WHY LOW-GLYCEMIC IMPACT?

Leading a low-glycemic impact (GI) lifestyle doesn’t have to be complicated. Here’s a quick intro on how the GI of foods affects your metabolism and helps you burn fat.

1. Blood sugar levels

2. This is your fat-burning zone, ideal for weight loss.

3. **Eating low- and medium-GI foods keeps you here.**

4. **High-GI foods spike your blood sugar, causing you to leave fat burning zone...**

5. A balanced diet of low- and medium-GI foods get you back on track to find your fit

6. **...and lead to a sapping your energy.**

7. **TLS® Weight Loss Solution**

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