



TLS 21 DAY
CHALLENGE



OVERVIEW

Our 21-Day Challenge is specially designed for weight management. This challenge includes two phases: Phase 1 is a cleanse — a fresh start for your body that prepares it for the second step, Phase 2. This is the fat-burning phase, where fat and inches are lost. Use our simple and straightforward guide to change your life, today.

PHASE 1 — DETOX CLEANSE	PHASE 2 — FAT BURNING
<p style="text-align: center;">DAYS 1 - 7</p> <p>Kick-off your weight management journey with an invigorating cleanse! Phase 1 will curb those cravings for sweet, fatty and salty foods while supporting your weight management efforts. Bursting with fruits and vegetables, this detox is the first step to the brand new you.</p>	<p style="text-align: center;">DAYS 8 - 21</p> <p>Accelerate your weight management efforts during the intensive Phase 2. Specially created to target stubborn fat, in these weeks you will reach the ultimate phase of fat loss.</p> <p>In this Phase, you'll shed those extra pounds and ultimately feel better, both physically and emotionally.</p>

YOUR TLS 21 DAY STRATEGIES

- Daily journaling
- Get plenty of sleep
- No skipping meals (do not go longer than 4 hours without eating while awake)
- No alcohol
- Use spices and herbs to enhance your meals
- Drink water (at least 8 cups a day)
- No grains, starches or dairy
- No sugar or artificial sweeteners (other than sugar in fruit)
- Choose raw or lightly steamed vegetables
- Use small amounts of low-sodium soy sauce, salt, pepper, vinegar and mustard



TIPS FOR TAKING “BEFORE AND AFTER” PHOTOS

Pictures speak louder than words. Before getting started on your 21 Day Challenge, be sure to take “before” photos. After just 21 days, you will see the physical rewards of your hard work.

• Photos should be full-body shots (from head to toe) consisting of one (1) shot each from the front, side and back.

• Ideally, you should be dressed in form-fitting athletic wear or swimwear. The outfits worn for “Before and After” photos should be as close to identical as possible.

• Photographic area should be well lit; dim lighting prevents detailed viewing. We want to see you!

• Send your photos via email to findyourfit@marketunitedkingdom.com.uk*

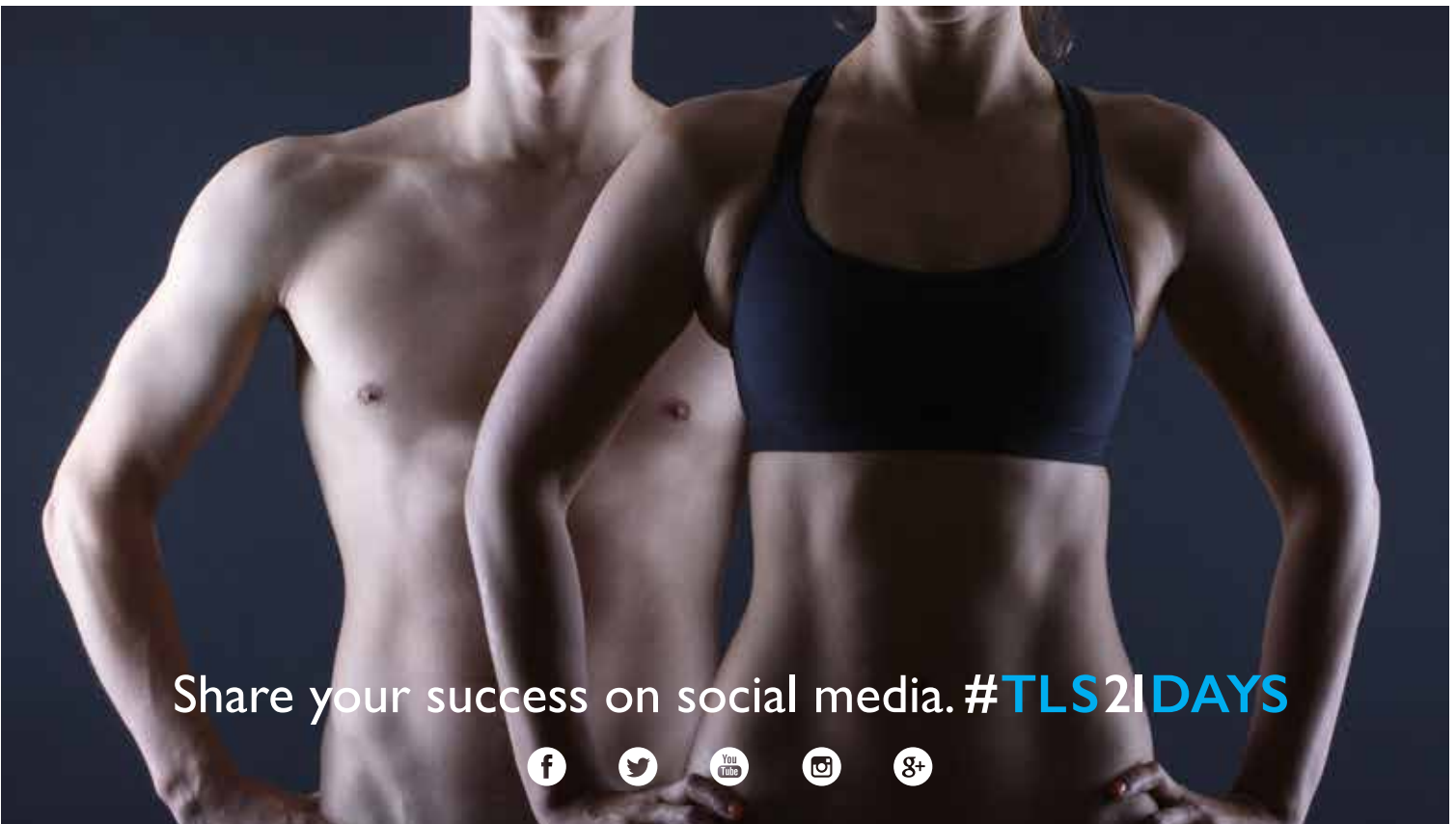
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21-DAY CHALLENGE CHECKLIST

DAYS 1 - 7	DAYS 8 -21
<ul style="list-style-type: none"> • Isotonix OPC-3® • Isotonix® Multivitamin • Isotonix® Digestive Enzymes with Probiotics • TLS CORE with Chromium, White Kidney Bean & LeptiCore® 	<ul style="list-style-type: none"> • Isotonix OPC-3® • Isotonix® Multivitamin • TLS Nutrition Shake • TLS CORE with Chromium, White Kidney Bean & LeptiCore® • Isotonix® Digestive Enzymes with Probiotics
<ul style="list-style-type: none"> • NutriClean 7-Day Cleansing System 	<ul style="list-style-type: none"> • TLS ACTS • TLS Tonalin® CLA • TLS Thermochrome with Advantra Z® • TLS Green Coffee Plus Garcinia Cambogia
<p> Recommended Supplements Suggested Additional Supplements </p> <p> <small>*Many other Market America branded products are available on GLOBALSHOPCOM. Please note that restrictions may apply. Products sold on GLOBALSHOPCOM are according to US laws and regulations and the company makes no representation it complies with EU laws and/or regulations. Please see GLOBALSHOPCOM Terms and Conditions to learn more.</small> </p>	



From left: Isotonix OPC-3, Isotonix Multivitamin, Isotonix® Digestive Enzymes with Probiotics, TLS Nutrition Shakes, TLS CORE with Chromium, White Kidney Bean & LeptiCore®



Share your success on social media. #TLS21DAYS



PRODUCT TESTIMONIALS



TLS NUTRITION SHAKES

"I lost 30 lbs and they are delicious! A must for my weight loss journey!" — Maureen M.



TLS ACTS

"This is the best stress-buster I've ever tried. #eliminate stress" — Patrick T.



TLS CORE

"I lost 35 lbs in 90 days with its help! Went from a 40 inch to a 36 inch waistline!" — Tom N.

Individuals should follow the TLS Weight Management Solution as part of a healthy diet and exercise programme. The persons sharing their stories are Market America UnFranchise® Owners. Market United Kingdom has not evaluated such testimonials. *Many other Market America branded products are available on GLOBALSHOP.COM. Please note that restrictions may apply. Products sold on GLOBALSHOP.COM are according to US laws and regulations and the company makes no representation it complies with EU laws and/or regulations. Please see GLOBALSHOP.COM Terms and Conditions to learn more.



21 DAY CHALLENGE GUIDE

PHASE 1 DAY PLANNER

<p>BREAKFAST</p> <ul style="list-style-type: none"> - squeeze 1/2 lemon in 237 ml warm water - 1 serving fruit - 1 serving protein - 3+ servings vegetables <p>SNACK</p> <ul style="list-style-type: none"> - 237 ml water - 1 serving fruit 	<p>LUNCH</p> <ul style="list-style-type: none"> - 473 ml water - 1 serving good fat** - 3+ servings vegetables <p>SNACK</p> <ul style="list-style-type: none"> - 237 ml water - 2+ servings vegetables - 1 serving fruit 	<p>DINNER</p> <ul style="list-style-type: none"> - 473 ml water - 1 serving protein - 1 serving good fat** - 3+ servings vegetables <p>SNACK (OPTIONAL)</p> <ul style="list-style-type: none"> - 237 ml water - 1 serving vegetable
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PHASE 1 DIRECTIVE

- Isotonix OPC-3®
- Isotonix® Multivitamin*
- Isotonix Digestive Enzymes Probiotics*
- TLS CORE with Chromium, White Kidney Bean & LeptiCore®**
- No coffee, soda or other caffeinated beverages
- No dairy
- No grains or starches
- No alcohol
- Avoid strenuous activities; rather, partake in yoga or gentle stretching

DAILY FOOD SERVINGS

- Vegetables: Unlimited servings per day
- Fruit: 3 servings per day
- Protein: 2 servings per day (1 serving: 85 grams)
- Good Fats: 2 servings per day**

*as directed on label

**unsaturated fats like omega-3 fatty acids (e.g. avocado, flaxseed, nuts, olive oil)

PHASE 2 DAY PLANNER

<p>BREAKFAST</p> <ul style="list-style-type: none"> - 473 ml water - 1 serving protein - 3 servings vegetables <p>SNACK</p> <ul style="list-style-type: none"> - 1 TLS Nutrition Shake with 237 ml of water - 1 serving fruit 	<p>LUNCH</p> <ul style="list-style-type: none"> - 473 ml water - 1 serving good fat** - 1 serving protein - 2 servings vegetables <p>SNACK</p> <ul style="list-style-type: none"> - 1 TLS Nutrition Shake with 237 ml of water - 2 servings vegetables 	<p>DINNER</p> <ul style="list-style-type: none"> - 473 ml water - 1 serving good fat** - 1 serving protein - 3 servings vegetables <p>POST WORKOUT SNACK</p> <ul style="list-style-type: none"> - 1 serving of protein within: 30 minutes of exercise
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PHASE 2 DIRECTIVE

- Isotonix OPC-3®
- Isotonix® Multivitamin*
- TLS Nutrition Shake*
- TLS CORE with Chromium, White Kidney Bean & LeptiCore®**
- Isotonix Digestive Enzymes Probiotics*
- No dairy
- No grains or starches
- No alcohol
- England's Department of Health recommends at least 150 minutes of moderate-intensity aerobic activity every week, combined with muscle-strengthening activities 2 days a week†

DAILY FOOD SERVINGS

- Vegetables: 8-12 servings per day
- Fruit: 1 serving per day
- Protein: 3-4 servings per day
- Good Fats: 2 servings per day**

†SOURCE: <http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults.aspx>

*as directed on label

**unsaturated fats like omega-3 fatty acids (e.g. avocado, flaxseed, nuts, olive oil)

21 DAY CHALLENGE POWER FOODS

VEGETABLES: 1 SERVING, 1 -2 CUPS, UNLESS OTHERWISE NOTED

<ul style="list-style-type: none"> • Alfalfa sprouts • Artichokes • Arugula/Rocket Salad • Asparagus • Aubergine • Bean sprouts • Beetroot • Bell peppers • Bok choy • Broccoli • Brussels sprouts • Cabbage (red or white) • Carrots • Cauliflower • Celery • Chard 	<ul style="list-style-type: none"> • Courgette • Cucumber • Dandelion greens • Endive • Ginger • Green beans • Green peas • Greens (beet, collard, dandelion, kale, mustard, turnip) • Hot peppers • Jerusalem artichokes • Jicama • Kale • Kohlrabi • Leeks 	<ul style="list-style-type: none"> • Lettuce (any) • Mangetout (no sugar) • Mushrooms • Okra • Olives • Onions • Parsley • Pimientos • Radicchio • Radishes • Rhubarb • Salsa • Sauerkraut • Scallions/Spring onions • Spinach • Squash leaves 	<ul style="list-style-type: none"> • Stir-fry vegetables (no sauce) • Taro root, 1/4 cup • Tomatoes (fresh) • Tomato juice (no salt), 1/2 cup • Tomato paste, 2 tbsp. • Tomato sauce, 1/2 cup • Turnips • Vegetable juice (no salt), 1/2 cup • Vegetable soup (low-fat), 1/2 cup • Water chestnuts • Watercress
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GOOD FATS: 1 SERVING, 1 TABLESPOON

- Oils (Olive, Avocado, Coconut, Grapeseed)
- Avocado, 1/2 medium*

FRUITS: 1 SERVING, 1 MEDIUM FRUIT OR 1 CUP, UNLESS OTHERWISE NOTED

<ul style="list-style-type: none"> • Apple • Apricots, 4 medium • Banana • Berries (blueberries, strawberries, raspberries, boysenberries, blackberries), 3/4 cup • Cantaloupe • Casaba melon • Cherries, 12 large • Currants, 3 tbsp. 	<ul style="list-style-type: none"> • Dates (fresh), 2 • Figs (fresh), 2 • Gooseberries, 3/4 cup • Grapefruit • Grapes • Guava • Honeydew melon • Jackfruit • Kiwifruit • Kumquats, 4 medium • Lemon 	<ul style="list-style-type: none"> • Lime • Loganberries, 3/4 cup • Loquats • Lychees, 7 • Mandarin orange • Melon balls • Mulberries, 3/4 cup • Nectarine • Orange • Papaya, 1/2 medium • Passion fruit 	<ul style="list-style-type: none"> • Peach • Pear • Pineapple, 1/2 cup • Plum • Pomegranate, 1/2 small • Raisins, 2 tbsp. • Sharon fruit • Starfruit • Tangelo • Tangerine
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PROTEINS: PHASE 1 — 1 SERVING, 85 GRAMS, UNLESS OTHERWISE NOTED

PHASE 2 — WOMEN: 113-170 GRAMS WITH BREAKFAST, LUNCH AND DINNER; 57-85 GRAMS WITH SNACKS | MEN: 170-227 GRAMS WITH BREAKFAST, LUNCH AND DINNER; 57-85 GRAMS WITH SNACKS

<ul style="list-style-type: none"> • Tinned tuna, salmon or sardines (packed in water) • Chicken or turkey (without skin) • Eggs (1-2) 	<ul style="list-style-type: none"> • Egg whites (3-4) • Lean veal • Tofu • Fresh fish (salmon, sardines, tuna, flounder, red snapper; 	<ul style="list-style-type: none"> trout, etc.) • Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, mussels, etc.) • Tempeh* 	<ul style="list-style-type: none"> • Soy* • Veggie burger (grain-free)* • TLS Nutrition Shake* <p>* Only allowed during Phase 2</p>
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