

The background of the image shows the torsos of two individuals, a man and a woman, who appear to be in good physical shape. They are standing with their hands on their hips. A semi-transparent blue rectangular overlay covers the central portion of the image, serving as a backdrop for the text.

YOUR GUIDE TO A HEALTHY WEIGHT

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WHAT ARE YOUR GOALS?

- Why do you want to manage your weight?
- What is your ideal weight?
- How will your life be different when you achieve your ideal weight?



WHAT ARE YOUR STRUGGLES?

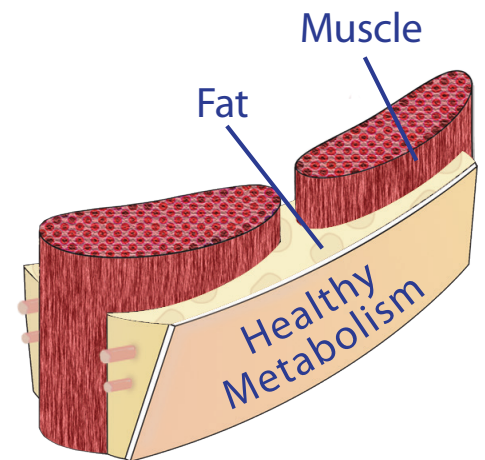
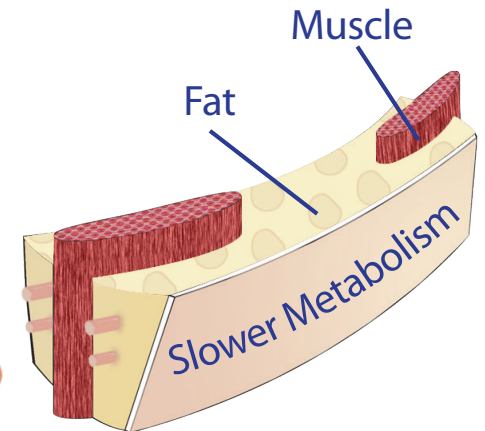
Why do you struggle with weight?

- ☐ Too much to do for everyone else
- ☐ I don't have time to exercise
- ☐ I don't like to cook
- ☐ I spend a lot of time at work
- ☐ I've tried to diet, but nothing has worked/I've fallen off the wagon
- ☐ I make poor food choices
- ☐ I eat too much, too often
- ☐ Other: _____



WEIGHT MANAGEMENT ISN'T UNIVERSAL

- There's no one-size-fits-all plan for weight loss. What's right for someone else isn't always right for you.
- Many commercial weight loss programs place an emphasis on what to eat, not how to eat.
- Many programs focus on weight loss, rather than actual fat loss. True health and fitness is the result of an optimized ratio of muscle to fat.



The saying goes, "Muscle dictates metabolism." The less muscle you have, the slower your metabolism. The more you have, the stronger your metabolism.

WHAT IS THE TLS SOLUTION?

Four Components

Low-Glycaemic-Impact-Eating

- It's about eating right not eating less.

Body Composition

- Focusing on fat loss instead of weight loss.

Science-based Supplementation

- Working with your body to enhance weight loss efforts.

Education

- Being aware and changing unhealthy behaviours for life.



LOW-GLYCAEMIC EATING

WHY LOW-GLYCAEMIC IMPACT?

LEADING A LOW-GLYCAEMIC 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.

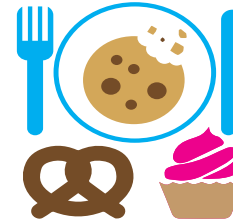
BLOOD SUGAR LEVELS

1

2

3

4



HIGH-GI FOODS

SPIKE YOUR BLOOD SUGAR, CAUSING YOU TO LEAVE FAT BURNING ZONE...



...AND LEAD TO A **CRASH** SAPPING YOUR ENERGY.

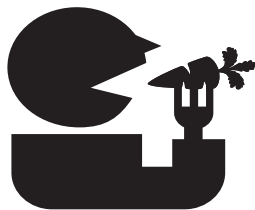
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7

A BALANCED DIET OF **LOW-** AND **MEDIUM-** GI FOODS GETS YOU BACK ON TRACK TO **FIND YOUR FIT**



EATING **LOW-** AND **MEDIUM-** GI FOODS KEEPS YOU HERE.



THIS IS YOUR **FAT-BURNING ZONE**,
IDEAL FOR WEIGHT LOSS.



THIS IS YOUR

FAT-BURNING ZONE



IDEAL FOR WEIGHT LOSS.

WHAT ARE YOUR OPTIONS?

TLS Weight Management Solution is the most customizable weight loss program available today.

Finding a solution that fits your lifestyle has never been easier.

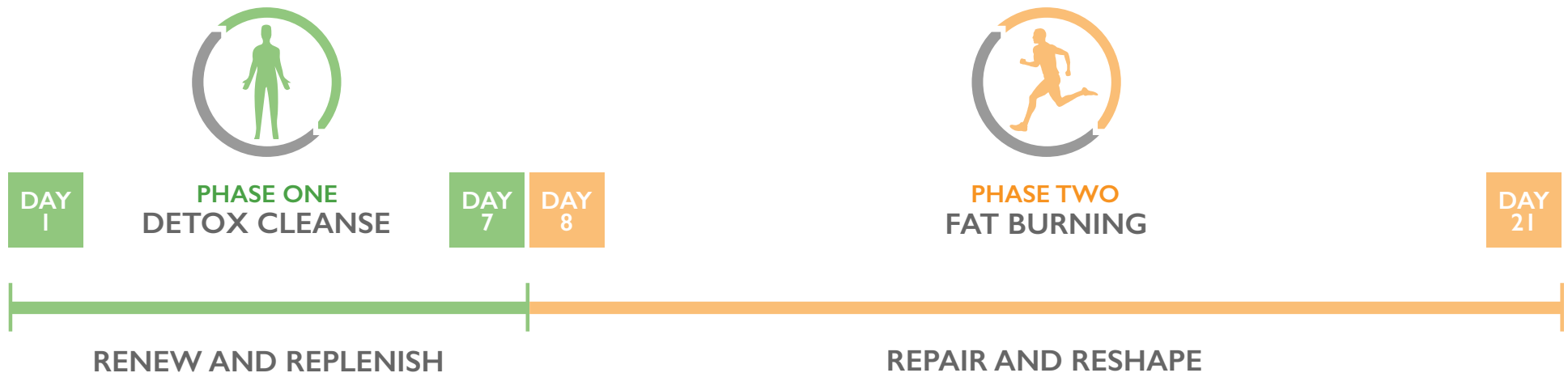


Many U.S. products are made available through the Personal Consumption Program on GLOBAL.SHOP.COM in Canada. The Personal Consumption Program allows products that are available only in the U.S. to be shipped to Canada for personal consumption only; such products cannot be resold in Canada.

21-DAY CHALLENGE

Why it's for you:

You're looking for a healthy way to take control of your weight, fast. You're committed to staying focused and following a regimented plan. You want to focus on flushing your body of toxins, curbing your unhealthy cravings and obtaining optimal body composition.



Results to expect:

The seven-day detox cleanse, Phase 1, will purge the body of toxins and prepare it for Phase 2, fat-burning. With Phase 2, you can lose up to 4.5 kg (10 pounds).

21-DAY CHALLENGE

What you'll do:

PHASE 1

Follow a strict meal plan:

- ½ lemon in 1 cup warm water every morning
- At least eight glasses of water (250 ml each) per day
- 3 servings of fruit each day
- Unlimited vegetable servings
- 2 servings of protein each day
- 2 servings of good fats each day
- No grains, starches, dairy, sugars, artificial sweeteners, alcohol or caffeinated beverages (coffee, soda)
- Avoid strenuous exercise; rather, enjoy gentle stretches or yoga
- Take TLS supplements, as directed

PHASE 2

Follow a strict meal plan:

- At least eight glasses of water (250 ml each) per day
- 6-12 servings of vegetables each day
- 2 TLS Nutrition Shakes each day
- 3-4 servings of protein each day
- 2 servings of good fats each day
- 1 serving of fruit
- No dairy
- The Public Health Agency of Canada recommends at least 2.5 hours of moderate to vigorous intensity aerobic activity every week, combined with muscle-strengthening activities 2 days a week.*
- Take TLS supplements, as directed

TLS CHALLENGE BOOKLET



3-WEEK PROGRAM

* Public Health Agency of Canada. <http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/index-eng.php>

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DETOX POWER FOODS

Why it's for you:

For first-time TLS participants, this four- to seven-day detox prepares the body for the TLS program; for those who experience a plateau, it helps **kick-start weight loss efforts**.

Results to expect:

Varies by individual; the seven-day plan purges the body of toxins, resulting in reduced energy in the first few days, followed by an increase later in the week.

What you'll do:

- Remove unhealthy foods (“junk food”) from the house
- Follow a strict meal plan:
 - 3 servings of fruit each day
 - As many raw vegetables as you want
 - At least eight glasses of water (250 ml each) per day
 - 2 servings of protein each day
 - 2 servings of good fats each day
 - Eliminate all grains and starches, sugars and artificial sweeteners, dairy, alcohol and caffeine (coffee, soda)

TLS MENU PLANS



Why It's For You:

You're looking for a kick-start and want to receive the maximum benefit from TLS® Weight Management Solution. Whether this is your first time participating in TLS or you're stuck in a plateau, this 4-7 day detox will curb your appetite for sweet, salty and fatty foods while supporting your weight management efforts.

A Day On Detox:

Below is an example of some of the foods you can eat. Drink at least 8 glasses (236 ml) of water daily, and supplement based on your weight management goals.



 BREAKFAST: WARM LEMON WATER® & GREENS-ON-THE-GO	 AM SNACK: SPICY GAZPACHO®
 LUNCH: STRAWBERRY SALAD®	 PM SNACK: VEGETABLE MEDLEY
 DINNER: SPICY CARROT SOUP®	 SNACK (optional): VANILLA BANANA CREAM®

100 recipes are found on TLS.com (must have active subscription)



Isotonix OPC3® with Pycnogenol®:

- Antioxidant for the maintenance of good health
- Studies have shown OPCs to be many times more powerful than vitamin C and vitamin E

Isotonix® Multivitamin:

- Contains 100% or more of most of the recommended daily allowances (RDA) of vitamins and minerals
- Helps the body to metabolize proteins, fats and carbohydrates

NutriClean® 7-Day Cleansing System:

- Helps maintain digestive health
- Helps cleanse the colon, bowel and detoxify the liver

TLS CORE Fat & Carb Metabolizer:

- Helps the body to metabolize
- Helps improve healthy glucose metabolism

®Pycnogenol® is a registered trademark of Hesperay Research Ltd., and is protected by US Patent Numbers 6,498,340; 5,720,956 and 6,177,268.
*You should consult your physician before beginning this or any other weight management program. Individuals following the TLS® Weight Management Solution are advised to use 0.5-1.5 kg (1-3 lbs) per week. Many TLS products are made available through the Personal Consumption Program on GLOBE.SHOP.COM in Canada. GLOBE.SHOP.COM is available only in the U.S. to be shipped to Canada for personal consumption only; such products cannot be resold in Canada. Visit your GLOBE.SHOP.COM site today!

7-DAY CLEANSE

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FAT SHREDDER

Why it's for you:

For those who are extremely committed to achieving short-term weight loss goals, the Fat Shredder program is a high-intensity, two-week weight management regimen. Through a focused food guide, a quick, but intense workout plan and use of TLS supplements, you'll shred fat, add muscle and feel better, physically and emotionally, knowing you can do anything you set your mind to doing.

Results to expect:

Lose up to 4.5 kg (10 pounds) during this two-week program.

What you'll do:

- Follow a strict meal plan with each day consisting of:
 - 1 TLS Whey Protein Shake
 - 6-12 servings of vegetables
 - 2 TLS Nutrition Shakes
 - 3-4 servings of protein
 - 2 servings of good fats
 - 1 serving of fruit
- Take TLS supplements, as directed

TLS MENU PLANS



FAT SHREDDER

LOSE 4.5 KG (10 LBS) IN 2 WEEKS

Why It's For You:

You're extremely committed to achieving swift weight management goals through an effective program. You'll shed fat and feel better, physically and emotionally, knowing you can do anything you set your mind to.



A Day On Fat Shredder:

Below is an example of some of the foods you can eat. Drink at least 8 glasses (236 ml) of water daily, and supplement based on your weight management goals.



BREAKFAST:
VEGGIE OMELETTE



AM SNACK:
MINT CHOCOLATE SHAKE¹



LUNCH:
HERB ROASTED CHICKEN¹



PM SNACK:
STRAWBERRY & SPINACH SHAKE



DINNER:
TUSCAN COD¹



WATER:
EIGHT GLASSES (236 ml) DAILY



ACTS: Reduce the symptoms of stress
CLA: Supports for healthy glucose metabolism and more
CORE: Metabolize fats and reduce the digestion of carbs
Green Coffee: Inhibit the conversion of sugar into fat
Nutrition Shake: A healthy meal replacement shake

¹ TLS recipes are found on tls.com (must have active subscription)
² You should consult your physician before beginning this or any other weight management program. Individuals following the TLS Weight Management Solution can expect to lose 4.5-10 kg (10-22 lbs) in 2-4 weeks. Many TLS products are made available through the Personal Consumption Program on GLOBAL.SHOP.COM in Canada. The Personal Consumption Program allows products that are available only in the U.S. to be shipped to Canada for personal consumption only; such products cannot be resold in Canada. Visit your GLOBAL.SHOP.COM store today!

2-WEEK PROGRAM

Many U.S. products are made available through the Personal Consumption Program on GLOBAL.SHOP.COM in Canada. The Personal Consumption Program allows products that are available only in the U.S. to be shipped to Canada for personal consumption only; such products cannot be resold in Canada.

RAPID RESULTS

Why it's for you:

You're motivated, dedicated and committed to do what it takes to reach your weight loss goals. You're ready to break unhealthy habits and start shedding fat and inches.

Results to expect:

Lose 0.9-1.3 kg (2 -3 pounds) per week.

What you'll do:

- Follow a strict low-glycaemic menu plan, with each day consisting of:
 - 5-6 servings of protein
 - 6-12 servings of vegetables
 - 2 servings of dairy
 - No grains or starches
 - 2 servings of good fats
 - 2 servings of fruit
- Exercise (4-5 days per week)
- Take TLS supplements, as directed

TLS MENU PLANS



RAPID RESULTS

LOSE 0.9–1.3 KG (2–3 LBS) PER WEEK

Why It's For You:

You're motivated, dedicated and committed to doing whatever it takes to reach your weight management goals. Get ready to break unhealthy habits and start managing fat and weight.



A Day on Rapid Results:

Below is an example of some of the foods you can eat. Supplement based on your weight management goals.



BREAKFAST:
VEGGIE OMELETTE



AM SNACK: CHOCOLATE RASPBERRY SHAKE*



LUNCH:
SUNBURST CHICKEN SALAD*



PM SNACK:
LETTUCE WRAPS



DINNER: HOISIN-GLAZED SCALLOPS w/ GRILLED ZUCCHINI*



WATER:
EIGHT GLASSES (236 ml) DAILY



ACTS: Reduce the symptoms of stress.
CLA: Support for healthy glucose metabolism and more.
CORE: Maximize fat loss and reduce the digestion of carbs.
Green Coffee: Inhibit the conversion of sugar into fat.
Nutrition Shake: A healthy meal replacement shake.
Whey Protein Shake: Protein supplement or post-workout shake.

Tandem CLA is an exclusively licensed product of BASF Personal Care and Nutrition GmbH.

*You should consult your physician before beginning this or any other weight management program. Individuals following the TLS® Weight Management Solution can expect to lose 0.9-1.3 kg (2-3 lbs) per week. Many TLS products are made available through the Personal Consumption Program on GLOBAL.SHOP.COM in Canada. The Personal Consumption Program allows products that are available only in the U.S. to be shipped to Canada for personal consumption only; such products cannot be resold in Canada. Visit your GLOBAL.SHOP.COM store today!

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SURE & STEADY

Why it's for you:

Some people don't dive right into the water; they ease their way in. The Sure & Steady plan helps those individuals looking to make gradual changes to their lifestyle, one day at a time. Throughout this 12-week program, you'll see that even small changes to your diet, regular exercise, and support from TLS supplements can help achieve a healthier you.

Results to expect:

Lose 0.45-0.9 kg (1-2 pounds) per week.

What you'll do:

- 5-6 servings of protein
- 6-12 servings of vegetables
- 2 servings of dairy
- 1 serving of starches
- 2 servings of good fats
- 1 servings of whole grains
- 2 servings of fruit
- Exercise (3-5 days per week)
- Take TLS supplements, as directed

TLS MENU PLANS



LOSE 0.45 – 0.9 KG (1–2 LBS) PER WEEK

Why It's For You:

You're looking to make gradual changes to your lifestyle and reach your goal weight, one day at a time. With the TLS® Sure & Steady program it's not if you'll hit your goal, but when.

A Day on Sure & Steady:

Below is an example of some of the foods you can eat. Supplement based on your weight management goals.





BREAKFAST:
BANANA PROTEIN PANCAKES



AM SNACK:
VEGGIES WITH HUMMUS



LUNCH:
PORTOBELLO CHICKEN PIZZA



PM SNACK:
GO GREEN SHAKE



DINNER: TENDERLOIN STEAK
w/ SALSA VERDE



WATER:
EIGHT GLASSES (236 ml) DAILY

*All recipes are found on B6Sim.com (must have active subscription)



ACTS: Reduce the symptoms of stress
CLAs: support for healthy glucose metabolism and more
CORE: Maintains fats and reduces the digestion of carbs
Green Coffee: Inhibits the conversion of sugar into fat
Nutrition Shake: A healthy meal replacement shake
Whey Protein Shake: Protein supplement or post-workout shake

*Tenderloin Steak is an exclusively licensed product of BASF Personal Care and Nutrition GmbH.

*You should consult your physician before beginning this or any other weight management program. Individuals following the TLS® Weight Management Solution can expect to lose 0.45-0.9 kg (1-2 lbs) per week. Many TLS products are made available through the Personal Consumption Program on GLOBAL.SHOP.COM in Canada. The Personal Consumption Program allows products that are available only in the U.S. to be shipped to Canada for personal consumption only; such products cannot be resold in Canada. Visit your GLOBAL.SHOP.COM store today!

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CONTINUED COMMITMENT

Why it's for you:

You're at a healthy weight and are looking to maintain a healthy lifestyle. You want to focus on maintaining optimal body composition but are looking for a plan with flexibility, allowing the occasional indulgence.

Results to expect:

Healthy, everyday living at your target weight.

What you'll do:

- Follow a balanced and healthy menu plan, with each day consisting of:
 - 5-6 servings of protein
 - 6-8 servings of vegetables
 - 2 servings of dairy
 - 1 serving of starches
 - 2 servings of good fats
 - 2 servings of whole grains
 - 3 servings of fruit
- Exercise (3-6 days per week)
- Continue use of TLS supplements, as needed

TLS MENU PLANS



CONTINUED COMMITMENT

A GUIDE TO HEALTHY, EVERYDAY LIVING AT YOUR TARGET WEIGHT

Why It's For You:

You're at a healthy weight and are looking to maintain a healthy lifestyle. You want to focus on maintaining optimal body composition but are looking for a plan with flexibility, allowing the occasional indulgence.



A Day on Continued Commitment:

Below is an example of some of the foods you can eat.



BREAKFAST:
EGG SCRAMBLE



AM SNACK:
CHOCOLATE COCONUT SHAKE¹



LUNCH:
CHICKEN SALAD SQUASH BOATS¹



PM SNACK: PEANUT BUTTER
APPLE-CINNAMON WEDGES¹



DINNER: BAKED PORK CHOPS
WITH APPLE TOPPING¹



WATER:
EIGHT GLASSES (236 ml) DAILY¹



ACTS: Reduce the symptoms of stress.
CLA: Support for healthy glucose metabolism and more.
CORE: Metabolize fats and reduce the digestion of carbs.
Green Coffee: Inhibit the conversion of sugar into fat.
Nutrition Shake: A healthy meal replacement shake.
Whey Protein Shake: Protein supplement or post-workout shake.

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¹You should consult your physician before beginning this or any other weight management program. Individual following the TLS Weight Management Solution program is based on 1500-1800 kcal/day. Many TLS products are made available through the Personal Consumption Program on GLOBAL.SHOP.COM in Canada. The Personal Consumption Program allows products that are available only in the U.S. to be shipped to Canada for personal consumption only; such products cannot be resold in Canada. Visit your GLOBAL.SHOP.COM site today.

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Find the best custom plan for you based on

- Lifestyle
- Diet
- Activity levels
- Goals
- Behaviour

WEIGHT LOSS PROFILE

NAME: _____ COACH: _____ DATE: _____

WEIGHT LOSS GOALS

1. WHAT ARE YOUR WEIGHT LOSS GOALS?

☐ Lose 5-15 lbs (2.2-6.8 kg) ☐ Lose 51-100 lbs (23.1-45.4 kg)
☐ Lose 16-30 lbs (7.2-13.6 kg) ☐ Lose 101+ pounds (45.9+ kg)
☐ Lose 31-50 lbs (14-22.7 kg) ☐ I just want to be healthy

2. WHEN DO YOU WANT TO REACH YOUR GOAL WEIGHT?

☐ 2 weeks ☐ 12 weeks ☐ 1 year
☐ 4 weeks ☐ 6 months

3. WHAT IS YOUR COMMITMENT LEVEL TO LOSING WEIGHT?

☐ I'm extremely motivated ☐ Low
☐ High ☐ I need constant encouragement
☐ Average

DINING OUT

1A. DO YOU OR SOMEONE ELSE IN YOUR HOUSEHOLD COOK OR PREPARE MEALS MOST DAYS OF THE WEEK?

☐ Yes ☐ No

2. HOW OFTEN DO YOU EAT OUT?

☐ I eat out for every meal, including weekends
☐ I eat out for every meal during the work week
☐ I eat out on occasion
☐ I rarely eat out

BEHAVIOR & METABOLISM

1A. ONCE YOU START EATING, DO YOU FIND IT DIFFICULT TO STOP?

☐ Yes ☐ No

1B. DO YOU CRAVE FOODS SUCH AS BREADS, PASTAS, BAKED GOODS, AND CHIPS?

☐ Yes ☐ No

1C. WHEN YOU EAT GRAINS, DO YOU FEEL TIRED, SLOGGISH OR BLOATED?

☐ Yes ☐ No

1D. HAVE YOU BEEN OVERWEIGHT FOR ONE YEAR OR LONGER?

☐ Yes ☐ No

2A. ARE YOU STRESSED?

☐ Yes ☐ No

2B. EVEN WHEN YOU EAT HEALTHY AND EXERCISE, IS IT HARD FOR YOU TO LOSE WEIGHT?

☐ Yes ☐ No

2C. ARE YOU CONCERNED ABOUT HAVING A SLOUGGHY THYROID?

☐ Yes ☐ No

2D. DO YOU HAVE A PROBLEM FALLING AND/OR STAYING ASLEEP AT NIGHT?

☐ Yes ☐ No

2E. HAVE YOU BEEN DIAGNOSED WITH HYPERTHYROIDISM (OVERACTIVE THYROID)?

☐ Yes ☐ No

3A. DO YOU EAT AT LEAST 25 GRAMS OF FIBER DAILY?

☐ Yes ☐ No

3B. DO YOU SKIP MEALS OR GO MORE THAN 4 HOURS WITHOUT EATING (WHILE AWAKE)?

☐ Yes ☐ No

3C. DO YOU EAT BREAKFAST WITHIN 1 HOUR OF WAKING?

☐ Yes ☐ No

4A. DO YOU CONSUME QUALITY PROTEIN WITHIN 45 MINUTES OF EXERCISING?

☐ Yes ☐ No

4B. AT EVERY MEAL, INCLUDING SNACKS, DO YOU CONSUME PROTEIN?

☐ Yes ☐ No

4C. WHEN YOU LOSE WEIGHT, DO YOU FEEL LIKE YOU ALSO LOSE ENERGY AND STRENGTH?

☐ Yes ☐ No

5A. DO YOU FEEL TIRED, UNALERT AND LACKING ENERGY MOST DAYS?

☐ Yes ☐ No

5B. DO YOU FEEL LIKE YOU'RE STUCK IN A PLATEAU?

☐ Yes ☐ No

5C. DO YOU FEEL LIKE YOUR METABOLISM NEEDS A BOOST?

☐ Yes ☐ No

5D. ARE YOU SENSITIVE TO CAFFEINE OR STIMULANTS?

☐ Yes ☐ No

6A. DO YOU FEEL LIKE YOU LOSE WEIGHT SLOWLY?

☐ Yes ☐ No

6B. DO YOU WANT TO PROMOTE REDUCTION IN BODY MASS INDEX (BMI)?

☐ Yes ☐ No

7A. DO YOU HAVE EXCESS FAT ON YOUR STOMACH, HIPS, BUTT OR THIGHS?

☐ Yes ☐ No

7B. DO YOU WANT HELP TO INCREASE YOUR LEAN MUSCLE MASS?

☐ Yes ☐ No

7C. ARE YOU ALLERGIC TO PEANUTS?

☐ Yes ☐ No

8. DO YOU CURRENTLY TAKE A DAILY MULTIVITAMIN SUPPLEMENT?

☐ Yes ☐ No

9. DO YOU EAT 4-12 OUNCES OF FRESH VEGETABLES DAILY?

☐ Yes ☐ No

10. ARE YOU ALLERGIC TO SOY?

☐ Yes ☐ No

ITLS

ITLS



TLS SUPPLEMENTS



OVER EATING?

Tame your hunger with TLS CORE Fat & Carb Metabolizer.

- Contains Leptincore®, a clinically-proven, patent-pending, all-natural ingredient designed specifically to promote healthy weight management contains white kidney bean extract, another proven ingredient that research shows helps with body weight by blocking carbohydrate absorption which means stopping carbs from being converted into fat
- TLS CORE helps inhibit the body's absorption of carbohydrates and reduces fat storage in the body.



TONING UP?

Slim down with TLS Tonalin CLA (Conjugated Linoleic Acid).

- TLS Tonalin CLA contains natural ingredients to support for healthy glucose metabolism and help the body to metabolize carbohydrates and fats
- A great supplement while on an exercise plan



STRESSED OUT?

Stabilize your mood with TLS ACTS Adrenal, Cortisol, Thyroid & Stress Support Formula.

- Don't turn to food to comfort you from stress. Your body's reaction to stress can be directly impacted by the adrenal and thyroid glands and the hormone cortisol, all of which can benefit from TLS ACTS.
- TLS ACTS addresses the root of the problem by helping your body adapt to stress and assisting you with your weight loss.



BURNING FAT?

Accelerate fat burning with TLS Green Coffee plus Garcinia Cambogia

- TLS Green Coffee plus Garcinia Cambogia helps facilitate the use of stored fat as a source of energy – promoting thermogenesis and accelerating fat burning in the body when used as part of the TLS System
- TLS Green Coffee plus Garcinia Cambogia uses Svetol® Green Coffee Extract, the most clinically researched brand of green coffee bean extract.



TLS SHAKES AND MEALS



NEED MORE PROTEIN AND FIBRE?

TLS Nutrition Shakes — Creamy Vanilla and Chocolate Delight

- TLS Nutrition Shakes are formulated to deliver 18 grams of protein to handle your hunger, over 10 grams of fibre, under 6 g of fat and 25 different vitamins and minerals in each serving.



BUILDING MUSCLE?

TLS Whey Protein Shakes — Vanilla and Chocolate Flavours

- Muscle dictates metabolism, and TLS Whey Protein is an rBGH free, fast-absorbing formula that contains 21 grams of protein with minimal carbohydrates and fat, providing the protein you need, and nothing you don't.



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TLS TOOLS

TLS Health Guide & Journal

The first step in securing your commitment to TLS, the *Health Guide & Journal* is designed to take you day by day through your first 12 weeks of the program, helping instill behaviours and techniques to help you stay healthy, feel great and lose weight.

tlsSlim.com

Our interactive website offers menu plans with thousands of food entries, helpful tips and reminders, an exercise planner, hundreds of delicious recipes, an online progress tracker for measurements and weight, and much more.

TLS Mobile

Our mobile app, available for the iPhone and Android platforms, seamlessly syncs with your existing tlsSlim.com account and offers you interactive tools to track meals, exercises and supplement usage on the go.



Are You Ready?

You have taken the first step in getting healthy by finding TLS.
But your story doesn't end here. TLS Weight Management Solution
begins now! It's time to live the life you were meant to!

FIND YOUR FIT



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