

## NUTRAMETRIX® TLS® ACTS ADRENAL, CORTISOL, THYROID & STRESS SUPPORT FORMULA

**nutraMetrix®**  
Custom Health Solutions

HELPS BODY ADAPT TO  
STRESS

MAY HELP TO MINIMIZE  
CERTAIN STRESS RELATED  
ISSUES (WEIGHT GAIN,  
DIFFICULT SLEEPING, ETC.)

MAY HELP SUPPORT NORMAL  
THYROID FUNCTION



6460NM

**Why Choose TLS ACTS Adrenal, Cortisol, Thyroid & Stress Support Formula?**  
Stress is something that most of us cannot escape; not only does it have a harmful effect on us mentally, but it can also wreak havoc on us physically - including on our waistslines.\*

Most products on the market either focus on weight loss or stress. TLS ACTS addresses both, helping your body adapt to stress and helping you reach your weight loss goals. TLS ACTS Adrenal, Cortisol, Thyroid & Stress Support Formula works specifically to promote healthy adrenal gland function, cortisol levels and thyroid function to help control stress levels and minimize stress related weight gain.

**How does TLS® ACTS Adrenal, Cortisol, Thyroid & Stress Support Formula support weight management?**

When our bodies experience stress, we switch into "fight or flight" mode — our body's response to perceived threat or danger. As a result, our bodies prepare to be sustained by building up "energy" (a.k.a. fat) and strength for the battle. This response used to be beneficial to our ancestors, but now this response can be triggered in not-so-appropriate situations and repetitively. Stress can physically cause us to put on extra weight — and keep it there. Whenever we are under stress, our bodies release certain hormones by the adrenal gland — adrenalin and cortisol, cortisol being the primary stress hormone. Cortisol is a potent signal to do two things — increase appetite and store fat. Increased cortisol in our body tells our brain that we're hungry, while at the same time telling our fat cells to store and hold onto as much fat as they can. TLS Adrenal, Cortisol, Thyroid and Stress Support Formula is a natural dietary supplement designed to help the body adapt to stress, promoting healthy levels of cortisol while enhancing and stabilizing mood, and supporting thyroid function.\*

**How does it promote relaxation without making you tired?**

The Siberian Ginseng and the Ashwaganadha are natural stimulants. They reduce your stress levels but aren't formulated to make you drowsy. Ginseng acts similar to caffeine but doesn't make you jittery and won't deplete your energy.