

# TLS<sup>®</sup> ON THE GO NUTRITION SHAKES



GREAT TASTE

PROVIDES 10 GRAMS OF  
FIBER PER SERVING

PROVIDES 18 GRAMS OF  
PROTEIN PER SERVING

NO ADDED SUGAR



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## Why Choose TLS Nutrition Shakes?

Whether you want to lose weight or build lean muscle, TLS Nutrition Shakes provide a quick and easy snack between meals to satisfy hunger, or can be used as meal replacement shakes in conjunction with your TLS Weight Loss Solution program.

## How do TLS Nutrition Shakes assist in weight loss?

TLS Nutrition Shakes assist in weight loss by providing a source of quality protein and fiber — much-needed nutrients that also promote a feeling of fullness.

## Who should use TLS Nutrition Shakes?

Anyone interested in weight loss and the achievement of optimal body composition, as well as anyone in search of a quick and easy snack alternative.

## What are the advantages of a lean protein diet?

Protein provides much-needed nourishment while also blunting hunger pangs, enabling you to feel fuller for longer without becoming deprived of necessary nutrients.

## Are the TLS Nutrition Shakes vegetarian?

Yes. TLS Nutrition Shakes only utilize whey and pea proteins. Whey protein is derived from milk, and pea protein is a plant-based source of low-fat protein.

## How often should I have a TLS Nutrition Shake?

TLS Nutrition Shakes are especially useful as a snack between meals to help fight hunger and provide additional protein, fiber and calcium. They can be enjoyed anytime.