

WHAT'S IN YOUR SNACK?

WE COMPARED THE NUTRITIONAL VALUE OF TLS® SHAKES VS. OTHER COMMON SNACKS

ONE TLS SHAKE WITH SKIM MILK CAN PROVIDE OVER

50% OF YOUR DAILY **PROTEIN** & **40%** OF YOUR DAILY **FIBER NEEDS**



ONE 8oz SHAKE WITH SKIM MILK PROVIDES OVER

1/3 OF THE USDA'S RECOMMENDED DAILY ALLOWANCE OF **22** DIFFERENT **VITAMINS & MINERALS**

TLS Nutrition Shake Protein: 18g Fiber: 10g Sugar: 2g

Special K™ Protein Shake
Protein: 10g
Fiber: 5g
Sugar: 18g



Nature Valley® Oats 'N Honey
Protein: 4g
Fiber: 2g
Sugar: 12g



Yoplait® Strawberry Yogurt
Protein: 5g
Fiber: 0g
Sugar: 26g



Carnation® Breakfast Essentials™
Protein: 10g
Fiber: 0g
Sugar: 15g

Keebler® Sandwich Crackers
Protein: 3g
Fiber: <1g
Sugar: 6g



CLIF® Energy Bar
Protein: 9g
Fiber: 5g
Sugar: 23g

SHAKE
THINGS UP IN YOUR LIFE
at tlsSlim.com.

Creamy Vanilla | Code: 6390 | \$33.95
Chocolate Delight | Code: 6391 | \$33.95

SHIP FREE AVAILABLE

