize stress-related weight gain  
**CLA:** Target stubborn belly fat  
**CORE:** Tame hunger  
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**Thermochromax:** Support normal metabolic functions  
**Nutrition Shakes:** Snack or occasional meal replacement  
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Totally TLS® is an exclusively licensed product of BASF Personal Care and Nutrition GmbH.

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# SIMPLY DELIVERED

## Why it's for you:

Do you struggle to find time to cook, but still want to eat healthy? Try our Simply Delivered Meal Program in conjunction with our TLS Menu Plans and get healthy food delivered to your door!

## What you'll do:

- Enjoy chef-prepared, low-glycemic meals.
- Visit SHOP.COM and select one our Partner Store food delivery services, BistroMD or Chef'd, to get meals delivered to your door
  - 2 TLS® Nutrition Shakes per day as snacks
  - 6 servings of vegetables per day
  - 2 servings of fruit per day
- Exercise (3-5 days per week)
- Take TLS® supplements, as directed



bistroMD

CHEF'D



## SIMPLY DELIVERED

LOSE 1.5 – 2.5 POUNDS PER WEEK

### Why It's For You:

You're looking for a weight loss plan that fits your on-the-go lifestyle. You don't want to worry about cooking, grocery shopping or counting calories. TLS® Simply Delivered brings healthy, fresh meals right to your door!

### A Day On Simply Delivered:

Below is an example of some of the foods you will eat. Drink at least 8 cups of water daily, and supplement based on your Weight Loss Profile recommendation.



**BREAKFAST:** SIMPLY DELIVERED ENTRÉE OF YOUR CHOICE  
• VEGETABLES: 1-2 SERVINGS

**AM SNACK:** TLS NUTRITION SHAKE  
• FRUIT: 1 SERVING

**LUNCH:** SIMPLY DELIVERED ENTRÉE OF YOUR CHOICE  
• VEGETABLES: 1-2 SERVINGS

**PM SNACK:** TLS NUTRITION SHAKE  
• FRUIT: 1 SERVING

**DINNER:** SIMPLY DELIVERED ENTRÉE OF YOUR CHOICE  
• VEGETABLES: 1-2 SERVINGS

**2 PLANS TO CHOOSE FROM:**

FRESH	
24 DAYS	\$29.99 PER DAY

CUSTOM FRESH	
30 DAYS	\$39.99 PER DAY

Order today on [tslim.com/](https://tslim.com/)



**ACTS:** Minimize stress related weight gain  
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**CORE:** Tame hunger  
**Green Coffee:** Inhibit the conversion of sugar into fat  
**Thermochromet:** Support normal metabolic functions  
**Nutrition Shake:** Snack or occasional meal replacement

Tonatin CLA® is an exclusively licensed product of BASF Personal Care and Nutrition GmbH.

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## Find the best custom plan for you based on:

- Lifestyle
- Diet
- Activity levels
- Goals
- Behavior

# WEIGHT LOSS PROFILE

NAME \_\_\_\_\_ COACH \_\_\_\_\_ DATE \_\_\_\_\_

## WEIGHT LOSS GOALS

### 1. WHAT ARE YOUR WEIGHT LOSS GOALS?

- Lose 5-15 lbs (2.3-6.8 kg)
- Lose 16-30 lbs (7.3-13.6 kg)
- Lose 31-50 lbs (14-22.7 kg)
- Lose 51+ lbs (23.1-45.4 kg)
- Lose 101+ pounds (45.8+ kg)
- I just want to be healthy

### 2. WHEN DO YOU WANT TO REACH YOUR GOAL WEIGHT?

- 2 weeks
- 4 weeks
- 12 weeks
- 6 months
- 1 year

### 3. WHAT IS YOUR COMMITMENT LEVEL TO LOSING WEIGHT?

- I'm extremely motivated
- High
- Average
- Low
- I need constant encouragement

## DINING OUT

### 1. DO YOU OR SOMEONE ELSE IN YOUR HOUSEHOLD COOK OR PREPARE MEALS MOST DAYS OF THE WEEK?

- Yes
- No

### 2. HOW OFTEN DO YOU EAT OUT?

- I eat out for every meal, including weekends
- I eat out for every meal during the work week
- I eat out on occasion
- I rarely eat out

## BEHAVIOR & METABOLISM

### 1A. ONCE YOU START EATING, DO YOU FIND IT DIFFICULT TO STOP?

- Yes
- No

### 1B. DO YOU CRAVE FOODS SUCH AS BREADS, PASTAS, BAKED GOODS, AND CHIPS?

- Yes
- No

### 1C. WHEN YOU EAT GRAINS, DO YOU FEEL TIRED, SLUGGISH OR BLOATED?

- Yes
- No

### 1D. HAVE YOU BEEN OVERWEIGHT FOR ONE YEAR OR LONGER?

- Yes
- No

### 2A. ARE YOU STRESSED?

- Yes
- No

### 2B. EVEN WHEN YOU EAT HEALTHY AND EXERCISE, IS IT HARD FOR YOU TO LOSE WEIGHT?

- Yes
- No

### 2C. ARE YOU CONCERNED ABOUT HAVING A SLUGGISH THYROID?

- Yes
- No

### 2D. DO YOU HAVE A PROBLEM FALLING AND/OR STAYING ASLEEP AT NIGHT?

- Yes
- No

### 2E. HAVE YOU BEEN DIAGNOSED WITH HYPERTHYROIDISM (OVER ACTIVE THYROID)?

- Yes
- No

### 3A. DO YOU EAT AT LEAST 25 GRAMS OF FIBER DAILY?

- Yes
- No

### 3B. DO YOU SKIP MEALS OR GO MORE THAN 4 HOURS WITHOUT EATING (WHILE AWAKE)?

- Yes
- No

### 3C. DO YOU EAT BREAKFAST WITHIN 1 HOUR OF WAKING?

- Yes
- No

### 4A. DO YOU CONSUME QUALITY PROTEIN WITHIN 45 MINUTES OF EXERCISING?

- Yes
- No

### 4B. AT EVERY MEAL INCLUDING SNACKS, DO YOU CONSUME PROTEIN?

- Yes
- No

### 4C. WHEN YOU LOSE WEIGHT, DO YOU FEEL LIKE YOU ALSO LOSE ENERGY AND STRENGTH?

- Yes
- No

### 5A. DO YOU FEEL TIRED, UNALERT AND LACKING ENERGY MOST DAYS?

- Yes
- No

### 5B. DO YOU FEEL LIKE YOU'RE STUCK IN A PLATEAU?

- Yes
- No

### 5C. DO YOU FEEL LIKE YOUR METABOLISM NEEDS A BOOST?

- Yes
- No

### 5D. ARE YOU SENSITIVE TO CAFFEINE OR STIMULANTS?

- Yes
- No

### 6A. DO YOU FEEL LIKE YOU LOSE WEIGHT SLOWLY?

- Yes
- No

### 6B. DO YOU WANT TO PROMOTE REDUCTION IN BODY MASS INDEX (BMI)?

- Yes
- No

### 7A. DO YOU HAVE EXCESS FAT ON YOUR STOMACH/HIPS, BUTT OR THIGHS?

- Yes
- No

### 7B. DO YOU WANT HELP TO INCREASE YOUR LEAN MUSCLE MASS?

- Yes
- No

### 7C. ARE YOU ALLERGIC TO PEANUTS?

- Yes
- No

### 8. DO YOU CURRENTLY TAKE A DAILY MULTIVITAMIN SUPPLEMENT?

- Yes
- No



# TLS SUPPLEMENTS



## OVEREATING?

Tame your hunger with TLS® CORE Fat & Carb Inhibitor.

- TLS CORE helps suppress your appetite with the help of Leptincore®, an all-natural ingredient with the demonstrated ability to enhance weight loss.\*
- Promote weight loss, help control carbohydrates and help your body stop storing fat with TLS CORE.\*



## TONING UP?

Slim down with TLS Tonalin® CLA (Conjugated Linoleic Acid).

- TLS Tonalin CLA contains natural ingredients to help redistribute fat to fat-burning muscle tissue, promoting lean muscle mass and decreasing the amount of fat stored in your body.\*
- A great supplement while on an exercise plan, TLS Tonalin CLA will help your body use fat as fuel, helping enhance your lean muscle mass.\*



## STRESSED OUT?

Stabilize your mood with TLS® ACTS Adrenal, Cortisol, Thyroid & Stress Support Formula.

- Don't turn to food to comfort you from stress. Your body's reaction to stress can be directly impacted by the adrenal and thyroid glands and the hormone cortisol, all of which can benefit from TLS ACTS.\*
- TLS ACTS addresses the root of the problem by helping your body adapt to stress and assisting you with your weight loss.\*



## BURNING FAT?

Accelerate fat burning with TLS® Green Coffee plus Garcinia Cambogia

- TLS Green Coffee plus Garcinia Cambogia helps facilitate the use of stored fat as a source of energy – promoting thermogenesis and accelerating fat burning in the body when used as part of the TLS System.
- TLS Green Coffee plus Garcinia Cambogia uses Svetol® Green Coffee Extract, the most clinically researched brand of green coffee bean extract.



## SLOW METABOLISM?

Increase energy and support metabolism with TLS® Thermochrome with Advantra Z®.

- TLS Thermochrome helps support increased energy levels and weight loss with the power of Advantra Z, the only patented thermogenic ingredient for weight loss and peak physical performance on the market today.\*
- TLS Thermochrome helps eliminate stored fat and may help suppress appetite.\*



# TLS® SHAKES



## NEED MORE PROTEIN AND FIBER?

**TLS® Nutrition Shakes — Creamy Vanilla and Chocolate Delight**

- TLS Nutrition Shakes are formulated to deliver 18 grams of protein, 10 grams of fiber and over one-third of the recommended daily allowance (RDA) of 22 different vitamins and minerals in each serving.\*



## BUILDING MUSCLE?

**TLS® Whey Protein Shakes — Vanilla and Chocolate Flavors**

- Muscle dictates metabolism, and TLS Whey Protein is an rBGH-free, fast-absorbing formula that contains 21 grams of protein with minimal carbohydrates and fat, providing the protein you need, and nothing you don't.\*



\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



# TLS® TOOLS

## TLS® Health Guide & Journal

The first step in securing your commitment to TLS, the *Health Guide & Journal* is designed to take you day by day through your first 12 weeks of the program, helping instill behaviors and techniques to help you stay healthy, feel great and lose weight.

## tlsSlim.com

Our cutting edge website offers personalized weight management plans and supplement recommendations, educational videos, BMI and body fat calculators, TLS success stories, printable grocery lists, online parties, a health and wellness blog, TLS downloads and so much more!



# Are You Ready?

You have taken the first step in getting healthy by finding TLS.  
But your story doesn't end here. TLS® Weight Loss Solution begins  
now! It's time to live the life you were meant to!

FIND YOUR FIT



marketamerica | SHOP•COM

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Greensboro, NC 27409  
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