



TOTAL LIFE CHANGES®

2022 PRODUCT CATALOG

Check out our new line of health and wellness products
to help you make a total life change!



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PRODUCTS THAT YOU'LL FEEL!

At Total Life Changes (TLC) we provide products and a community that you'll feel. All our products are affordable, effective and of the highest quality. We strive to make our products accessible for everyone, so we've worked hard to maintain a business model where the products are affordable in every market.

When it comes to the effectiveness of our products, TLC uses only the highest grade of vitamins and supplements. Staying on top of the latest nutritional news and trends, we're always looking for opportunities to bring new products to the marketplace. Our current TLC product line boasts a spectrum of wellness solutions formulated to make everyone look and feel their very best.



WEIGHT MANAGEMENT



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WEIGHT MANAGEMENT



laso® Original Tea

Welcome to Your New Wellness Routine

Celebrated around the world for its natural cleansing abilities, our laso® Original Tea helps with healthy weight-management, appetite control, and enhances beneficial trips to the bathroom. This tea is powered by an exceptional blend of eight essential herbs designed to cleanse the intestines to help purge the body of excess waste. Just drinking two and a half cups a day will support your healthy eating and exercise routines to help you achieve your weight-loss goals.

Product availability and price may vary by country.

\$54.95

5 Pack

How You'll Feel

- ✔ Promotes digestive wellness.*
- ✔ Supports the circulatory system.*
- ✔ Encourages healthy weight management.*

LEARN MORE



laso® Instant Tea

The Transforming Power of Tea

Embrace the transforming powers of our laso® Tea in a convenient flavored instant formula. Our proprietary blend is loaded with three herbal extracts and combined with Nutriose FM06 – a soluble dextrin fiber – to help support a healthy appetite and have you feeling active and energized.

Product availability and price may vary by country.

\$34.95

25 Sachets

How You'll Feel

- ✔ Promotes digestive wellness.*
- ✔ Supports the circulatory system.*
- ✔ Encourages healthy weight management.*

LEARN MORE



Fruit Punch laso® Instant Tea

All Teas Should Be This Happy

Feel the bliss and the cleansing benefits of this proprietary instant formula infused with a spirited, fruity flavor. Our Fruit Punch Instant laso® Tea is like no other and offers an assortment of health benefits in only ten calories per serving. Be happy and in the moment with one of our most sought-after teas!

Product availability and price may vary by country.

\$34.95

30 Sachets

How You'll Feel

- ✔ Promotes digestive wellness.*
- ✔ Supports the circulatory system.*
- ✔ Encourages healthy weight management.*

LEARN MORE



WEIGHT MANAGEMENT



Immuni-Tea Drink to Your Health

Our Immuni-Tea was created to leave you feeling more powerful than ever before. Loaded with vitamins and herbal extracts, Immuni-Tea supports your healthy immune system and will help keep your digestive system working the way it should. It also delivers a great orange taste that will leave you craving your next cup!

Product availability and price may vary by country.

\$59.95 30 Sachets

How You'll Feel

- Supports your defenses.*
- Aids with digestive health.*
- More powerful than ever before.*

LEARN MORE



Resolution Drops The Strength You Need Every Day

Created to support people actively pursuing healthy weight goals, our Resolution Drops help lower food cravings and get you on track. With a recommended diet of three balanced meals a day, based on our suggested 1200 calorie-per-day diet, this formula can be the catalyst that changes your life in ways you may never have thought possible.

Product availability and price may vary by country.

\$59.95 2 fl oz

How You'll Feel

- Promotes overall wellness.*
- Support a healthy appetite.*
- Helps to control your cravings.*

LEARN MORE



GutCheck True Health Begins In The Gut

TLC's hottest and most important new product, GutCheck will nourish and support your stomach lining and enrich your body from the inside out, thanks to the revolutionary CoreBiome* - the single most important post-biotic and a distinct byproduct of a short chain fatty acid called butyrate, which naturally produces healthy bacteria in your gut. With its powerful post-biotic formula, GutCheck is the most complete and forward-thinking gut restoring supplement available today - and a call to arms in transforming the vitality of long-term human health.

Product availability and price may vary by country.

\$64.95 90 Capsules

How You'll Feel

- Reduces gas and bloating.*
- Increases focus and energy.*
- Improves mood and controls food cravings.*

LEARN MORE





Delgada Instant Coffee

Amp Up with Antioxidants

A premium Arabica instant coffee, Delgada gives you exactly what you want: more energy and less fatigue. Powered with the antioxidant effects of the Red Reshi mushroom, Delgada supplies the body with essential nutrients and encourages a healthy appetite. Our low calorie formula contains Garcinia Cambogia, an Asian plant that may have appetite-regulating effects.

Product availability and price may vary by country.

\$54.95

28 Sachets

How You'll Feel

- Supports healthy appetite.*
- Promotes metabolism.*
- Provides clean energy.*

LEARN MORE



FULL BODY NUTRITION

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FULL BODY NUTRITION



NutraBurst® Feel Ultra Human

This mighty daily supplement goes above and beyond to give your body the greatness it deserves. With over 72 minerals, 12 vitamins, 22 Phytonutrients, 18 Amino Acids, 18 vegetables, NutraBurst® is a powerhouse of health and wellness you can feel. A comprehensive supplement that far exceeds any recommended daily consumption of vitamins and nutrients in a single tablespoon - all from one bottle.

Product availability and price may vary by country.

\$54.95 16 fl oz

How You'll Feel

- Encourages a healthy balance.*
- Exceeds recommended allowance of vitamins.*
- Eighteen amino acids promote overall health.*

LEARN MORE



NutraBurst®+ Feel Greatness from Within

The name certainly fits: NutraBurst®+ delivers a massive amount of healthy goodness in one cool orange bottle. This citrus-flavored multivitamin is enhanced with CoQ10, vitamins, minerals and much more. Yes, you read that right. NutraBurst®+ is a perfect blend of plant-based power and whole foods that nourishes your body to perform at its peak.

Product availability and price may vary by country.

\$59.95 16 fl oz

How You'll Feel

- Promote overall health with Amino Acids.*
- Maintains healthy energy levels with CoQ10.*
- Encourages healthy balance of vitamins and minerals.*

LEARN MORE



Chaga Super food for Superior Vitality

Prized as a powerful antioxidant, Chaga is well-known as a super-food, legendary for its high content of melanin and superoxide dismutase (SOD). Hailing from the far East, this pure Siberian Chaga extract contains an abundance of vitamins and minerals. It's also one of the densest sources of Vitamin B5 to help support healthy adrenal glands and digestive organs.*

Product availability and price may vary by country.

\$59.95 90 Capsules

How You'll Feel

- Helps neutralize damaging free radicals.*
- Vitamins and minerals help maintain healthy balance.*
- Supports your nervous system.*

LEARN MORE



Gano

Live Large, Be Free

In the world of Chinese medicine, Ganoderma Lucidum powder, made from the Red Reishi mushroom, is famously known as the “Herb of Spiritual Potency.” Composed of complex carbs, proteins and amino acids, Gano offers you a powerful source of natural antioxidants to help you feel your best when your best is needed.

Product availability and price may vary by country.

\$59.95 90 Capsules

How You'll Feel

- Antioxidants maintain cell integrity.*
- Complex carbohydrates and water-soluble proteins.*
- The history of a centuries-old herbal remedy.*

LEARN MORE



Techui

Loved by Health Enthusiasts The World Over

Our spirulina powder is rich in proteins, vitamins, minerals, chlorophyll and other essential nutrients that your body craves on a daily basis. Spirulina protein also promotes a healthy gut biome. You could literally call Techui the heavyweight champ of super-foods.

Product availability and price may vary by country.

\$54.95 90 Capsules

How You'll Feel

- Antioxidants help neutralize damaging free radicals.*
- Aids with relief from inflammation.*
- Nourishes your body with key nutrients.*

LEARN MORE



Phyte

Plants Make People Happy and Healthy

A perfect way to get your daily dose of veggies. The benefits of this balancing, plant-based powder is pure pleasure to the human body. Loaded with natural whole foods and exclusive blends of certified organic wheat grass, barley grass and alfalfa leaf, Phyte gives you a clean and authentic lust for life.

Product availability and price may vary by country.

\$59.95 30 Sachets

How You'll Feel

- Rich source of phytonutrients.*
- Great for gastrointestinal and colon health.*
- Antioxidant and inflammation-fighting properties.*

LEARN MORE



FULL BODY NUTRITION



ComplexX Health Made Simple

An easy way to receive a natural combination of mighty extracts to improve your health and feel amazing. Driven by the science of health, ComplexX is a nutritional supplement that defends your body against unwanted toxins and is designed to keep you at the top of your game.

Product availability and price may vary by country.

\$69.95 *180 Capsules*

How You'll Feel

- Support for a healthy lifestyle.*
- Supports health from top to bottom.*
- Defends body against unwanted toxins.*

LEARN MORE



Stem Sense Supreme Joy for Your Body

The healthy glow you show the world comes from deep inside you. Our Stem Sense is a natural dietary enhancement that provides a wallop of anti-inflammatory compounds to help your muscles and joints flex without any extra effort.

Product availability and price may vary by country.

\$59.95 *60 Capsules*

How You'll Feel

- Promote joint and muscle function.*
- Encourages healthy brain cell communication.*
- A rich source of protein, minerals and more.*

LEARN MORE



Nautica Sea Moss A Powerful Gift Straight from the Sea

One of the most popular super-foods in the world, Nautica Sea Moss is a powerhouse of 92 essential vitamins and minerals. A perfect low-calorie super-food to nourish your body, especially for people seeking new ways to manage weight and increase their energy level. Blended flawlessly with dragon fruit and coconut to create a tasty and tropical Caribbean supplement, Nautica Sea Moss is a powerful gift straight from the sea.

Product availability and price may vary by country.

\$69.95 *30 Gel Packs*

How You'll Feel

- The benefits of 92 essential vitamins and minerals.*
- A delicious, nutritious supplement.*
- Fiber to help you feel full.*

LEARN MORE





ENERGY AND FITNESS

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ENERGY AND FITNESS



NRG Awaken Your Greatness

You can accomplish anything you set your mind to when you have good, clean energy. NRG is a natural dietary supplement designed with bitter orange extract to up your game while lowering your hunger. Go ahead, elevate your workouts, and feel better than ever.

Product availability and price may vary by country.

\$59.95 *30 Capsules*

How You'll Feel

- Supports a healthy immune system.*
- Aids in body conditioning and management.*
- Intended to enhance alertness, energy and more.*

LEARN MORE



Life Drops Pure Energy is Life Itself

You'll love the boost in energy and the support your body craves from Vitamins B5, B6, B12 and more! Our exclusive ingredients play an essential role in raising energy levels and bringing you more motivation to make healthy dietary choices. Our Life Drops are just what you need to do everything better in your life, for the sake of your mind, body and spirit.

Product availability and price may vary by country.

\$54.95 *2 fl oz*

How You'll Feel

- Promote joint and muscle function.*
- Encourages healthy brain cell communication.*
- A rich source of protein, minerals and more.*

LEARN MORE



Raspberry SlimAM Be Great at First Light

Seize each new day from this pure proprietary formula with antioxidant and anti-inflammatory components. A go-to supplement for athletes and high performers who demand more of themselves. Designed to help you achieve overall cardiovascular wellness – and to propel you to all new heights.

Product availability and price may vary by country.

\$69.95 *30 Sachets*

How You'll Feel

- Amino acids promote natural growth hormones.*
- Antioxidants support cell integrity and repair.*
- Folic acid encourages new cell growth.*

LEARN MORE



Vanilla MatriX Feel The Power Of Plants

MatriX is an organic plant-based meal replacement nutrition shake. A perfect balance of protein, complex carbohydrates, omega-3 fatty acids to fuel your day, all day. With only 140-calories and 21 grams of protein, MatriX is ideal for anyone who wants to unlock their best self.

Product availability and price may vary by country.

\$59.95 *15 Sachets*

How You'll Feel

- Natural fiber leaves you feeling full.*
- Antioxidants maintain cell integrity.*
- Low in calories and high in protein.*

LEARN MORE



Chocolate Brownie MatriX Feel the Power of Plants

Chocolate Brownie MatriX is an organic plant-based meal replacement nutrition shake. It is perfectly balanced, with protein, complex carbohydrates, and omega-3 fatty acids to fuel your day, all day. With only 140 calories and 21 grams of protein, Chocolate Brownie MatriX is ideal for anyone who wants to unlock their best self. Not to mention, the chocolate brownie flavor is rich and decadent, leaving your sweet tooth satisfied.

Product availability and price may vary by country.

\$59.95 *5 Servings*

How You'll Feel

- Promote joint and muscle function.*
- Encourages healthy brain cell communication.*
- A rich source of protein, minerals and more.*

LEARN MORE





HAIR AND SKIN CARE



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HSN
People Will Want What You Have

With six essential vitamins and minerals, HSN is a daily supplement that enriches everything about you: healthier-looking hair, skin and nails. What more could you need?

Product availability and price may vary by country.

\$54.95 60 Capsules

How You'll Feel

- ∞ Vitamins keep skin looking youthful.*
- ∞ BCAAs promote healthy body systems.*
- ∞ Supports healthy cells and tissues.*

LEARN MORE



Infinity Oil
Happiness is Healthy Skin and a Natural Glow

Smooth, radiant skin is always a clear sign of health. Our 100% refined, certified Emu Oil protects, moisturizes and softens your skin by applying just a few drops as needed. So, you can show the world your inner and outer glow, day in and day out.

Product availability and price may vary by country.

\$64.95 2 Pack, 30 ml (1 oz) each

How You'll Feel

- ∞ Positive effects on collagen production.*
- ∞ Antioxidant properties can target signs of aging.*
- ∞ Can assist with joint inflammation.*

LEARN MORE



Essential Soap
Clean Living Never Felt So Good

Feel the difference with our exclusive mix of oils and Shea Butter for a deep clean that helps you feel not only radiant but lighter and ready to take on the day. Our Essential Soap provides an exceptional cleanse while leaving your skin feeling soft and hydrated.

Product availability and price may vary by country.

\$12.95 4 oz bar

How You'll Feel

- ∞ A superior cleanse.*
- ∞ Leaves skin moisturized and feeling its best.*
- ∞ Offers a rich aromatic experience.*

LEARN MORE



RELAXATION AND RELIEF



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**Hemp Extract is a naturally occurring constituent of the industrial hemp plant.



RELAXATION AND RELIEF



Rejuv

with Full-Spectrum Hemp Extract Give Your Skin Some Love

A blend of essential oils, botanicals, and hemp oil**, Rejuv transforms dull skin into a warm and shiny glow. This multi-spray does exactly what your face and body yearn for; it revitalizes, soothes, and invigorates your skin. A few sprays of Rejuv a day can easily improve your attitude.

Product availability and price may vary by country.

\$59.95

3 fl oz

How You'll Feel

- * Revitalizes and rejuvenates skin.*
- * Hydrate skin.*
- * Helps skin appear toned and healthy.*

LEARN MORE



Alleviate Balm

with Full-Spectrum Hemp Extract Feel Blessed and Less Stressed

A tropical super balm loaded with twenty-one powerful ingredients plus Full-Spectrum Hemp Extract**. It into the skin and leaves you with a soothing, internal glow. The balm you need when it's time for a lift and an improved sense of well-being that comes from truly caring for yourself.

Product availability and price may vary by country.

\$59.95

1 oz

How You'll Feel

- * Massage into muscles to sooth and relax*
- * Hydrates and nourishes the skin.*
- * Toned and healthy skin.*

LEARN MORE



Harmony Drops

with Full-Spectrum Hemp Extract Inner Peace Always Comes From Harmony

With Harmony Drops, it's never been easier or more satisfying to consume hemp oil derived from Full-Spectrum Hemp Extract**. Grown in pristine farmlands, our hemp oil helps your body maintain a spirited response to healthy eating and regular exercise. You'll also feel a pleasant, relaxed vibe as you move through your day with balance and rhythm.

Product availability and price may vary by country.

\$59.95

1 fl oz

How You'll Feel

- * Inner harmony helps you power through your day.*
- * Aids with reduction of inflammation.*
- * Supports your healthy body systems.*

LEARN MORE



Lemon Iaso® Instant Tea

with Full-Spectrum Hemp Extract
Instant Peace of Mind

Delight in the cleansing benefits of this proprietary instant formula - powered by Full-Spectrum Hemp Extract** - and infused with a lively and refreshing lemon flavor. With only ten calories per serving, this tea offers an assortment of health benefits. It's loaded with herbal extracts and combined with Nutriose® FM06, a soluble dextrin corn fiber to help you feel energized, uplifted and amazing all at the same time.*

Product availability and price may vary by country.

\$54.95

25 Sachets

How You'll Feel

- * Promotes digestive wellness.*
- * Supports the circulatory system.*
- * Encourages healthy intestines.*

LEARN MORE

Raspberry Iaso® Instant Tea

with Broad-Spectrum Hemp Extract
Instant Satisfaction

Containing Cassia Angustifolia to help promote regular and gentle bowel movement, this proprietary formula is powered by Broad-Spectrum Hemp Extract** with over 100 phytonutrients. It is also equipped with several more incredible extracts and combined with Nutriose® FM06 to help support a reduced appetite and healthy digestion. It's the perfect complement to your diet and weight management program.*

Product availability and price may vary by country.

\$54.95

25 Sachets

How You'll Feel

- * Promotes digestive wellness.*
- * Can supports the circulatory system.*
- * Can supports healthy intestines.*

LEARN MORE



WOMEN'S HEALTH



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BlossomÉ

Live Life In Full Bloom

The goal is for you to thrive day in and day out - and blossom into the highest version of yourself. BlossomÉ is designed to support your body, keep you balanced, and have you feeling and looking beautiful during your pre-menopausal and menopausal stage. It's loaded with natural ingredients to help you take even the toughest days in stride.

Product availability and price may vary by country.

\$69.95

90 Capsules

How You'll Feel

-  Beautiful, glowing healthy skin.*
-  Balanced and in harmony.*
-  Positive outlook from a ritual of self-care.*

LEARN MORE





TOTAL LIFE CHANGES®

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