

## The Get Fit Kit

Thank you for your purchase of this powerful all-natural combination of products from Total Life Changes. TLC's most powerful instant gratification products are now available in this Get Fit Kit, designed to burn fat, cleanse your body of toxins and absorb up to 98% of vital minerals and nutrients your body deserves. If you are unfamiliar with the laso® Tea, Nutra Burst® or laso® NRG please read the following information before you get started on your journey to improved health and wellness.

### laso® Tea

Contains nine ingredients that work in synergy with each other to help cleanse and rebalance your digestive tract by ridding itself of fats, parasites and toxins. The benefit of cleansing your intestinal tract leads to the ability to absorb proper nutrients. In turn, you may lose up to five pounds in just five days when drinking two eight ounce cups twice daily. laso® Tea has been used worldwide in over 140 countries for nearly 10 years. This original proprietary formula is intended to be used as a detoxification beverage on a daily basis. It is safe and effective because it contains all-natural plants and herbs.

### Nutra Burst®

The first product manufactured for TLC was designed to be a powerful liquid multivitamin safe for the whole family. Nutra Burst® has been in production for over fifteen years and still remains a Best Seller. Just one tablespoon a day provides up to 98% absorption of the following:  
72 Minerals, 12 Herbs, 19 Amino Acids, 13 Whole Food Greens,  
22 Fruits & Vegetable Phytonutrients

### laso® NRG

Get ready to burn fat, increase vigor and mental clarity with this specialized blend of Beta-phenylethylamine, natural caffeine, dark cocoa, Advantra Z and many minerals that benefit your body. Each capsule can burn up to 200 calories while greatly suppressing your appetite.

## Three Simple Steps to Get Fit Quick

### Pre-Game

This Get Fit Kit is all about improving your overall health. Helping you to reach your wellness goals quickly and safely. This combination of all-natural products is intended to do just that. Be mindful of the amount of calories you consume in your meals and beverages. That means, stay away from soda and juice drinks- both are extremely high in calories and sugar. For greater results, do not consume foods containing starch; this includes bread, pasta and potatoes. After all, you just purchased The Get Fit Kit from Total Life Changes and we want you to maximize your efforts for increased vitality, weight loss, mental clarity and a complete detoxification; all while increasing the amount of minerals and nutrients in your body. This kit really packs a punch in the first 24 hours of use and we expect you will feel and see real results within the first seven days of use.

### Warm Up

Prepare your laso® Tea. Bring one quart of fresh water to boil. Add both tea bags and remove from heat. Allow up to 8 hours or overnight for tea to steep. Add three more quarts of cold water and refrigerate. To better measure your results, we strongly recommend that you take your initial measurements. Use the Progress Chart provided to record your initial measurements. Complete the chart on days 30, 60 and 90.

### Game Time

Now lace 'em up, you're ready to Get Fit Quick!  
Drink 8 ounces of laso® Tea twice daily (morning and evening). Slam a tablespoon of Nutra Burst® or mix one tablespoon with water or laso® Tea. Use Nutra Burst® liquid multivitamin each morning before eating a healthy breakfast. laso® NRG should be taken daily on an empty stomach. Allow 90 minutes for digestion of breakfast and take 1-2 capsules with 24 ounces of water. This combination of products should lead to a suppressed appetite, improved mental clarity, an increase in nutrition and a complete intestinal detoxification.

### Increase Exercise\*

As you begin to feel the overall health benefits of intestinal cleansing with laso® Tea, increased wellness and nutrition by consuming the powerful liquid multivitamin formula of Nutra Burst® and the boost of vitality from laso® NRG, you may consider increasing physical exercise. Jog, bike or hike at least three times a week for a duration of 30-60 minutes. Many studies reveal that selecting a partner to join your wellness goals increases the likelihood of maintaining accountability of regular exercise, so go ahead and refer a friend to purchase The Get Fit Kit. It's time to step up your game!

\*Please consult your physician before beginning any new exercise regimen.



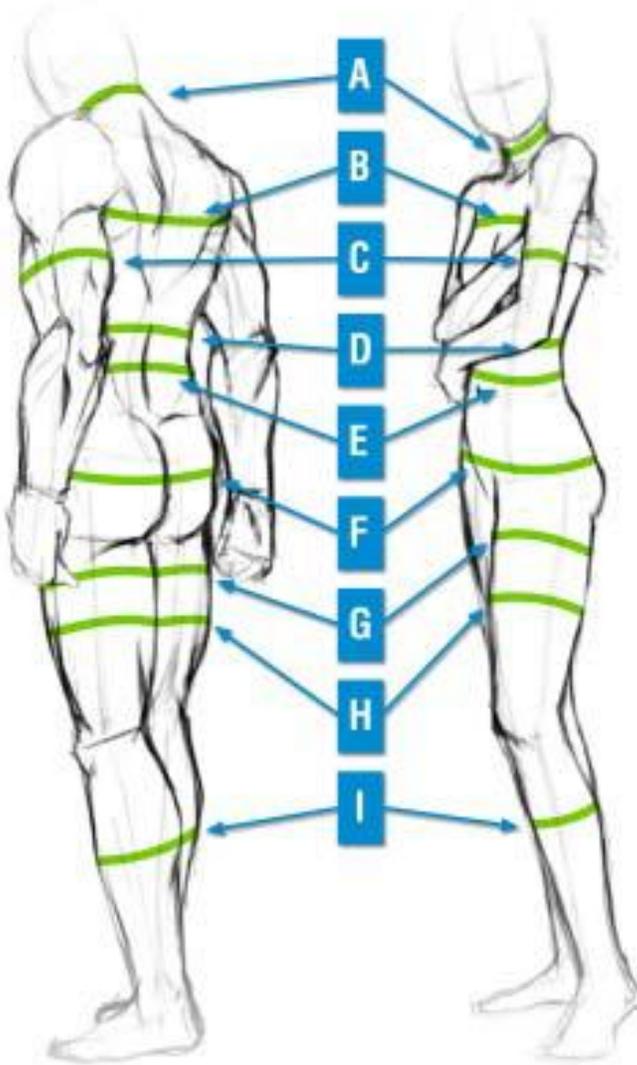


TOTAL LIFE CHANGES

# PROGRESS CHART

In the weight-loss industry most people weigh their success by stepping on the scale. When in fact, you need to **MEASURE** your accomplishments!

We have included this convenient Progress Chart to help you keep track of your success for the next 12-weeks.



START DATE: \_\_\_\_\_

FINISH DATE: \_\_\_\_\_

		BEFORE		AFTER 30 DAYS		INCHES LOST		
A	NECK	A						
B	CHEST	B						
C	UPPER ARM	C	LEFT	RIGHT	LEFT	RIGHT	LEFT	RIGHT
D	ABDOMEN	D						
E	WAIST	E						
F	HIPS	F						
G	UPPER THIGH	G	LEFT	RIGHT	LEFT	RIGHT	LEFT	RIGHT
H	MID THIGH	H	LEFT	RIGHT	LEFT	RIGHT	LEFT	RIGHT
I	CALF	I	LEFT	RIGHT	LEFT	RIGHT	LEFT	RIGHT

**30 DAYS TOTAL INCHES LOST**

		BEFORE		AFTER 60 DAYS		INCHES LOST		
A	NECK	A						
B	CHEST	B						
C	UPPER ARM	C	LEFT	RIGHT	LEFT	RIGHT	LEFT	RIGHT
D	ABDOMEN	D						
E	WAIST	E						
F	HIPS	F						
G	UPPER THIGH	G	LEFT	RIGHT	LEFT	RIGHT	LEFT	RIGHT
H	MID THIGH	H	LEFT	RIGHT	LEFT	RIGHT	LEFT	RIGHT
I	CALF	I	LEFT	RIGHT	LEFT	RIGHT	LEFT	RIGHT

**60 DAYS TOTAL INCHES LOST**

		BEFORE		AFTER 90 DAYS		INCHES LOST		
A	NECK	A						
B	CHEST	B						
C	UPPER ARM	C	LEFT	RIGHT	LEFT	RIGHT	LEFT	RIGHT
D	ABDOMEN	D						
E	WAIST	E						
F	HIPS	F						
G	UPPER THIGH	G	LEFT	RIGHT	LEFT	RIGHT	LEFT	RIGHT
H	MID THIGH	H	LEFT	RIGHT	LEFT	RIGHT	LEFT	RIGHT
I	CALF	I	LEFT	RIGHT	LEFT	RIGHT	LEFT	RIGHT

**90 DAYS TOTAL INCHES LOST**