

## **TLS® 21 Day Challenge FAQs**

### **Who can take the TLS 21 Day Challenge?**

Anyone over the age of 18 years — whether you want to tone up, have 5-20lbs to lose or want a jumpstart before you begin another TLS program.

### **How do I follow the TLS 21 Day Challenge?**

Start by purchasing the TLS 21 Day Challenge Kit. This kit includes the TLS 21 Day Challenge Guide and the recommended supplements. Use everything in your TLS 21 Day Challenge Kit and follow the TLS 21 Day Challenge Guide directive.

### **Why participate in the TLS 21 Day Challenge instead of other TLS plans?**

If you aren't ready to commit to a longer TLS plan, but still want to lose weight, then the TLS 21 Day Challenge is ideal for you. However, it can also be used as a precursor to any of our other TLS plans — especially if you are looking to jumpstart your weight loss journey.

### **Would I take the Weight Loss Profile before starting the TLS 21 Day Challenge?**

The Weight Loss Profile's function is creating customized TLS plans. Since the TLS 21 Day Challenge provides a step-by-step program created for everyone, taking a Weight Loss Profile is unnecessary.

### **What happens after 21 Days?**

If you want to continue your weight loss journey we suggest taking a FREE Weight Loss Profile on [www.tlsSlim.com](http://www.tlsSlim.com). This will determine the best long term weight loss solution for you. If you reached your goal, you may want to consider becoming a Certified TLS Coach. Being a part of the weight loss industry and helping others reach their goals is also a great way to keep you on track.

### **How many times can I take the TLS 21 Day Challenge?**

While you can stay on Phase 2 for as long as you would like, we advise repeating Phase 1 no more than every 3 months, or as recommended by your health care provider.

### **Why is detoxing important?**

Detoxing assists with improving your metabolism, curbing your cravings and kick starting your weight loss. It's important to detox because overeating, consuming unhealthy foods and sugary drinks burdens your digestive tract and liver. Overtime, this can lead to poor digestion and the inadequate absorption of nutrients. Foods like refined grains, starches, sugars, and unhealthy fats do not give your body the nutrients it needs. This causes you to feel hungry, tired and bloated — forcing your body to stay in fat storage mode. Your digestive tract and liver work together, so when one is stressed or overworked the other is too. One of the consequences of having an overstressed or toxic liver is that it becomes so overloaded that it can't fully metabolize fat, which causes vitamin deficiencies and poor digestion.

### **Is it normal to feel tired during Phase 1?**

Yes, during Phase 1 your body is flushing out toxins and refreshing itself, which can cause fatigue. However, midway through Phase 1 you'll experience less bloating and increased energy levels.

### **Is constipation common during Phase 1?**

Some individuals may experience constipation during Phase 1 of the challenge. This is often due to the increase in your fiber intake from fruits, vegetables and your fiber powder in the NutriClean® 7-Day Cleansing System. Often our bodies rely on fatty foods and caffeine to stimulate the intestinal tract to promote bowel movements. By changing your unhealthy habits to healthy habits, your body will soon get used to 'going' with healthier habits, such as increased fiber intake instead of caffeine and fatty foods. If you experience constipation during Phase 1,

ensure that you're drinking enough water and consuming the recommended amount of oils. Your coach may recommend NutriClean Aloe tablets, Isotonix Magnesium or Isotonix Digestive Enzymes with Probiotics to assist you as your digestive tract improves and stabilizes.

### **Why are the recommended supplements beneficial?**

- **NutriClean® 7-Day Cleansing System:** This colon and liver cleansing supplement uses nutrients, herbs and botanicals to mildly purge, detoxify and cleanse the digestive system.
- **Isotonix OPC-3®:** This powerful antioxidant with Pycnogenol helps fight oxidation and free radicals in the body.
- **Isotonix® Multivitamin:** It delivers 100% or more of the recommended daily value of essential vitamins and minerals. It also contains vitamins that support the body's ability to metabolize fats and carbohydrates, and support a healthy body weight.
- **TLS® CORE Fat & Carb Inhibitor:** TLS CORE assists with weight loss and helps inhibit carbohydrate absorption in the body.
- **TLS® Nutrition Shakes:** These delicious chocolate and vanilla shakes are formulated to deliver an optimal balance of protein, carbohydrates and fats in every serving. TLS Nutrition Shakes are perfect for anyone who finds it difficult to get the recommended daily amount of fiber and protein.

### **How do I take the TLS 21-Day Challenge Kit Supplements?**

#### **Phase 1**

**Breakfast:** Mix 2 capfuls of OPC-3 with 1 capful of the Multivitamin in 6oz of water, drink and wait 10-15 minutes before eating. Next, drink your lemon and warm water, 4-8oz of water is sufficient. Then take your NutriClean Kit. Take ¾ scoop of fiber powder, mix with cold water and take 2 of the release tablets – the ones in the blister pack. Wait 30 minutes before eating breakfast.

**Lunch:** Take 2 CORE tablets 30 minutes before lunch.

**Dinner:** Take 2 CORE tablets 30 minutes before dinner. Before bed take the contents of the clear packet found in the NutriClean Kit with a full glass of water.

#### **Phase 2**

**Breakfast:** Mix 1 capful of OPC-3 and 1 capful of the Multivitamin in 4oz water, drink and wait 5-10 minutes before eating.

**Lunch:** Take 2 CORE tablets 30 minutes before lunch. Take the TLS Nutrition Shakes as your mid-morning and afternoon snacks. Remember, these should be mixed with water.

**Dinner:** Take 2 CORE tablets 30 minutes before dinner.

### **Can I use other TLS or Market America products during the Challenge?**

The TLS 21 Day Challenge Kit provides all the recommended supplementation you need for the Challenge. However, you may use the optional supplements listed in the TLS 21 Day Challenge Guide for additional support, or other supplements if necessary. You should consult your physician before beginning this or any other weight-management program.

### **Do I have to take all of the recommended supplements?**

For the best results we suggest using all of the recommended supplements. Success stories from the TLS 21 Day Challenge were based on participants utilizing the recommended supplements.

### **What support materials are available for the Challenge?**

Support materials include the TLS 21 Day Challenge Guide, overview video and the before and after photograph tutorial video. Additional support is provided through your [tlsSlim.com](http://tlsSlim.com) subscription, TLS social media pages, TLS Health Guide & Journal and your TLS Coach.

### **Why are dairy and grains not allowed?**

The TLS 21 Day Challenge is a strict program designed for rapid, but healthy weight loss. Even high quality dairy and grains can slow weight loss efforts and cause bloating. To achieve the best results dairy and grains should not be consumed.

### **Can I eat other vegetarian proteins not listed in the TLS 21 Day Challenge Power Foods list?**

Yes, clean vegetarian proteins are allowed. Spirulina, chia seeds, organic non-GMO tempeh, and pea and rice protein powders are all great alternatives. Highly processed vegetarian or vegan proteins should be avoided.

### **Are the Nutrition Shakes to be used as a meal replacement or as a snack?**

During Phase 2, the Nutrition Shakes are recommended as snacks. However, they can be used as a meal replacement in a pinch. We suggest enjoying the Nutrition Shakes with 2 cups of vegetables, such as spinach or kale. Nutrition shakes should only be mixed with water during the TLS 21 Day Challenge.

### **Can I eat raw nuts?**

No, nuts are not on the list of TLS 21 Day Challenge Power Foods. The TLS 21 Day Challenge is designed for rapid weight loss, and although nuts have many health benefits the fats from oils are preferred during the Challenge to achieve optimal results.

### **Do I have to exercise during the TLS 21 Day Challenge?**

Exercise is recommended during Phase 2, but not Phase 1 of the Challenge. During Phase 1 strenuous exercise must be avoided, rather enjoy light, gentle stretching or yoga. In Phase 2 exercise is required. While each person may be at a different level, for overall cardiovascular health, the American Heart Association recommends at least 30 minutes of moderate-intensity aerobic activity at least 5 days per week.\* If you currently exercise more than the recommendations, it is advised to maintain your current plan. It is important to consult your health care provider before starting any weight loss or exercise program.

\*[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)

### **How can I become a TLS Coach?**

Becoming a TLS Coach is a great way to continue on your journey while helping others with theirs. Ask your TLS coach or Market America UnFranchise Owner for more information. If you do not have a coach or Market America representative, please email [FindYourFit@marketamerica.com](mailto:FindYourFit@marketamerica.com).

### **Where can I learn more about TLS Weight Loss Solution or the other programs available?**

Watch the [TLS Introduction Video](#) on YouTube, ask your TLS Coach, or visit [www.tlsslim.com](http://www.tlsslim.com).

### **How do I send in my TLS Testimonial?**

1. Include your testimonial document and photos in ONE email.
2. Title your testimonial document with your full name, e.g. "Jane Smith TLS Testimonial".
3. Label each photograph with your full name, whether it's a before or after photo, and if it's a side, back or front photo. e.g. "Jane Smith Before Front".
4. Top Tip: Please include how many inches and pounds you lost in your testimonial.
5. Don't forget to sign your Testimonial Waiver.
6. Now you're ready to send everything to [FindYourFit@marketamerica.com](mailto:FindYourFit@marketamerica.com)!