

TLS NUTRITION SHAKES



GREAT TASTING

EXCELLENT SOURCE OF FIBRE

HIGH IN PROTEIN

NO COLOURS ADDED

GLUTEN FREE



C6391 CHOCOLATE DELIGHT, C6390 CREAMY VANILLA | (14 SERVINGS)

Why choose TLS 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 25 different vitamins and minerals — all with fewer than 6 g of fat per serving!

Easy to prepare, our shakes are a convenient healthy meal replacement alternative to a high-kilojoule breakfast, lunch or dinner. You can also mix them with fruit and milk to provide the health and nutrition you need to keep going, and to stay away from fast food alternatives.

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 1.6 – 3.2 g), and higher in fibre than most other Canadian 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 contain natural flavours, no added colour, and our product does not contain gluten.

Our formula contains less than 975 kJ (kilojoule) per serving and a diet reduced in energy (kilojoule-restricted diet) with regular exercise may contribute to weight loss or weight maintenance. Also, many clinical studies show that daily use of meal-replacement shakes helps with weight loss in obese individuals more rapidly and can lose more total weight with protein as a major diet component.

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!