

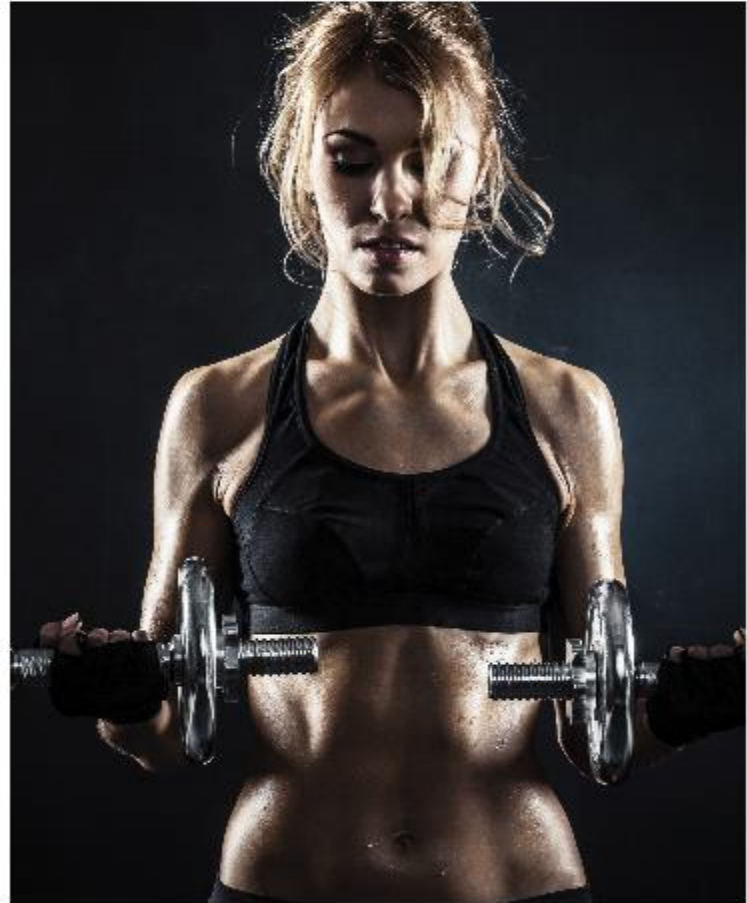


YOUR GUIDE TO A HEALTHY WEIGHT

) (TLS®

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?

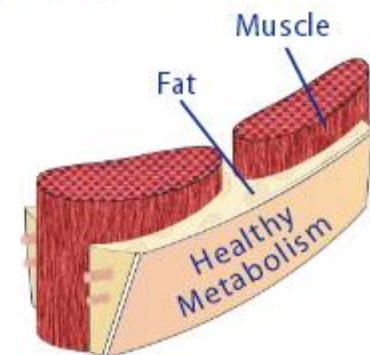
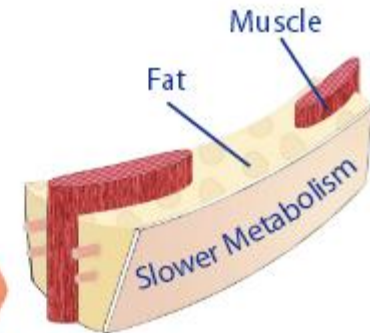
Why do you struggle with weight?

- 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-Glycemic-Impact-Eating

- It's about eating right, not eating less.

Body Composition

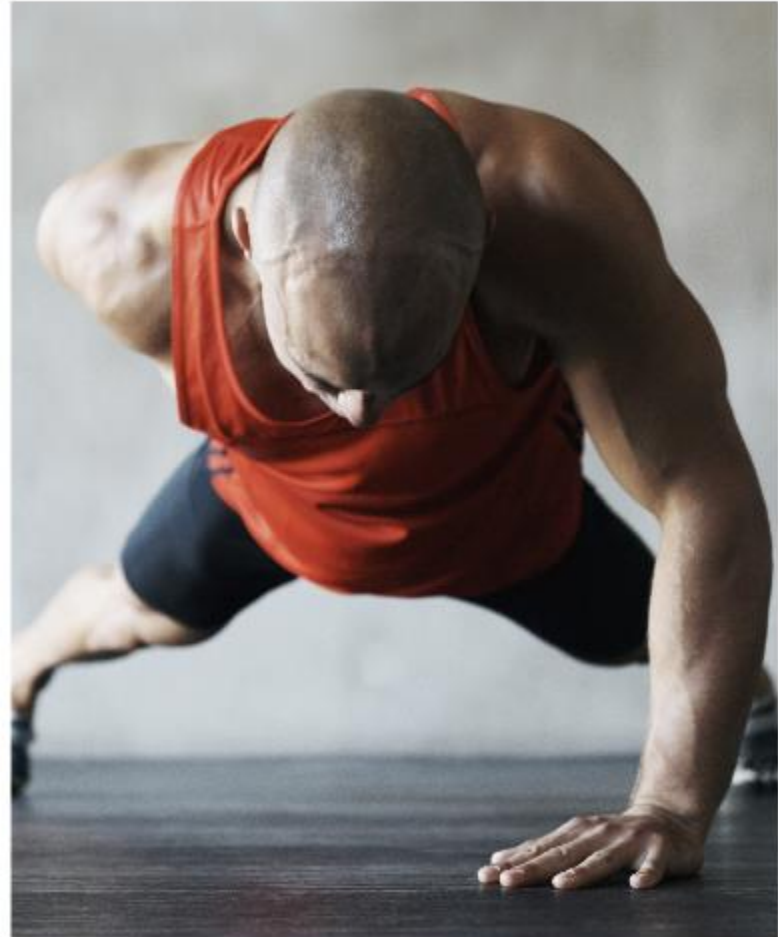
- Focusing on fat loss instead of weight loss.

Science-Based Supplementation

- Working with your body to enhance weight loss efforts.

Education

- Being aware and changing unhealthy behaviors for life.



LOW-GLYCEMIC EATING

WHY LOW-GLYCEMIC- IMPACT?

LEADING A LOW-GLYCEMIC-IMPACT 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 THE
FAT BURNING ZONE...



...AND LEAD TO
SAPPING YOUR ENERGY.



THIS IS YOUR
FAT-BURNING
ZONE

IDEAL FOR WEIGHT LOSS.

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



5

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



6

7

WHAT ARE YOUR OPTIONS?

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

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

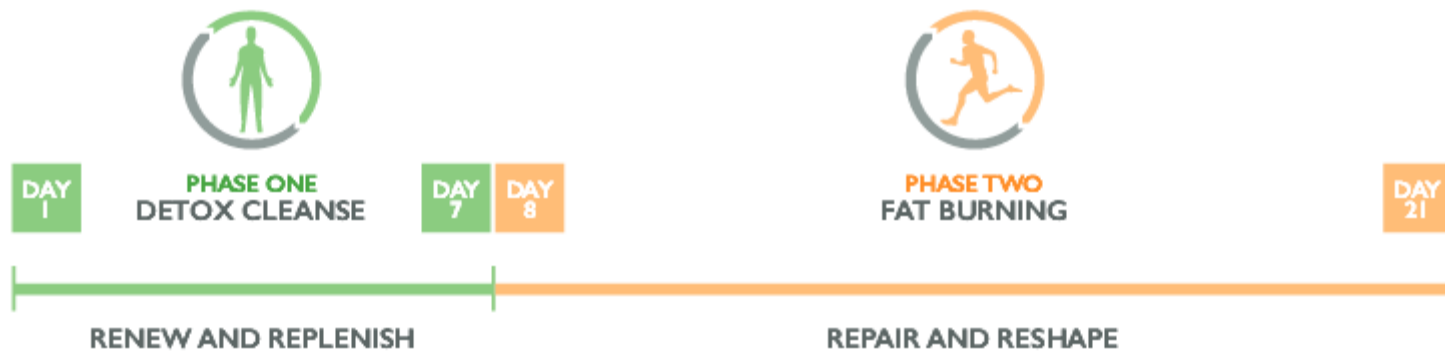


*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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 10 pounds.

*Consult your physician or other healthcare professional before starting this or any other exercise program. If you experience faintness, lightheadedness, dizziness, pain or shortness of breath at any time while exercising, you should stop immediately and consult your physician or other healthcare professional. Do not start this program if your physician or healthcare professional advises against it.

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 (8 oz. each) per day
- Up to 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 (8 oz. 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
- For overall cardiovascular health, the American Heart Association recommends at least 30 minutes of moderate-intensity aerobic activity at least 5 days per week.**
- Take TLS® supplements, as directed

TLS® CHALLENGE BOOKLET



3-WEEK PROGRAM

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** http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/FitnessBasics/American-Heart-Association-Recommendations-for-Physical-Activity-in-Adults_UCM_307970_Article.jsp

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 (8 oz. 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 of health to realize the maximum benefits from TLS Weight Loss Solution. We believe this is our first time period getting on TLS and you're back in a groove, this 4-7 day detox will kick your appetite for every day and day health while supporting your weight loss efforts.

A Day On Detox
Follow an 80% make up menu of the food you do eat. Drink at least 8 glasses (8 oz.) of water daily, and supplement based on your Weight Loss Food & Beverage Plan.

7-DAY CLEANSE

- Includes OPC* and B-Phenylalanine**
- Follow instruction book by directions of all listed grams/oz.
- Clean and pure ingredients only.
- Includes* Must be made
- Contains 100% or more of the recommended daily allowance of natural herbs.
- Follow instruction manual available featuring **Water Cleanse**† 7.5g of CI™ working by design
- Follow instruction manual.
- Follow instruction by label directions, and identify the line **TLS+ COMBINE B & C with Biotin**
- Follow strict carbohydrate plan given in the book
- High body support supports by providing a loading of nutrients

*OPC is a trademark of the manufacturer. **B-Phenylalanine is a trademark of the manufacturer. †CI™ is a trademark of the manufacturer.

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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 loss 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 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

TLS® FAT SHREDDER LOSE 10 POUNDS IN 2 WEEKS

Why It's For You:
You're extremely committed to achieving short-term weight loss goals through an all-in-one program. You'll shed 10 lbs of fat faster, physically and emotionally, knowing you can do anything you set your mind to.

A Day On Fat Shredder:
Below is an example of one of the daily meal plans. Drink at least 8 glasses (64 oz) of water daily, and supplements based on your Weight Loss Profile results and needs.

Have a Plan: Plan By 5 Key Elements.
The products in your plan will be a customized fit for your needs.

ACTS It takes a number of weeks to see results.
CLA Supports healthy metabolism.
COE Supports healthy metabolism.
5-in-1 Supports healthy metabolism.
Thermogenic Supports healthy metabolism.
Metabolic Shaker Supports healthy metabolism.
Weight Protein Shaker Supports healthy metabolism.
Lean Protein Supports healthy metabolism.

MEAL PLAN:
BREAKFAST: Protein Shake
LUNCH: Turkey & Chicken
DINNER: Turkey & Chicken
POST-WORKOUT: 5-in-1 Protein Shake

ACTS: 1/2 Scoop
CLA: 1 Scoop
COE: 1 Scoop
5-in-1: 1 Scoop
Thermogenic: 1 Scoop
Metabolic Shaker: 1 Scoop
Weight Protein Shaker: 1 Scoop
Lean Protein: 1 Scoop

2-WEEK PROGRAM

*Consult your physician or other healthcare professional before starting this or any other exercise program. If you experience lightheadedness, dizziness, pain or shortness of breath at any time while exercising, you should stop immediately and consult your physician or other healthcare professional. Do not start this program if your physician or healthcare professional advises against it.

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 2-3 pounds per week.

What you'll do:

- Follow a strict, low-glycemic 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

The graphic is a promotional poster for the TLS Rapid Results program. At the top, it features the TLS logo and the text 'RAPID RESULTS LOSE 2-3 POUNDS PER WEEK'. Below this, there is a section titled 'Why It's For You:' with a sub-section 'A Day on Rapid Results:' and a small image of a person on a scale. The main body of the graphic is a grid of six images representing meals: 'BREAKFAST: YOGURT CHESTNUT', 'MID-DAY: CHOCOLATE RASPBERRY SMOOTHIE', 'LUNCH: SALAD WITH BROWN RICE', 'POST-PRANDIAL: LETTUCE WRAP', 'DINNER: HONEY-GARLIC SCALLOP WITH EDAMAME', and 'WATER: 80-110 OZ GLASSES DAILY'. To the right of the grid is a section titled 'Have a Jar Full of 8 egg lemons' with a list of supplements: ACTO, CLA, COIN, 8 egg lemons, Thermolipon, and Weight Protein Builder. Each supplement has a brief description of its benefits.

TLS
RAPID RESULTS
LOSE 2-3 POUNDS PER WEEK

Why It's For You:
You're motivated, dedicated and committed to doing whatever it takes to reach your weight loss goals. Get ready to break unhealthy habits and start losing fat and inches.

A Day on Rapid Results:
Below is an example of one of the TLS you can use Supplement based on your Weight Loss Profile recommendations.

Have a Jar Full of 8 egg lemons.
The products in your plan will be delivered and to suit your needs.

BREAKFAST: YOGURT CHESTNUT

MID-DAY: CHOCOLATE RASPBERRY SMOOTHIE

LUNCH: SALAD WITH BROWN RICE

POST-PRANDIAL: LETTUCE WRAP

DINNER: HONEY-GARLIC SCALLOP WITH EDAMAME

WATER: 80-110 OZ GLASSES DAILY

ACTO: It helps to regulate weight gain.
CLA: Supports healthy metabolism.
COIN: Supports energy.
8 egg lemons: The combination of ingredients for Thermolipon.
Thermolipon: Supports normal metabolism function.
Weight Protein Builder: Helps to increase muscle mass and support metabolism.
Weight Protein Builder: For an optimum performance diet.
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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 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

The graphic features the TLS logo at the top, followed by the title 'SURE & STEADY' in large blue letters and the subtitle 'LOSE 1-2 POUNDS PER WEEK'. Below this is a section titled 'Why It's For You:' with a sub-section 'A Day on Sure & Steady:' and a small image of a person's legs running. The bottom half of the graphic is a grid of six food images with labels: 'BREAKFAST: OATMEAL WITH FRUIT & NUTS', 'LUNCH: TUNA SALAD WITH VEGETABLES', 'DINNER: GRILLED CHICKEN WITH VEGETABLES', 'SNACK: GREEK YOGURT WITH FRUIT', 'POST-WORKOUT: PROTEIN SHAKE', and 'BEVERAGE: WATER'. To the right of the grid is a section titled 'How our Form Fit of 8 supplements...' showing various TLS supplement bottles. At the bottom right, there is a list of supplement benefits: 'ACTS' (12 weeks to a noticeable weight gain), 'CLUB' (12 weeks to a noticeable weight gain), 'COIN' (12 weeks to a noticeable weight gain), 'Egg White Protein' (12 weeks to a noticeable weight gain), 'Green Coffee' (12 weeks to a noticeable weight gain), 'Lactalbumin' (12 weeks to a noticeable weight gain), 'Mediterranean' (12 weeks to a noticeable weight gain), and 'Whey Protein Isolate' (12 weeks to a noticeable weight gain).

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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

TLS
CONTINUED COMMITMENT
A GUIDETO 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 one of the meals you'll eat.

Meet our Family of Supplements
The products in your plan will be necessary to reach your goals.

BREAKFAST: BAKED SALMON AND CHICKEN

MIDDAY: CHOCOLATE COCONUT MILKSHAKE

LUNCH: BAKED SALMON AND CHICKEN

PRE-SNACK: APPLE SLICES AND ALMONDS

DINNER: BAKED PORK CHOPS WITH GARLIC POTATOES

POSTER: BLENDED COCONUT MILKSHAKE

ACTN: Promotes lean, balanced weight gain.
CRN: Targeted calorie burn for...
CRBN: Total hunger...
GreenCoffee: Enhances the metabolism and helps burn fat.
Thermoburner: Supports natural metabolism function.
Replenish: Supports natural metabolism function.
Why? Protein will be low. *Always supplement as recommended. *Consult your physician or other healthcare professional for more information.

*Consult your physician or other healthcare professional before starting this or any other exercise program. If you experience lightheadedness, dizziness, pain or shortness of breath at any time while exercising, you should stop immediately and consult your physician or other healthcare professional. Do not start this program as your physician or healthcare professional advises against it.

SIMPLY DELIVERED

Why it's for you:

Do you struggle to find time to cook, but still want to eat healthy? Try our Simply Delivered Meal Program in conjunction with our TLS Menu Plans and get healthy food delivered to your door!

What you'll do:

- Enjoy chef-prepared, low-glycemic meals.
- Visit SHOP.COM and select one our Partner Store food delivery services, BistroMD or Chef'd, to get meals delivered to your door
 - 2 TLS® Nutrition Shakes per day as snacks
 - 6 servings of vegetables per day
 - 2 servings of fruit per day
- Exercise (3-5 days per week)
- Take TLS® supplements, as directed



bistroMD

CHEF'D

TLS

SIMPLY DELIVERED

LOSE 1.5 – 2.5 POUNDS PER WEEK

Why It's For You:
You're looking for a weight loss plan that fits your schedule & lifestyle. You don't want to worry about cooking, grocery shopping or sweating about it. TLS Simply Delivered brings healthy fresh meals right to your door!

A Day On Simply Delivered:
Includes 16 servings of some of the fresh produce we love. Drink at least 8 cups of water daily, and supplement based on your Weight Loss Tracker results analysis.

WEEKLY, SIMPLY DELIVERED ITEMS OF YOUR CHOICE:
• VEGETABLES (12 SERVINGS)
• PROTEIN (5 SERVINGS)
• FIBER (10 GRAMS)
• SUPPLEMENTAL DELIVERED ITEMS OF YOUR CHOICE
• VEGETABLES (12 SERVINGS)
• PROTEIN (5 SERVINGS)
• FIBER (10 GRAMS)
• SUPPLEMENTAL DELIVERED ITEMS OF YOUR CHOICE
• VEGETABLES (12 SERVINGS)
• PROTEIN (5 SERVINGS)
• FIBER (10 GRAMS)

2 PLANS TO CHOOSE FROM:

FRESH	
34 DAYS	\$1499 PER DAY

CUSTOM FRESH	
36 DAYS	\$1499 PER DAY

Order today on tls.com

ACTS is a low-calorie meal plan.
CLA is a natural fat burner.
COB is a fat burner.
Green Coffee is a natural fat burner.
Theobromine is a natural fat burner.
Nutrition Shakes are a low-calorie meal replacement.
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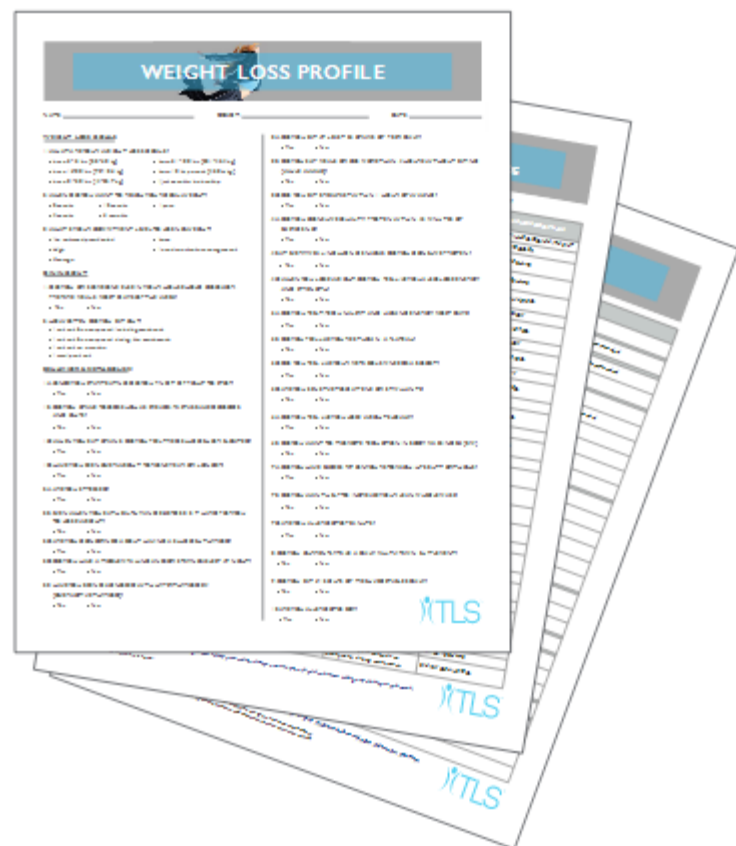


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FREE WEIGHT LOSS PROFILE

Find the best custom plan for you based on:

- Lifestyle
- Diet
- Activity levels
- Goals
- Behavior



TLS SUPPLEMENTS



OVEREATING?

Tame your hunger with TLS[®] CORE Fat & Carb Inhibitor.

- TLS CORE helps suppress your appetite with the help of Lepticare[®], an all-natural ingredient with the demonstrated ability to enhance weight loss.*
- Promote weight loss, help control carbohydrates and help your body stop storing fat with TLS CORE.*



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.*



SLOW METABOLISM?

Increase energy and support metabolism with TLS[®] Thermochrome with Advantra Z[®].

- TLS Thermochrome helps support increased energy levels and weight loss with the power of Advantra Z, the only patented thermogenic ingredient for weight loss and peak physical performance on the market today.*
- TLS Thermochrome helps eliminate stored fat and may help suppress appetite.*



TONING UP?

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

- TLS Tonalin CLA contains natural ingredients to help redistribute fat to fat-burning muscle tissue, promoting lean muscle mass and decreasing the amount of fat stored in your body.*
- A great supplement while on an exercise plan, TLS Tonalin CLA will help your body use fat as fuel, helping enhance your lean muscle mass.*



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.



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TLS® SHAKES



NEED MORE PROTEIN AND FIBER?

TLS® Nutrition Shakes — Creamy Vanilla and Chocolate Delight

- TLS Nutrition Shakes are formulated to deliver 18 grams of protein, 10 grams of fiber and over one-third of the recommended daily allowance (RDA) of 22 different vitamins and minerals in each serving.*



BUILDING MUSCLE?

TLS® Whey Protein Shakes — Vanilla and Chocolate Flavors

- 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 behaviors and techniques to help you stay healthy, feel great and lose weight.

tlsSlim.com

Our cutting edge website offers personalized weight management plans and supplement recommendations, educational videos, BMI and body fat calculators, TLS success stories, printable grocery lists, online parties, a health and wellness blog, TLS downloads and so much more!



Are You Ready?

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

FIND YOUR FIT



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