

TLS® NUTRITION SHAKES



A HEALTHY MEAL
REPLACEMENT SHAKE

GREAT TASTING

EXCELLENT SOURCE OF FIBRE

PACKED WITH 18 G OF
PROTEIN

GOOD SOURCE OF
CALCIUM

GLUTEN FREE



76391, 76390, 76390IBV, 76391IBV | TLS
NUTRITION SHAKES (14 SERVINGS)

Why choose TLS Nutrition Shakes?

TLS Nutrition Shakes provide a great healthy nutritional alternative for active lifestyles. They are great-tasting, formulated meal-replacement shakes available in two delicious flavours, Chocolate Delight and Creamy Vanilla. TLS Nutrition Shakes are specifically formulated to deliver an optimal balance of 18 grams of high-quality soy protein to handle your hunger, allowing you to feel full and stay satisfied. Protein is also necessary for tissue building and repair and contributes to the maintenance of muscle mass. Our TLS Shakes are balanced and also deliver 10-11 grams of dietary fibre and 24 different vitamins and minerals — all with under six grams of fat per serving!

When compared with similar meal replacement shakes, our TLS Shakes contain fewer kilojoules, less fat and is lower in saturated fat. Our shakes are also higher in protein, lower in sugar (only 1 – 2.2 grams), and higher in fibre than most other Australian shakes. A high fibre count is desirable, as it helps fill you up so we formulated our shakes to contain Fibersol®-2 which is a highly concentrated form of dietary fibre. They also have no added sugar, no added colour, and our product does not contain gluten.

If you want a healthier weight management routine, TLS Nutrition Shakes provide a quick and easy meal to satisfy hunger as a healthy alternative to fast food. Treat your body to a delicious meal-replacement shake!

FAQs:

Who should use TLS Nutrition Shakes?

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

How often should I have a TLS Nutrition Shake?

TLS Nutrition Shakes are useful as meal replacements to help fight hunger and provide additional protein, fibre and calcium for your meals: breakfast, lunch or dinner. They can be enjoyed anytime. Great for a delicious fast food alternative!