

## THE DETOXIFICATION TRIO IS AN ESSENTIAL ADDITION TO YOUR TLS® PROGRAM.









# 14 DAY CLEANSE



In our modern society, we are exposed to various stressors, new-to-nature chemicals in our foods that we eat and the air that we breathe. While we cannot completely limit our exposure to all of these environmental stressors, we can optimize our digestive health and detoxification pathways with proper supplementation to create a healthy metabolism and intestinal health while optimizing nutrition.



Includes:

- 1 bottle of NutriClean® HepatoCleanse 
- OR
- Timeless Prescription® Oxygen Extreme  
- 1 box of Isotonix® Digestive Enzyme Packets with Lactospore®  
- 1 bottle of NutriClean® Aloe tablets 

### Benefits of the Detoxification Trio:

- Helps maintain digestive health and intestinal tract
- Promotes liver and colon health
- Supports immune health
- Helps relieve occasional constipation†
- Supports a healthy liver and gall bladder
- Helps excrete toxins that accumulate over time
- Helps maintain healthy levels of glutathione
- Provides antioxidant defense
- Helps to cleanse and detoxify the liver
- Helps to cleanse and detoxify the blood
- Promotes healthy elimination from the colon
- Increases energy and fuels optimal energy production
- Provides enzymes and good bacteria that promote the absorption of nutrients

1. Take 1 packet of Isotonix® Digestive Enzyme in the morning (with or without food) to start healthy digestion and detoxification.- 20 servings
2. Take 2 capsules of NutriClean® HepatoCleanse **OR** 2 capsules of Timeless Prescription-Oxygen Extreme in the morning with 8 fluid ounces of water. **NOTE: Both NutriClean® HepatoCleanse & Timeless Prescription-Oxygen Extreme are 30 day supply**
3. Take 1-2 tablets of NutriClean® Aloe at bedtime with 8 fluid ounces of water.

Be sure to download and follow TLS 30 Day Jump Start Phase 1 and Phase 2 eating plan while using the trio of products. **NOTE: Day 1-7 Phase 1 Protein Day 8-14 Phase 2 Protein**

Available for download on [tlsSlim.com](https://tlsSlim.com) and [UF.com](https://UF.com):

- Detox Power foods
- 30-Day Jump-Start Booklet

This may be your first time participating in TLS or you're simply stuck in a plateau. Whether you're looking for a kick-start or want to receive the maximum benefit from TLS® Weight Loss Solution, this Detoxification Trio will support your health and weight loss goals while maximizing the TLS® Weight Loss Solution Phase "Detox Power Foods" or "TLS Getting Started Power Foods"

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.



## VEGETABLES

1 SERVING = 1–2 CUPS, UNLESS OTHERWISE NOTED

- Alfalfa sprouts
- Artichokes
- Arugula
- Asparagus
- Bean sprouts
- Beets
- Bell peppers
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage (red or white)
- Carrots
- Cauliflower
- Celery
- Chard
- Collard greens
- Cucumber
- Dandelion greens
- Eggplant
- Endive
- Ginger

- Green beans
- Green peas
- Greens (beet, collard, dandelion, kale, mustard, turnip)
- Hot peppers
- Jerusalem artichokes
- Jicama
- Kale
- Kohlrabi
- Leeks
- Lettuce (any)
- Malanga
- Mushrooms
- Okra
- Olives
- Onions
- Parsley
- Pimientos
- Radicchio
- Radishes
- Rhubarb

- Rutabaga
- Salsa
- Sauerkraut
- Scallions
- Snow peas (no sugar)
- Spinach
- Squash leaves
- Stir-fry vegetables (no sauce)
- Taro root, ¼ cup
- Tomatoes (fresh)
- Tomato juice (no salt), ½ cup
- Tomato paste, 2 tbsp
- Tomato sauce, ½ cup
- Vegetable juice (no salt), ½ cup
- Vegetable soup (low-fat), ½ cup
- Water chestnuts
- Watercress
- Zucchini

## GOOD FATS

1 SERVING, 1 TABLESPOON



- Oils (olive, avocado, coconut, grapeseed)
- Avocado, ½ medium

# TLS GET STARTED POWER FOODS



# TLS GET STARTED POWER FOODS

## FRUITS

1 SERVING = 1 MEDIUM-SIZED FRUIT OR 1 CUP, UNLESS OTHERWISE NOTED

- |   |   |  |
|---|---|--|
| <ul style="list-style-type: none"> <li>• Apple</li> <li>• Apricots, 4 medium</li> <li>• Banana</li> <li>• Berries, <math>\frac{3}{4}</math> cup (blueberries, strawberries, raspberries, boysenberries, blackberries)</li> <li>• Cantaloupe</li> <li>• Casaba melon</li> <li>• Cherries, 12 large</li> <li>• Currants, 3 tbsp</li> <li>• Dates (fresh), 2</li> <li>• Figs (fresh), 2</li> <li>• Gooseberries, <math>\frac{3}{4}</math> cup</li> </ul> | <ul style="list-style-type: none"> <li>• Grapefruit</li> <li>• Grapes</li> <li>• Guava</li> <li>• Honeydew melon</li> <li>• Jackfruit</li> <li>• Kiwifruit</li> <li>• Kumquats, 4 medium</li> <li>• Lemon</li> <li>• Lime</li> <li>• Loganberries, <math>\frac{3}{4}</math> cup</li> <li>• Loquats</li> <li>• Lychees, 7</li> <li>• Mandarin orange</li> <li>• Melon balls</li> <li>• Mulberries, <math>\frac{3}{4}</math> cup</li> </ul> | <ul style="list-style-type: none"> <li>• Nectarine</li> <li>• Orange</li> <li>• Papaya, <math>\frac{1}{2}</math> medium</li> <li>• Passion fruit</li> <li>• Peach</li> <li>• Pear</li> <li>• Pineapple, <math>\frac{1}{2}</math> cup</li> <li>• Plum</li> <li>• Pomegranate, <math>\frac{1}{2}</math> small</li> <li>• Raisins, 2 tbsp</li> <li>• Sharon fruit</li> <li>• Starfruit</li> <li>• Tangelo</li> <li>• Tangerine</li> </ul> |
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## PROTEINS

### PHASE 1

1 SERVING = 3 OUNCES, UNLESS OTHERWISE NOTED

### PHASE 2

WOMEN: 1 SERVING = 4-6 OZ PER MEAL; 2-3 OZ OR 1 TLS NUTRITION SHAKE PER SNACK  
MEN: 1 SERVING = 6-8 OZ PER MEAL; 2-3 OZ OR 1 TLS NUTRITION SHAKE PER SNACK

- Canned tuna, salmon or sardines (packed in water)
- Chicken or turkey (without skin)
- Eggs (1-2)
- Egg whites (3-4)
- Lean veal
- Fresh fish (salmon, sardines, tuna, flounder, snapper, trout, etc.)
- Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, mussels, etc.)

## VEGETARIAN PROTEINS

- Tempeh or tofu
- Veggies or garden burger (grain free)
- Hemp hearts
- Chia seeds
- Quinoa

## PHASE 2

- TLS® Nutrition Shake