

## What is TLS Weight Management Solution?

TLS Weight Management Solution teaches you about low-glycaemic eating and how to identify new favourite foods, creating new, healthy behaviours, and improving body composition to get your metabolism operating in high gear. Plus, with the help of scientifically formulated TLS supplements, you'll *find your fit* in no time.



DAN\*  
**Lost 40.4 kg  
(89 lbs.)  
in 12 weeks**

## Why TLS Weight Management Solution?

Most weight management programs tell you what to eat, but often fall short as a lifetime solution because they fail to address the REASON why you may be overeating, under exercising, and/or making unhealthy choices.

A weight management plan only works if you stay with it. And as any successful dieter can tell you, it's much easier to lose weight and firm up when the plan you choose fits your lifestyle and personality.

With any endeavour to lose weight, most people think they need to go on a diet. But that's not exactly true. A diet is simply what you eat, which means you're already on one. That diet either works for you so you achieve and maintain the weight loss you want, or it doesn't.

With TLS Weight Management Solution, no matter your personality, personal weight loss goals or needs, it can work for you.

It's a programme designed around you, your goals, and your commitment level to achieving your personal health and fitness goals. It's not about trying to fit in a box while saying, "just eat this and not that" or "do this, don't do that." It's customised to you, the individual, and designed to keep you on track to achieve your personal weight loss goals and maintain a healthy lifestyle.



TRACEY\*  
**Lost Over 10%  
Body Fat  
in 12 weeks**



## Find Your Fit

Each plan in the TLS Profiling System begins with an optional 4-7 day detox that promotes full-body cleansing, while priming your metabolism for weight loss. From there, you can choose from **four specially designed low-glycaemic menu plans** that will fit your body's nutritional requirements, as well as your goals, personality, and commitment level.

## Why Low-Glycaemic?

Low-glycaemic foods like lean proteins, high-fibre vegetables, fruits, beans and legumes, quality fats, and whole grains help keep blood sugar levels stable. When you have stable blood sugar levels, this will help keep your body balanced and help improve energy, sleep, how you react to stress and, most importantly, will help you burn fat instead of store it. Low-glycaemic eating has also been shown to be superior for weight loss and weight management, cardiovascular health and more.

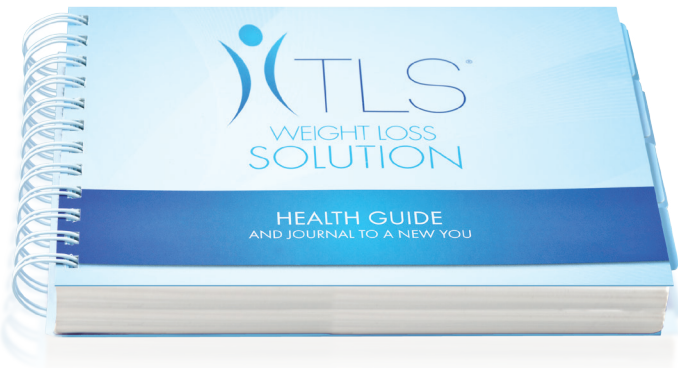
## A Plan For Everybody

The Plans	Fat Shredder	Rapid Results	Sure and Steady	Continued Commitment
<b>Results To Expect</b>	<ul style="list-style-type: none"> <li>• Lose up to 4.5 kg (10 lbs.) in 2 weeks</li> </ul>	<ul style="list-style-type: none"> <li>• Lose 0.9 - 1.36 kg (2-3 lbs.) per week</li> </ul>	<ul style="list-style-type: none"> <li>• Lose 0.45 - 0.9 kg (1-2 lbs.) per week</li> </ul>	<ul style="list-style-type: none"> <li>• A guide to healthy, everyday living at your target weight</li> </ul>
<b>Why It's For You</b>	<ul style="list-style-type: none"> <li>• You're extremely committed to achieving short term weight loss goals through a high-intensity programme. You'll shed fat and feel better, physically and emotionally, knowing you can do anything you set your mind to.</li> </ul>	<ul style="list-style-type: none"> <li>• 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 losing fat and centimeters.</li> </ul>	<ul style="list-style-type: none"> <li>• You're looking to make gradual changes to your lifestyle and get closer to your goal weight, one day at a time.</li> </ul>	<ul style="list-style-type: none"> <li>• You're at a healthy weight and are looking to maintain a healthy lifestyle.</li> <li>• You want to focus on maintaining optimal body composition but are looking for a plan with flexibility, allowing the occasional indulgence.</li> </ul>
<b>What You'll Do</b>	<ul style="list-style-type: none"> <li>• 2 week, high intensity programme</li> <li>• Strict regimen for quick results</li> <li>• TLS supplements</li> <li>• Full body, high intensity workouts*</li> </ul>	<ul style="list-style-type: none"> <li>• 6-12 week program</li> <li>• High protein, vegetable rich meals</li> <li>• TLS supplements</li> <li>• Behaviour modification to break unhealthy habits</li> <li>• Gradual workout plan designed to maintain lean muscle*</li> </ul>	<ul style="list-style-type: none"> <li>• 12 week program</li> <li>• Steady results with less dramatic lifestyle changes</li> <li>• Quality, whole grains, protein and vegetable rich meals</li> <li>• TLS supplements</li> <li>• Behaviour modification, setting you up for long term success</li> <li>• Recommended workout plan*</li> </ul>	<ul style="list-style-type: none"> <li>• Maintain your target weight.</li> <li>• Balanced meals consisting of quality whole grains, protein, dairy, low-glycaemic starches, fruits and vegetables.</li> <li>• TLS supplements</li> <li>• Emphasises an active lifestyle.</li> </ul>

## TLS Weight Management Solution Tools

### *TLS Health Guide and Journal*

The *TLS Health Guide* helps you set realistic goals and addresses why you may be facing a weight loss struggle. It explains low-glycaemic-impact eating and provides sample meal plans to make getting started simple. This guide also provides **90 days of journaling** to keep you on track through the entire programme.



### tlsSlim.com.au — An Interactive Website and Free Mobile Application That Provides:

- Accountability to help you achieve your results in the time frame you wish to achieve them.
- Interactive online coaching.
- A food tracker that correlates synergistically with an extensive food database, allowing every nutrient to be accounted for in an easy-to-see chart as you enter what you eat throughout the day. This allows you to see what you are doing right and what you might need to adjust.
- A menu planner, recipes, exercise plans, the ability to journal, weekly educational videos, community support, tips on what to expect and to focus on each week, and so much more.



## How It Works

### Body Composition

Traditional diets focus solely on the number on the scale, and most of the weight reduction you experience often comes from water and muscle loss. TLS Weight Management Solution, however, **focuses on loss of body fat**. TLS Weight Management Solution emphasises achieving healthy body composition by **increasing the ratio of muscle to fat**, because muscle dictates metabolism. To obtain a healthy body composition, TLS Weight Management Solution emphasises **the importance of combining low-glycaemic eating with exercise.\***

### Behaviour Modification

For any weight loss program to succeed, **change must occur**. Change usually requires you to **overcome fear**. Once you do, your life changes for the better. TLS Weight Management Solution makes it a point to address this very important aspect of success to **ensure past mistakes are not repeated**. Small, manageable changes lead to long-lasting results.

### Supplementation

TLS Weight Management Solution provides **scientifically developed** weight management supplements designed to support you to manage your weight. Each formula addresses different processes in your body that cause you to gain weight or hinder your weight loss efforts. TLS supplements are **designed to work synergistically**, and **tlsSlim.com.au** will recommend a custom regimen based on a brief questionnaire to maximise your success with TLS Weight Management Solution.

## tlsSlim.com.au — Your All-in-One Online Support Tool

\* Consult your physician before beginning any new exercise program.

## TLS Weight Management Solution Supplements (Available on GLOBAL.SHOP.COM)\*



### Manage Hunger with TLS CORE Fat & Carb Inhibitor

TLS CORE helps you lose weight and feel great, prompting weight loss by helping to inhibit carbohydrate absorption. CORE also supports leptin sensitivity, which may help to reduce appetite and stimulate lipolysis (fat loss).

### Break the Stress and Weight Gain Cycle With TLS ACTS Adrenal, Cortisol, Thyroid & Stress Support Formula

TLS ACTS is designed to help support the body's ability to regulate adrenal function during times of stress, by promoting healthy cortisol levels and maintaining healthy thyroid function to support your weight loss goals.

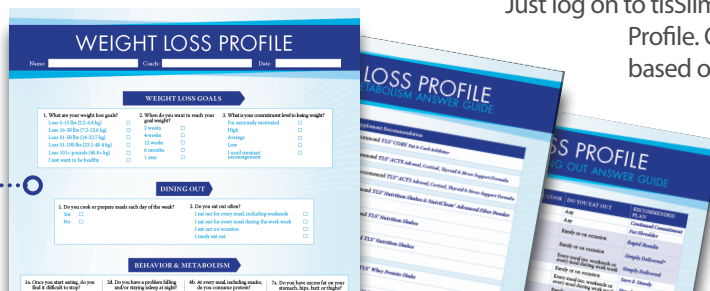
### Target Stubborn Belly Fat With TLS Tonalin® CLA\*\*

TLS Tonalin CLA is ideal for those who have lost weight or are losing weight and want the extra support to keep it off. CLA has been shown to promote fat breakdown (lipolysis) while supporting the retention of lean muscle.

### 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. In addition, we use Svetol® Green Coffee Extract, the most clinically researched brand of green coffee bean extract.

Go to [tlsSlim.com.au](https://tlsSlim.com.au) and fill out the free Weight Loss Profile.



## TLS Healthy Food Options

### TLS Nutrition Shakes

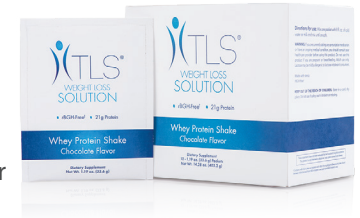
They are great-tasting, formulated meal-replacement shakes available in two delicious flavours, Chocolate Delight and Creamy Vanilla.



Contains 18 grams of high-quality protein to handle your hunger, allowing you to feel full and stay satisfied. Our TLS Shakes are balanced and also deliver 10-11 grams of dietary fibre and 24 different vitamins and minerals — all with under six grams of fat per serving! Our shakes are a good source of calcium, have no colour added, are low in saturated fat and have no added sugar.

### TLS Whey Protein Shakes\*

Muscle dictates metabolism, and TLS Whey Protein Shakes give your muscles everything they need in a convenient, fast-absorbing, rBGH-free formula. Great for use before or after workouts, or any time protein intake needs a boost!



### Choice™ Protein Bars\*

Using natural ingredients, Choice Protein Bars provide 15 grams of protein and 12 grams of fibre, making them a smart and easy snack that can be enjoyed anytime, anywhere.

## Getting Started

Just log on to [tlsSlim.com.au](https://tlsSlim.com.au) and take your free Weight Loss Profile. Once you receive a customised Menu Plan based on your unique health and weight loss goals, you can get started right away!

\* Many TLS products are made available through GLOBAL.SHOP.COM. This personal consumption programme allows U.S. products to be shipped to Australia that are not available for regular sale in Australia. These products are not listed with TGA. Any products for personal consumption must be only for your personal use. The total quantities of the goods imported within a 12-month period shall not exceed a 15-month supply of the goods/product

\*\* Tonalin CLA® is an exclusively licensed product of BASF Personal Care and Nutrition GmbH.