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Products That You'll Feel!

At Total Life Changes (TLC) we provide products and a community that you'll feel. To ensure our products will always drive that emotional response and be a success, we make it a priority to continually look for products that 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. And when it comes to the effectiveness of our products, TLC uses only the highest grade of vitamins and supplements. We know what products are working or selling, and before introducing any new product to the marketplace, we put it through testing and trials with employees, customers, focus groups, and more.

TLC also makes it a priority to stay on top of the latest nutritional news and trends, and we are always looking for opportunities to bring new products to the marketplace. Today, the TLC product line includes an array of wellness solutions developed to help people look and feel their best, including: Weight Loss Supplements, Coffees, Nutritional Vitamins, Skin & Hair Care, and products infused with Full Spectrum Hemp Extract.



WEIGHT MANAGEMENT

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STEP IT

STEP 1: Bring 1 quart of water to a rolling boil.



STEP 2: Add 2 tea bags and cover. Remove from heat and let steep for 4 to 8 hours.



STEP 3: Combine steeped tea with 3 quarts of cold water to make 1 gallon of tea and refrigerate.

Iaso® Tea

Tea That Takes the Pounds Down

A world-famous all-natural cleansing drink. Popular benefits of this detox formula include weight loss & weight management, a boost in energy, mental clarity, improved skin, and a gentle cleansing of your intestines and internal organs.*

\$49.95

5 Pack

What You'll Feel

-  Cleanses the upper and lower intestines.*
-  Improves blood flow and helps reduce inflammation.*
-  Promotes regularity and a healthy digestive tract.*





SHAKE IT



STEP 1: Mix 1 sachet with at least 16.9 fl. oz. of hot or cold water.



STEP 2: Shake well. Drink 2 times daily, 30 minutes before eating.

Iaso® Instant Tea

All-Natural Detox & Cleanse

Enjoy the detox benefits of the original Iaso® Tea in an all-natural instant formula and lose up to 5lbs in 5 days. This proprietary blend is equipped with three incredible, all-natural extracts and combined with Nutriose FM06 (a soluble dextrin fiber) to help suppress your appetite.*

\$34.95

25 Sachets

What You'll Feel

-  Cleanses the intestines while suppressing the appetite.*
-  Improves blood flow and helps reduce inflammation.*
-  Promotes regularity and a healthy digestive tract.*



Delgada

Drink & Shrink

Café Delgada is a premium Arabica instant coffee powered with the natural strength of the Ganoderma Lucidum (Red Reishi) mushroom. Delgada provides the body with key nutrients, controls appetite, and aids weight loss. With consistent use, Delgada may help you look and feel slimmer.*

\$54.95

28 Sachets

What You'll Feel

- ☪ Aids in weight loss and appetite control.*
- ☪ Helps metabolize fat more efficiently.*
- ☪ Stimulates the production of immune supporting antibodies.*



Latin Premium Instant Coffee

Café Latin Style

Replace your typical Cup 'a Joe anytime on the go with the health benefits and superior flavor of Café Latin Style. Café Latin Style is a premium gourmet coffee with a great nutty taste. Blended with non-dairy creamer, it is also known for its distinctive caramel flavor. Taste this good only comes from South of the Border. Iaso® Café Latin Style is now formulated with 100% Chaga Extract, Ganoderma and Cordyceps.*

\$24.95

20 Sachets

What You'll Feel

- ☪ Powerful antioxidant.*
- ☪ Supports adrenal glands and digestive organs.*
- ☪ Boosts the immune system.*



Resolution Drops Cut Cravings & Lose Weight

Resolution Drops are designed for those who want to lose weight quickly and safely, without having to sacrifice their daily routine. Our formula helps reduce food cravings, and relieves nausea, bloating, gas, and indigestion. Also reduces the likelihood of return weight gain.*

\$59.95

2 fl. oz.

What You'll Feel

- Powerful ingredients to ensure a vital nervous system.*
- Helps calm the mind and assists with anxiety.*
- Aids in controlling food cravings for weight loss.*



SlimPaste Healthy Smile, Healthy Weight, Healthier You!

Enjoy the weight loss benefits of the new SlimPaste! Get everything you have ever wanted in a toothpaste, right here.*

\$24.95

4oz.

What You'll Feel

- Assists in killing harmful bacteria, fungi, and viruses in the body.*
- Strengthens gums and protects against tartar and bad breath.*
- Helps reduce food cravings by controlling inflammation.*





ProZ

Detox While You Rest with ProZ

ProZ is an all-natural supplement designed to assist in restoring the ideal microbiome composition in the gut. Some high carbohydrate diets, as well as a lack of probiotics and enzymes in the diet, cause an increase in unwanted gut bacteria like candida which leads to a myriad of diseases and other health issues. The ideal ratio of 'good' bacteria to 'bad' bacteria is 85% to 15%. High-quality probiotics in ProZ are intended to increase the number of 'good' bacteria while the prebiotic fibers feed only the 'good' bacteria helping restore proper balance in the most complex system in the body.*

\$59.95

60 Capsules

What You'll Feel

-  Promotes weight loss and a healthy digestive system.*
-  Designed to help you naturally relax from your day.*
-  Promotes mental and physical relaxation while improving sleep.*





FULL BODY NUTRITION

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NutraBurst®

More Than A Multivitamin

NutraBurst® is much more than a regular daily supplement. This liquid multivitamin is designed to detox your system and supply essential elements that help strengthen your body. Our multi-blend formula contains 72 minerals, 10 Vitamins, 22 Phytonutrients, 19 Amino Acids, 13 Whole Food Greens, and 12 Herbs.*

\$49.95

16 fl. oz.

What You'll Feel

- Detoxifies the system and helps maintain a healthy balance.*
- Exceeds the recommended daily consumption of vitamins in a single tablespoon.*
- Nineteen amino acids to ensure the body is performing to the best of its ability.*



NutraBurst®+

Fuel Your Body

NutraBurst®+ is a citrus-flavored liquid multivitamin enhanced with Coenzyme Q10 (CoQ10), a nutrient similar to vitamins that cells use to produce the energy it needs for cell growth and maintenance. Designed to detox your system and supply essential elements that help strengthen your body. Also functions as an antioxidant.*

\$54.95

16 fl. oz.

What You'll Feel

- ✚ Protects the body from damage while producing energy for cell growth.*
- ✚ Exceeds the recommended daily consumption of vitamins in a single tablespoon.*
- ✚ Nineteen amino acids to ensure the body is performing to the best of its ability.*





Chaga

Tip Your Caps to the King of Herbs

100% pure Siberian Chaga extract is an all-natural immune-boosting superfood known for its high content of melanin and superoxide dismutase (SOD) which functions as a powerful antioxidant. Chaga contains numerous vitamins and minerals. It is also one of the densest sources of Vitamin B5 which supports adrenal glands and digestive organs.*

\$59.95

90 Capsules

What You'll Feel

-  Benefits the nervous system and the immune system.*
-  Helps prevent damage to cells and tissues.*
-  Anti-aging properties.*



Stem Sense

Stimulate Your Stem Cells

This cellular derived complex is an all-natural dietary supplement that delivers potent anti-inflammatory support compounds to help relieve joint and muscle soreness due to exercise or aging. This extremely multifaceted proprietary blend is designed to activate Nerve Growth Factor (NGF), thus encouraging healthier brain cell communication through the re-growth of neurites. Stimulate the growth factors that activate the stem cells in your body and replace worn-out cells to increase mental and physical energy.*

\$59.95

60 Capsules

What You'll Feel

-  Decreases inflammation in joints and muscles.*
-  Increases mental alertness and energy.*
-  Improves blood circulation.*





Techui

World's Healthiest Superfood

100% refined spirulina powder, a nutritious form of alkaline food. It is rich in protein, vitamins, minerals, chlorophyll, and other essential nutrients that are needed daily. Spirulina protein may help regulate blood sugar, blood pressure, and cholesterol levels. It is believed to reduce inflammation, balance the immune system, and improve digestion by restoring intestinal flora.*

\$59.95

90 Capsules

What You'll Feel

-  Great source of antioxidants.*
-  Known as one of the most nutrient dense foods on the planet.*
-  Assists in increasing fat burning during exercise.*

Phyte

Plant-Based Power

A great way to increase your daily vegetables! Phyte is an alkalizing, plant-based powder loaded with whole foods and proprietary blends of certified organic Wheat Grass, Barley Grass, and Alfalfa Leaf.*

\$59.95

30 Sachets

What You'll Feel

-  Rich source of phytonutrients, antioxidants, protein, fiber, and vitamins.*
-  Great for gastrointestinal and colon health.*
-  Antioxidant and inflammation-fighting properties.*





Gano

Powerful Antioxidants for Immune System and Cardiovascular Health

Ganoderma Lucidum, 100% pure Ganoderma powder, is made from the Red Reishi mushroom. Known as the lingzhi mushroom in traditional Chinese medicine, it is considered to be the “herb of spiritual potency.”**

\$59.95

90 Capsules

What You'll Feel

- Aids in anti-aging and anti-inflammatory effects.*
- Designed to increase endurance, and maintain the body's well-being.*
- Promotes increase blood flow and reduces oxygen consumption within the heart.*



Nitro (Nitric Oxide Complex)

Reach Peak Performance with Three Supplements—Nitro Style

Nitro is ready to take you to your highest levels of strength, health, and athletic performance. Our unique formula combines the best L-arginine complex with MenaQ7® and OxyStorm™ —the go-to winners for vitamin K2 and nitrate supplements.*

\$59.95

60 Capsules

What You'll Feel

- Healthy cardiovascular functions, vasodilation, and blood flow.*
- Promotes strength and endurance.*
- Assists in healthy functioning of the immune system.*



ENERGY & FITNESS

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NRG

Electrify Your Day

This all-natural weight loss and energy supplement is designed to enhance your energy, metabolize fat, and reduce hunger without the “jitters” or sudden energy burnout. Includes Advantra Z™, an all-natural ingredient designed to work as a high-efficiency thermogenic fat burner and green tea extracts to help prevent the body from converting calories into fat.*

\$54.95

30 Capsules

What You'll Feel

-  Boosts the immune system.*
-  Aids in body conditioning and weight loss.*
-  Enhances alertness, energy, and athletic performance.*

Matrix

Get More with Matrix

Matrix is a 100% organic plant-based nutrition shake with a complete balance of protein, complex carbohydrates, omega-3 fatty acids, branched-chain amino acids, adaptogens, digestive enzymes, pre & probiotics, and high-quality fiber.*



\$59.95

15 Sachets

What You'll Feel

-  Stimulates the production of anti-aging mechanisms.*
-  Powerful combination of anti-oxidant components.*
-  Supports intramuscular circulation while you sleep.*



SlimAM

Rise & Energize

Power up for your workout routine and start your day with increased energy! SlimAM is a unique, high-quality supplement designed for overall cardiovascular wellness that can assist and improve performance during exercise. Our formula contains antioxidant and anti-inflammatory components, and pharmaceutical grade L-Arginine that are intended to reduce lipid and plaque levels while increasing your physical energy*. Bottom line... this stuff works!*

\$69.95

30 Sachets

What You'll Feel

-  Promotes strength and endurance.*
-  Powerful anti-inflammatory agent.*
-  Supports blood flow and intramuscular circulation.*



SlimPM

Burn Fat While You Sleep!

Complete your day with our three-benefit dietary supplement, designed to assist in Leptin control so you can burn fat while you sleep. Our formula promotes optimum wellness and utilizes a combination of antioxidants and L-Arginine to target cardiovascular health and endothelial cell cleansing.*

\$69.95

20 Sachets

What You'll Feel

-  Stimulates the production of anti-aging mechanisms.*
-  Powerful combination of anti-oxidant components.*
-  Supports intramuscular circulation while you sleep.*



Life Drops

Get Energy & Fight Fatigue

Life Drops are intended to help metabolize fats, carbohydrates, and amino acids in order to provide the best overall benefits of energy and fat loss without unwanted fatigue. Ingredients play a key role in increasing cellular energy metabolism, which not only leads to an increase in energy but also aids weight loss.*

\$54.95

2 fl. oz.

What You'll Feel

-  Assists in increasing antioxidant protection against oxidative damage.*
-  Helps burn more calories through thermogenesis.*
-  Improves blood fat levels, which promotes heart health.*





HAIR & SKIN CARE

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HSN

Hair, Skin, and Nails, Oh My!

A daily supplement with six vitamins and important minerals, HSN's ingredients help to ensure the optimal nutrition needed for healthier-looking hair, supple skin, and stronger nails. Also contains branched-chain amino acids (BCAA's) to help trigger protein synthesis.*

\$49.95

60 Capsules

What You'll Feel

- Packed with vitamins to help the skin look more youthful.*
- Restorative effect on the body's tissues.*
- Promotes the reduction of inflammation while boosting the immune system.*

Infinity Oil

Better Skin, Better You

Moisturize, soften, and protect your skin with Infinity Oil, the 100%-natural way to pamper your skin while avoiding chemicals! All-natural ingredients contain properties that stimulate skin cell regeneration and speed healing. Great for dry skin, inflammation, joint pain, and more.*

\$24.95

30ml (1 oz.)

What You'll Feel

- 👁 Positive effects on collagen production.*
- 👁 Antioxidant properties can target signs of aging.*
- 👁 Benefit joint inflammation with anti-inflammatory properties.*





ESSENTIAL OILS

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Uplifting

What You'll Feel

- Combines Clary Sage, Bergamot, Ylang Ylang, and the Sweet Orange Essential Oil into the perfect aromatic experience.*
- This combination of oils brings the best properties of all four into a single, relaxing experience.*
- The aroma can produce a calming effect that heightens the mood and clears the mind.*

\$36.95

.5oz. (15ml)



Gladiator

What You'll Feel

- 100%-pure, proprietary blend of cinnamon bark, rosemary maroc, eucalyptus, lemon, and clove bud.*
- Can provide antimicrobial, anti-fungal, and antiviral benefits.*
- May help support the immune system and can be diluted with water for use as a hand cleaner.*

\$29.95

.5oz. (15ml)



Tea Tree

What You'll Feel

- Produced through the steam distillation of the leaves and twigs of the Tea Tree, Melaleuca Alternifolia.*
- Believed to be one of the most effective home remedies for acne.*
- Can produce the same cleansing and healing effects as benzoyl peroxide, yet not result in the peeling or reddening of the skin.*

\$29.95

.5oz. (15ml)



Lemon Zest

What You'll Feel

- Traditionally used for its anti-fungal, antibacterial, and cleansing qualities.*
- Its wonderfully-clean scent can help reduce stress and uplift your mood.*
- 100%-pure, premium-grade blend that is steam distilled. It can be used with filtered water as a hand wash and in aromatherapy to increase alertness and concentration.*

\$14.95

.5oz. (15ml)



Peppermint

What You'll Feel

- An ideal choice for invigorating the mind, improving mood, and relaxing a tension-filled nervous system.*
- Analgesic, anti-inflammatory, and antispasmodic properties that may relieve pain and calm the spasms that cause muscle cramps.*
- Leads all other essential oils in the number of known health benefits.*

\$16.95

.5oz. (15ml)



Frankincense

What You'll Feel

- Known as the "mother of all essential oils."*
- This oil is best known for its use in aromatherapy to improve one's mood and relieve stress. 100%-pure, premium-grade Boswellia Frereana Birdwood from Oman.*
- This oil provides a perfect opportunity to calm your mind and collect your thoughts.*

\$52.95

.5oz. (15ml)



Blood Orange

What You'll Feel

- Antidepressant, anti-inflammatory, antispasmodic, antiseptic, aphrodisiac, and mood-relaxing agent.*
- This oil is extracted from 100%-pure, premium-grade orange peel.*
- It brings the pleasant and clean scent of oranges into the aromatherapy experience.*

\$14.95

.5oz. (15ml)



Wild Lavender

What You'll Feel

- Used in folk traditions throughout the world.*
- This oil produces a calming sensation and provides antiseptic and anti-inflammatory benefits.*
- A natural treatment for burns and can help relieve the pain and itching produced by insect stings.*

\$26.95

.5oz. (15ml)



FULL SPECTRUM HEMP EXTRACT

**These statements have not been evaluated by the FDA and are not intended to diagnose, treat, cure or prevent any disease. Total Life Changes, LLC. hemp oil extract products utilize a Full Spectrum Hemp Extract which may contain trace amounts of naturally occurring tetrahydrocannabinol (THC). We are below the Federal Legal Limit and have no more than 0.3% THC by dryweight. Most work-place drug screens and tests target delta9-tetrahydrocannabinol and do not detect the presence of Hemp Extract or other legal natural hemp-based constituents. Even though in most cases our Hemp Extract products are NOT detectable on a urine or saliva test, we recommend that you check with your employer or whomever it may concern. Before taking our products, consult with your healthcare practitioner, drug screening testing company or employer. Total Life Changes, LLC. assumes no responsibility for the improper use of and self-diagnosis and/or treatment using these products. Our products should not be confused with prescription medicine, and they should not be used as a substitute for medically supervised therapy. If you suspect you suffer from clinical deficiencies, consult a licensed, qualified healthcare professional. You must be at least 18 years old to visit our website and make product purchases.



Harmony Drops With Full Spectrum Hemp Extract

Get Relief the Natural Way

Harmony Drops can be used most commonly to assist with pain, stress, anxiety, poor sleep, inflammation, and chronic pain due to the cannabinoids present. There may also be an increase in your exercise performance, lean muscle mass, and aid in weight loss.**

\$59.95

1 fl. oz.

What You'll Feel

-  Boosts your immune system.**
-  Improves energy levels, digestion, and balances hormone levels.**
-  Aids with a variety of health conditions, including headaches, muscle and nerve pain.**



Alleviate Cream With Full Spectrum Hemp Extract

Topical Pain Relief

Alleviate is a powerful proprietary topical cream with twenty-one all-natural ingredients plus full spectrum hemp oil extract with naturally occurring phytocannabinoids. This topical cream provides one of the easiest ways to take advantage of Hemp Extract benefits and can be used to target specific areas of medicinal pain and discomfort.**



\$59.95

1 oz.

What You'll Feel

-  Soothes irritated skin and unclogs hair follicles.**
-  Reduces inflammation of the skin.**
-  Aides in soothing aches, pains, and sore muscles.**





laso® Instant Tea

All-natural Detox & Cleanse with Full Spectrum Hemp Extract

Enjoy the same great benefits of the Original laso® Instant Detox Tea with the addition of 100 mg agricultural Hemp Extract. This all-natural proprietary formula is equipped with three additional extracts and combined with 2 grams of Nutriose® FM06 (non-GMO soluble dextrin fiber) with only ten calories per serving. Hemp oil has been widely recognized for its many benefits on human health. It has grown in popularity among the medical community as a critical supplement for maintaining homeostasis.**

\$59.95

25 Sachets

What You'll Feel

- ✿ Cleanses the intestines while suppressing the appetite.**
- ✿ Improves blood flow and helps reduce inflammation along with other health benefits.**
- ✿ Promotes regularity and a healthy digestive tract.**

