

Your #1 Choice for a Healthy Meal Replacement.



10g Fibre per serving

18g Protein per serving

1.6-3.2g Sugar per serving

TLS WEIGHT MANAGEMENT SOLUTION

TLS NUTRITION SHAKES

Shake Up Your Routine.

TLS NUTRITION SHAKES are easy to prepare and represent a convenient, healthy meal-replacement alternative to a high-energy breakfast, lunch or dinner. You can also mix them with fruit and milk to provide the health and nutrition you need to keep going, and to stay away from fast food alternatives.

TLS Nutrition Shakes are great-tasting; they are available in two delicious flavours, Chocolate Delight and Creamy Vanilla. TLS Nutrition Shakes are specifically formulated to deliver 18 grams of high-quality protein per serving. Protein is necessary for tissue building and repair, and contributes to the maintenance of muscle mass. TLS Nutrition Shakes also deliver more than 10 grams of dietary fibre per serving. TLS Nutrition Shakes contain Fibersol®-2 which is a highly concentrated form of dietary fibre. TLS Nutrition Shakes are optimally balanced and contain 25 different vitamins and minerals — all this with fewer than seven grams of fat per serving!

When compared with similar meal-replacement shakes, TLS Nutrition Shakes contain fewer kcal, less total fat and are lower in saturated fat. TLS Nutrition Shakes are also higher in protein and fibre, and lower in sugar than most other commercial shakes — no added colour and do not contain gluten.

TLS Nutrition Shakes contain less than 250 kcal per serving, and a diet reduced in energy (energy-restricted diet) with regular exercise may contribute to weight loss or weight maintenance. Also, many clinical studies show that daily use of meal-replacement shakes helps with weight loss more rapidly in individuals that are overweight and can lose more total weight with protein as a major diet component.

If you want a healthier weight management routine, TLS Nutrition Shakes provide a quick and easy meal to satisfy hunger as a healthy alternative to fast food. Treat your body to a delicious meal-replacement shake!

- Great-tasting nutrition shake
- Available in two flavours: Chocolate Delight and Creamy Vanilla
- Easy to prepare
- Convenient, resealable canister
- High in protein
- No colour added
- A source of calcium
- 25 vitamins and minerals per serving
- Contains antioxidant vitamins C and E
- Vitamin B6 contributes to normal protein and glycogen metabolism
- Provides numerous minerals, like iron and magnesium, and vitamins, including B vitamins which contribute to normal energy-yielding metabolism and the reduction of tiredness and fatigue
- Vitamin D, calcium and potassium contribute to the maintenance of normal muscle function
- Gluten free

TLS NUTRITION SHAKE (14 Servings)
Creamy Vanilla | Code UK6390
Chocolate Delight | Code: UK6391



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