



**NutraBurst®**  
**FEEL ULTRA HUMAN.**

**How You'll Feel**

- Encourages a healthy balance.\*
- Exceeds the recommended daily allowance of multiple vitamins in one easy-to-take tablespoon.\*
- Nineteen amino acids promote overall health.\*



**NRG**  
**AWAKEN YOUR GREATNESS.**

**How You'll Feel**

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



**Resolution Drops**  
**THE STRENGTH YOU NEED EVERY DAY.**

**How You'll Feel**

- Nutrients that promote a healthy nervous system.\*
- Support for a healthy appetite.\*
- Help to control your cravings.\*

Join Total Life Changes® and take advantage of our life changing products and amazing customer service team.

Discover how to truly change your life. Contact me today for more info.



# Top Five Product Guide

Name: \_\_\_\_\_

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## Iaso® Tea Original

### KEY INGREDIENTS

#### Blessed Thistle

A plant native to the Mediterranean from the South of France to Iran, Blessed Thistle is distinguished for its dandelion-like leaves and yellow blossoms. It has several uses in traditional medicine and has been especially well-known for promoting digestive health.\*

#### Persimmon Leaves

Japanese persimmon is a plant known to be high in fiber, vitamin C, magnesium and more.\*

#### Papaya

Papaya contains an enzyme called papain that assists digestion and is also high in fiber and water content.\*

#### Malva Leaves

The Mallow plant, or "malva," is a nutritious, edible green leaf that is native to Europe, but grows all over the world in a variety of climates and soil conditions. All parts of the plant, including the leaves, are used in traditional medicine to maintain a healthy digestive system.\*

#### Marshmallow

Althaea officinalis, or marshmallow, is a perennial species indigenous to Europe, Western Asia and North Africa, where it's used in herbalism. Practitioners use marshmallow to maintain healthy bowels and gut.\*

#### Myrrh

A resin substance that comes from dried tree sap, Myrrh is a member of the Commiphora species. It's used for maintaining healthy joints and supporting healthy digestion.\*



## Iaso® Tea Instant

### KEY INGREDIENTS

#### Soluble Fiber Dextrin

Derived from corn starch, Nutriose® FM 06 provides the benefits of dietary fiber while preserving the quality of the tea. It has a low viscosity and dissolves in water with ease.\*

#### Cassia Angustifolia Extract

The seeds of this native Indian plant are reported to have robust cleansing qualities that help relieve constipation. Our Cassia Angustifolia Extract can also support healthy colon motility and supplies beneficial antioxidants.\*

#### Carica Papaya Extract

Originally from southern Mexico and Central America, this flowering plant has scientific backing that shows papaya supports a healthy digestive system.\*

#### Matricaria Chamomilla Extract

Derived from the flowering head of the annual plant, this extract has been used in herbal medicine to maintain stomach health and comfort.\*



\*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. Not intended for use by children. If you are pregnant, nursing, or taking medications, consult your physician prior to use.



**Boil 1qt water**  
**Add Tea +**  
**Steep Overnight**



**Add 3qt water +**  
**Refrigerate**

Drink one cup with Lunch & Dinner.  
Drink 1/2 cup with Evening Snack.  
**Enjoy a Gentle Cleanse!**



**9-16oz water**



**Add Tea + Shake Well**

Drink 30 minutes before Lunch & Dinner. Cleanse on-the-go with added dextrin to feel fuller longer & get the waste out.  
**Enjoy a Gentle Cleanse!**

## Thomas Mehall



BEFORE



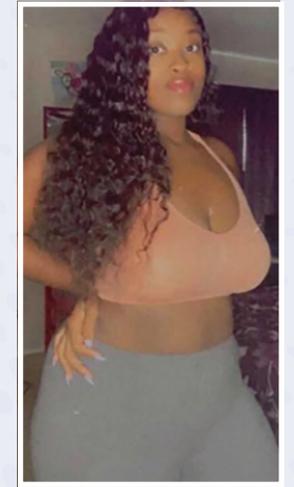
AFTER

*"I now try to stay away from extra sugar and I only drink water. I eat healthier options and smaller portion sizes. It's all about balance. I try to do at least 30 minutes of exercise a day, whether it's weights, cardio or even just walking."\**  
Used: NutraBurst®, NRG, Iaso® Tea Original, Delgada

## Chelsea Adekunle



BEFORE



AFTER

*"I came across Iaso® Tea and so I decided to try it myself. Within four days, I noticed a difference! Seven months later, I lost 45 lbs in combination with consistent exercise and healthy eating!"\** Used: Iaso® Tea Original