Repairing metabolism is an important focus for rebuilding our core health and can improve our level of fitness in later decades of life. Through years of poor dietary choices, sedentary lifestyles or lack of targeted exercise, we lose muscle. Non-modifiable risk factor for loss muscle mass include: our advancing years, infirmity or disability and by some measure our gender due to menopause and/or andropause (decline of reproductive hormones associated with, but not limited to, age, stress, surgery and medications). READ MORE
I LOOK FANTASTIC AND FEEL MORE CONFIDENT THAN EVER. I'M AT THE GYM AT LEAST 3 TIMES A WEEK NOW AND I HAVE MORE ENERGY!

I grew up as an athlete, and by the time I reached 35 I was overweight. I tried a lot of different ways to lose the weight, but nothing seemed to work.

Since starting TLS® I've been eating far more regularly – 5 meals a day including snacks. I look fantastic and feel more confident than ever. I'm at the gym at least 3 times a week now and have more energy.

I like the TLS Tonalin® CLA as well as the new TLS Green Coffee plus Garcinia Cambogia. I had more energy, better focus and got leaner every week. I love the shakes my wife makes with the TLS Whey Protein powder. A favorite snack of mine is the TLS Choice Brownies & Cream energy bars. I also got great results with the TLS Detox Kit.

TLS is different because it focuses on the proper way to lose weight, as well as maintaining the weight loss. It's a positive lifestyle change instead of a diet. It's going to be the best investment of your life, because not only will you reach your goals, but you'll learn how to maintain that achievement forever – Jacques H., UnFranchise Owner
Individuals following the TLS Weight Loss Solution as part of a healthy diet and exercise program can expect to lose 1-2 pounds per week. Results may vary.

**The persons sharing their stories may be Unfranchise Owners of Market America products.**