



27 Reasons to Use the

TALslim Total Body System



FreeLife
Live It!

To experience the power of the TALslim Total Body System
in your life, contact:

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Whether you're looking to lose weight, or to maintain your goal weight, here are 27 good, healthy reasons to use the TALslim Total Body System every day:

1. Lose weight!

You don't have to reach your ideal weight to reduce your risk of weight-related health problems. Losing just 5 to 10 percent of your body weight can give you a healthy edge, and you'll feel better, too!

2. Fight unhealthy 'belly fat'!

Studies have shown that abdominal fat can double your risk of dying from heart disease, stroke, cancer, and diabetes. By shrinking your waistline with the TALslim Total Body System, you can reduce your levels of dangerous body chemicals that increase your health risks.

3. Enhance your energy levels!

There's nothing like healthier eating and increased physical activity to increase your natural energy levels. And with the innovative products of the TALslim Total Body System, you'll improve your body's ability to convert your stored body fat into even greater energy.

4. Turn on your body's thermogenic power and burn fat!

Thermogenesis refers to the body's ability to burn stored fat for energy. Thermogenic activity diminishes with age, and this can lead to weight gain. But now, you can reinvigorate your body's natural fat-burning power with the TALslim Total Body System. An important FreeLife clinical study showed an incredible 838 percent increase in thermogenic calorie burning after a meal.

5. Cut calories and curb cravings!

If you're going to control your weight, you need to cut some calories, and the products of the TALslim Total Body System are specially designed to take the pain out of calorie-controlled eating. TALslim® liquid contains key ingredients that help to suppress food cravings. When chewed between meals, delicious TALslim® SKINNYs™ will keep you feeling full and satisfied for hours. And TALslim® SHAKE is a great alternative to high-calorie meals. It's never been easier to cut out unwanted calories!

6. Feel fuller longer!

Most people begin to feel hungry as their blood sugar levels drop several hours after eating. The TALslim products work to slow the digestion and absorption of food, helping to keep your blood sugar levels from dipping so you can go longer between meals without feeling hungry.

7. Absorb fewer calories from the foods you eat!

TALslim liquid is formulated with ingredients that help reduce the amount of calories absorbed from starchy and fatty foods. The proprietary GojiMannan™ blend in TALslim SKINNYs and TALslim SHAKE helps by binding and removing excess dietary fat from your digestive tract. And the enhanced levels of healthy dietary fiber in the TALslim products and Food Plan can help your efforts even more by delaying the absorption of calories from food.

8. Cleanse and detoxify!

TALslim liquid's exclusive NuFlora™ ingredient is an advanced proprietary soluble dextrin fiber complex that helps clear metabolic toxins and stimulates intestinal cleansing. TALslim® BOOSTERS Super Fruits and Super Greens assist your body's natural detoxification and cleansing processes by providing probiotic Bifidobacteria to help maintain intestinal and immune health. These ingredients are so gentle and effective, you can use them every day!

9. Better insulin usage!

Insulin is a hormone that helps your body to convert carbohydrates into energy. But if you eat more carbohydrates than the body can use, you may secrete too much insulin, which will turn the excess sugar into fat. A great way to help your body to use insulin better is to increase your daily soluble fiber intake by using the TALslim products and by following the recommendations of the TALslim Food Plan.

10. Up your fiber intake!

North Americans typically eat less than half of the recommended levels of healthful fiber. Fiber-poor diets contribute to weight gain by increasing your body's absorption of fat from the diet. The TALslim Total Body System helps your health and waistline by providing a balance of both soluble and insoluble fiber.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Before starting the TALslim Total Body System or any weight-control program, it is advisable to consult a physician.

11. Improve regularity!

Normal elimination is essential for gastrointestinal health. Unlike some diets, which can be constipating, or yet others that rely on harsh and dangerous laxatives, the safe and balanced TAlslim System has been clinically shown to improve intestinal regularity and frequency of elimination.

12. Maintain colon health!

Your intestinal tract normally contains trillions of friendly bacteria (flora) that help to maintain the proper pH of the colon, keeping it free from yeasts and harmful organisms. Changes in intestinal bacteria can occur as a result of stress, illness, age, or the use of antibiotics. TAlslim products contain special prebiotic and probiotic ingredients to help restore a normal composition and count of these important defenders.

13. Banish bad bacteria that may be causing you to gain weight!

The intestinal tracts of overweight people are often populated with *Firmicutes*, a malevolent species of bacteria that can actually increase body fat. The TAlslim Total Body System provides key nutrients that fight against these fat-storing bacteria by promoting the growth and development of normal, healthy intestinal flora.

14. Promote heart health!

Increased physical activity is an important element of the TAlslim System, and that requires a healthy heart. The TAlslim Food Plan and BOOSTERS will help by providing plenty of heart-healthy nutrients from fruits and vegetables. TAlslim liquid provides a high content of protective tea flavonoids, which help to maintain circulatory system health.

15. Maintain normal, healthy cholesterol and triglycerides!

Cholesterol is a concern for many who are overweight. Losing weight through healthier eating can help, and key ingredients in TAlslim products have also been shown to have a positive effect on normal blood triglycerides and cholesterol, lowering the bad (LDL) and raising the good (HDL) cholesterol.

16. Eliminate unwanted fat from the foods you eat!

The proprietary GojiMannan™ blend in TAlslim SKINNYs contains a patented ingredient that has been shown to bind up to 50 times its weight in fat. This “fat magnet” effect helps to remove unwanted dietary fat from your digestive tract.

17. Improve absorption of minerals!

Adequate intake of minerals is critical when you’re controlling your food intake. The TAlslim Food Plan supplies essential minerals from a variety of foods. Delicious TAlslim SHAKE is another great way to get the important minerals your body needs.

18. Support your metabolism!

Metabolic syndrome is a cluster of conditions seen in people with excess abdominal fat that includes increased blood pressure, elevated insulin levels, and abnormal cholesterol levels. Losing belly fat with the TAlslim System can significantly reduce your risk of serious disease by helping you to maintain normal metabolic function.

19. Support normal blood pressure!

Blood pressure problems are often seen in people who are overweight. If you are concerned about your blood pressure, it’s good to know that losing weight with the TAlslim System can have a positive impact.

20. Increase your antioxidant power!

Losing weight and increasing physical activity are undeniably healthy, but they also can cause an increase in harmful free-radical activity. The right antioxidants can help. TAlslim liquid provides a high level of EGCG, a compound from green tea that has 25 to 100 times the antioxidant power of vitamin C or E. TAlslim BOOSTERS Super Fruits and Super Greens each provide the antioxidant power of 5 servings of fruits and vegetables. Plus, TAlslim SHAKE is an excellent source of antioxidant vitamins and minerals.

21. Maximize any exercise!

Physical activity is important for many reasons: it has a balancing effect on your blood sugar levels; it helps to decrease your body fat and cholesterol; and it increases your energy and stamina. As an excellent source of high-quality whey protein, TAlslim SHAKE provides

the branched chain amino acids that are required by the body for energy, repair, recovery, and to promote the formation of lean muscle instead of fat.

22. Keep focused!

Avoiding distractions is essential if you’re going to reach your desired weight. TAlslim liquid contains FreeLife’s exclusive GoChi®, which has been shown to improve focus, concentration, and mental sharpness. And TAlslim SHAKE is packed with protein, vitamins, minerals, and nutrients to give you the fuel you need to keep you focused on your goals!

23. Alleviate everyday stress!

Many overweight people tend to eat when they’re under stress, whether or not they’re hungry. Fortunately, the TAlslim System can help. TAlslim liquid contains GoChi, a clinically demonstrated common stress fighter. TAlslim SKINNYs will keep you feeling full and satisfied between meals without high-calorie snacking; and TAlslim SHAKE contains stress-busting amino acids.

24. Improve your mood!

Losing weight can take time and effort, so it helps to have a positive mood. The TAlslim Ultimate Weight Loss Plan offers great tips to keep you feeling motivated and positive. TAlslim liquid provides mood-brightening amino acids; TAlslim SKINNYs are so deliciously chewy and satisfying, you won’t be able to keep from smiling; and TAlslim SHAKE gives additional mood support with its branched chain amino acids.

25. Build healthy muscle!

Strength training is not just for bodybuilders, it’s for anyone who wants to look and feel their best. You might want to consider it if you want the maximum results from your TAlslim program. That’s because adding muscle allows your body to burn more calories, even when you’re at rest. There’s no better companion for strength training than a creamy, delicious TAlslim SHAKE supercharged with TAlslim BOOSTERS Protein Plus. Rich in high-quality, cold-processed whey protein, it provides the fuel your body needs to build and retain lean muscle and to recover more easily from exercise.



26. Improve your immune defenses!

The TAlslim Food Plan is designed for optimum immune system health, and daily exercise adds tremendous immune benefits. The GoChi in TAlslim liquid has been clinically shown to benefit immunity. The probiotics and phytonutrients in TAlslim BOOSTERS Super Fruits and Super Greens help to strengthen immune defenses. Other ingredients in TAlslim products have been the subjects of dozens of studies showing wide-ranging immune support benefits.

27. Support thyroid health!

The thyroid gland works like cruise control in a car, producing hormones that keep the rest of the body working at the right speed. If thyroid hormone levels decrease, weight gain can result. TAlslim liquid and TAlslim SHAKE provide building blocks of the important weight-regulating thyroid hormones.