

START

# YOUR WEIGHT MANAGEMENT JOURNEY BEGINS AND ENDS WITH TLS™



## LOW-GLYCAEMIC- IMPACT EATING

Eat low-glycaemic foods which assist your body with fat loss and support your blood sugar and metabolism. We make it easy with menu plans designed to fit your personal weight management and lifestyle goals.



## BODY COMPOSITION

Along with low-glycaemic-impact eating, TLS emphasises fat loss and lean muscle maintenance. With a "muscle dictates metabolism" mentality, TLS allows you to avoid the calorie counting, focus on discovering food combinations that fuel your metabolism, and learn exactly why diets don't work.



## SCIENCE-BASED SUPPLEMENTATION

Many of us need extra support to recover from years of managing weight all wrong. Our scientifically developed supplements address different processes in your body to accelerate your efforts while providing the platform for optimal performance.



## EDUCATION

Knowledge is power! TLS provides you with a solid education on how to manage your weight. With a full community of support and educational tools, you'll always be armed with a full arsenal of powerful information and resources.

 **TLS™** WEIGHT MANAGEMENT  
SOLUTION

There are no limitations with TLS.

FINISH