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