

TLS[®] WHEY PROTEIN SHAKE

IN A 12 WEEK STUDY, THOSE WHO INCREASED THEIR PROTEIN INTAKE TO

30% LOST MORE WEIGHT OF DAILY CALORIES



30 MINUTES
OPTIMAL POST-WORKOUT TIME FOR PROTEIN

THE BEST AMOUNT OF POST-WORKOUT PROTEIN TO SUPPORT MUSCLE RECOVERY



UP TO A THIRD OF **WOMEN** BETWEEN THE AGES OF **20** AND **40** DON'T GET THEIR RDA OF PROTEIN



RECOMMENDED DAILY ALLOWANCE OF PROTEIN IS **0.8 g PER kg** OF BODY WEIGHT

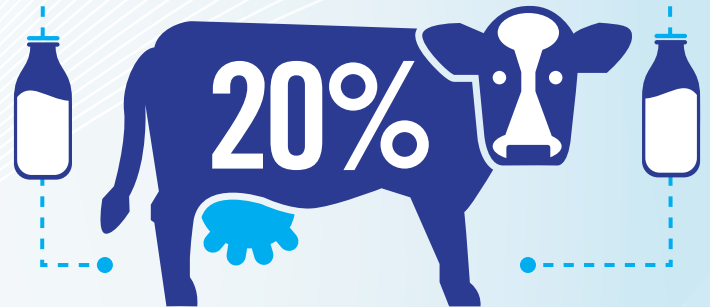


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UP TO **THIRTY-FIVE PERCENT** OF YOUR **DAILY** CALORIES SHOULD COME FROM **PROTEIN**



Percentage of **WHEY PROTEIN** found in cow's milk



THE AMOUNT OF **PROTEIN** RECOMMENDED DAILY FOR A 160 LB **WOMAN**

TLS WHEY PROTEIN AT A GLANCE:

- 21 g Protein
- rBGH-Free
- Contains No Artificial Colors, Sweeteners, Flavors or Preservatives

