

# 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

# (TLS) 7 DAY DETOX FRUIT AND VEGETABLE CLEANSE

### Why It's For You:

You're looking for a kick-start and want to receive the maximum benefit from TLS Weight Loss 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 loss efforts.

### A Day On Detox:

Below is an example of some of the foods you can eat. Drink at least 8 glasses (8 oz.) of water daily, and supplement based on your Weight Loss Profile recommendation.



- Isotonix OPC3® with Pycnogenol®:**
  - Helps maintain healthy cholesterol and blood glucose levels
  - Demonstrates anti-inflammatory activity
- Isotonix® Multivitamin:**
  - Contains 100% or more of the recommended daily allowance of essential vitamins
  - Helps maintain normal metabolic functioning
- NutriClean® 7-Day Cleansing System:**
  - Helps maintain digestive health
  - Helps cleanse the colon, bowel, and detoxify the liver
- TLS® CORE Fat & Carb Inhibitor:**
  - Helps inhibit carbohydrate absorption in the body
  - May help suppress appetite by promoting a feeling of fullness

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\*Please do not consult your physician before beginning this or any other weight management program. Individuals following the TLS Weight Loss Solution can expect to lose 3-5 pounds per week. These results are based on the average results of the TLS Weight Loss Solution. Individual results may vary. TLS is a registered trademark of Heiphaag Research Ltd. All other trademarks are the property of their respective owners. TLS is a registered trademark of Heiphaag Research Ltd. All other trademarks are the property of their respective owners.

## 7-DAY CLEANSE

\*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.