

TLS® FIND YOUR FIT KIT



PROMOTES WEIGHT LOSS

PROMOTES REDUCTION IN
BODY MASS INDEX (BMI)

CONTAINS VITAMINS THAT
SUPPORT THE BODY'S
ABILITY TO METABOLIZE
FATS AND CARBOHYDRATES,
AND SUPPORT A HEALTHY
BODY WEIGHT



6490

Who Should Use the TLS Find Your Fit Kit?

Anyone who is looking for a simple, all-in-one kit that addresses the fundamentals of effective weight loss and promoting optimal body composition. When paired with a program of regular exercise and a low-GI eating pattern — as outlined in the TLS Weight Loss Solution — this kit helps to promote lasting, sustainable results.

What is “low-GI”, and how does it relate to weight loss?

The glycemic index (or GI) measures how fast and how high blood sugar levels rise after consuming foods that contain carbohydrates. White bread, for example, is a high glycemic index food and is converted almost immediately to glucose, causing blood sugar levels to spike rapidly and potentially triggering the body to store some of the calories as fat. Different types of carbohydrates are processed differently by the body and, consequently, have different effects on blood glucose levels. The glycemic index ranks carbohydrate-rich foods according to their effect on blood glucose levels. The best sources of carbohydrates – fruits, vegetables and whole grains – deliver essential vitamins and minerals, fiber and a host of important phytonutrients, all while having minimal impact on blood sugar.

Do I have to exercise to see results?

As with most weight loss supplements, this product was designed to be taken in conjunction with a healthy diet and exercise. This is the best and proven way to lose weight. Exercise and healthy eating are essential for optimal results.

Why do I need to take a multivitamin?

A good quality vitamin and mineral supplement creates a sound micronutrient foundation to accompany a balanced diet. Vitamins and minerals help to support a healthy immune system, promote the conversion of food into energy, support a healthy cardiovascular system, support strong bones, promote mental clarity, maintain normal metabolic functioning, promote healthy growth and repair of tissues, help maintain normal blood pressure, and help maintain water and electrolyte balance in the body.

Save 25% when you purchase the Find Your Fit Kit, rather than purchasing the products separately.