

# TALslim®

## TALslim® SHAKE – Clinically Proven, Tastes Delicious!



Now you can get into great shape and save time and money with the ultimate meal replacement, our delicious TALslim® SHAKE. Rich and creamy, smooth and satisfying, this all-natural, low-calorie, nutritionally dense meal replacement is scientifically validated to keep you feeling full for hours and increase your body's fat-burning ability. Taken together with the TALslim Total Body System, studies show that you can lose 8 times more body weight and 6 times more body fat!

You won't find synthetic artificial flavors or controversial soy protein in our TALslim SHAKE. It's made with only costly natural flavors and premium cold-processed whey protein, proven in scientific studies to be most effective for your fitness goals. Packed with all the vitamins, minerals, antioxidants, and amino acids you need each day, TALslim SHAKE also includes special ingredients to keep you feeling full for hours. It's available in both natural Rich Chocolate and Creamy Vanilla flavors, and you can get even more variety by mixing in TALslim® BOOSTERS™ or by checking out our great online recipes. You'll soon agree that getting into great shape has never tasted this good!

### Why is the TALslim SHAKE different?

- Scientifically formulated and clinically validated – it really works!
- Made exclusively with highest-quality whey protein.
- Rich in branched chain amino acids (BCAAs) to promote energy, satiety, and lean muscle formation.
- Packed with essential vitamins, minerals, and antioxidants.
- Features FreeLife's proprietary MCT/EFA Complex to increase feelings of fullness and satisfaction.
- Unique GojiMannan™ fiber blend slows down the digestive process to fight blood sugar dips that can lead to between-meal hunger.
- Great taste and no aftertaste!
- No controversial soy protein! No artificial flavors!

### Nutrition Facts

TALslim SHAKE Natural Creamy Vanilla Flavor  
(also available in Natural Rich Chocolate)

Serving Size: 1 scoop (40.5 g)  
Servings Per Container: 15

Amount Per Serving	Mix alone or with water	with 8 fl. oz. skim milk
<b>Calories</b>	<b>156</b>	<b>245</b>
Calories from Fat	40	45
	<b>% Daily Value**</b>	
<b>Total Fat</b> 4 g*	<b>6%</b>	<b>6%</b>
Saturated Fat (from MCT/EFA complex <sup>1</sup> ) 1 g*	5%	7%
Trans Fat 0 g		
<b>Cholesterol</b> 29 mg*	<b>10%</b>	<b>11%</b>
<b>Sodium</b> 173 mg*	<b>7%</b>	<b>12%</b>
<b>Potassium</b> 1000 mg*	<b>29%</b>	<b>40%</b>
<b>Total Carbohydrate</b> 19 g*	<b>6%</b>	<b>10%</b>
Dietary Fiber 5 g*	20%	20%
Sugars 14 g*		
<b>Protein</b> 10 g* (18 g with 8 fl. oz. skim milk)	<b>20%</b>	<b>36%</b>
Vitamin A	35%	45%
Vitamin C	35%	35%
Calcium	30%	55%
Iron	17%	17%
Vitamin D	35%	60%
Vitamin E	35%	35%
Thiamin	35%	40%
Riboflavin	35%	60%
Niacin	35%	35%
Vitamin B <sub>6</sub>	35%	40%
Folate	35%	40%
Vitamin B <sub>12</sub>	33%	50%
Biotin	35%	35%
Pantothenic acid	35%	45%
Phosphorus	20%	55%
Iodine	35%	35%
Magnesium	35%	40%
Zinc	33%	40%
Selenium	25%	35%
Copper	25%	25%
Manganese	50%	50%
Chromium	28%	28%
Molybdenum	35%	35%

\*Amount in Mix. Skim milk provides additional nutrients.

\*\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

Calories Per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** Micro-filtered cold-processed whey protein concentrate, cane juice crystals, MCT/EFA Complex (enzyme-activated fatty acids and medium chain triglycerides from coconut, canola and sunflower oils), GojiMannan™ Fiber Blend [microcrystalline cellulose, patented glucomannan fiber, standardized goji berry (*Lycium barbarum*), cellulose gum, xanthan gum and carrageenan], potassium citrate, natural vanilla with other natural flavors, dibasic potassium phosphate, calcium citrate, calcium carbonate, salt, magnesium oxide, soy lecithin, ferrous gluconate, ascorbic acid, Atlantic kelp (*Ascophyllum nodosum*), zinc oxide, niacinamide, vitamin E acetate, manganese carbonate, calcium pantothenate, pyridoxine hydrochloride, cupric oxide, riboflavin, thiamine mononitrate, vitamin A palmitate, sodium selenate, chromic chloride, folic acid, sodium molybdate, biotin, cholecalciferol and cyanocobalamin. **CONTAINS MILK AND SOY INGREDIENTS.**

Contains no artificial colors, artificial flavors, artificial sweeteners, gluten, or MSG.

<sup>1</sup>MCT/EFA Complex provides enzyme-activated medium chain triglycerides (MCTs). These special healthy saturated fats from coconut are known to support energy, the immune system and weight management.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

**FreeLife**  
Live It!.

## How Nutritious Is One TAIslim® SHAKE?

One TAIslim® SHAKE gives you the key nutrients of all the foods pictured below and you'd have to spend over \$145 and eat over 18,000 calories per meal!



6 slices wheat bread:  
Dietary Fiber



10 oz. beef liver:  
Vitamin D



10 oz. whole milk:  
Protein



18 eggs:  
Vitamin E



23 lemons:  
Folate



6 oz. Cheddar cheese:  
Zinc



25 peaches:  
Vitamin A



28 leaves Swiss chard:  
Thiamin



26 oz. chicken breast:  
Vitamin B12



8 oz. peanuts:  
Selenium



26 figs:  
Vitamin C



35 asparagus:  
Riboflavin



175 cups spinach:  
Pantothenic Acid



2 cups mushrooms:  
Copper



13 cups of pumpkin:  
Calcium



51 apples:  
Niacin



9 bananas:  
Phosphorous



42 oranges:  
Manganese



34 prunes:  
Iron



10 carrots:  
Vitamin B6

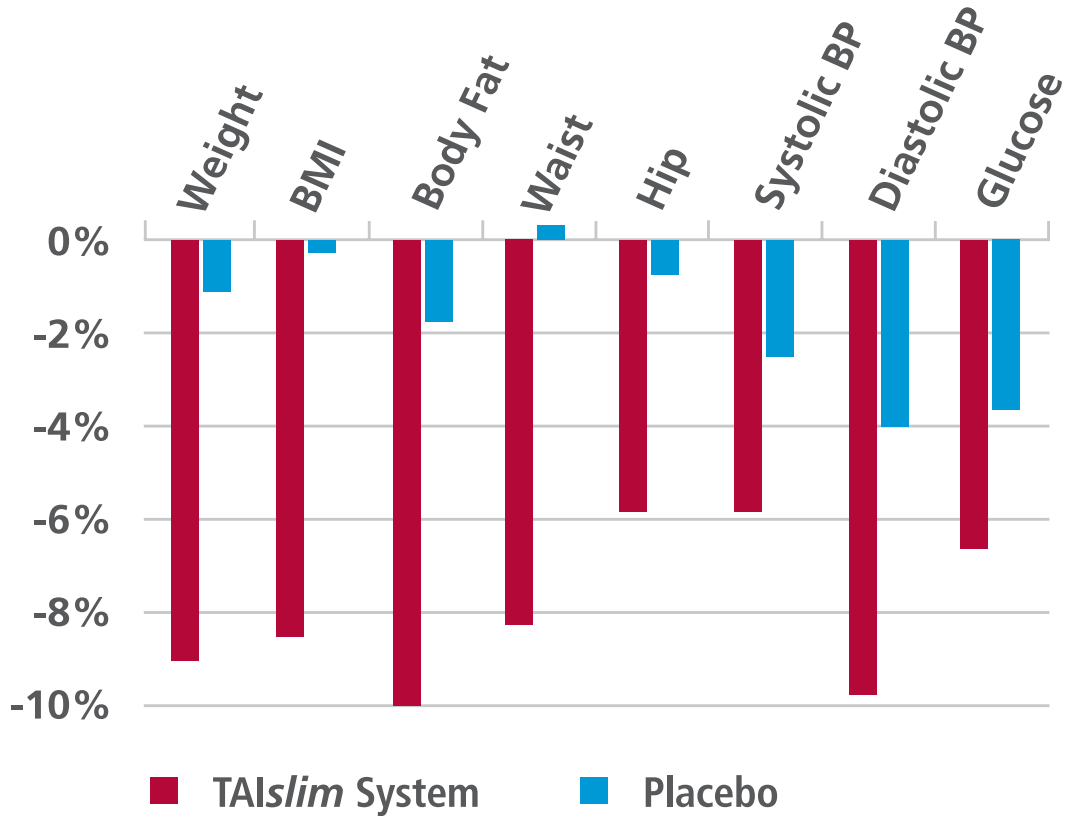


2 cups bran flakes:  
Magnesium



**Calories**  
**18,079**  
**Cost**  
**\$146.53**

## Scientifically Proven System to Help You Lose 8 Times More Body Weight and 6 Times More Body Fat!



### Is Your Shake Clinically Proven or Just Another Shake?

Ask these 8 questions about your shake:

	TAIslim® SHAKE	Other Shakes
1. Clinically shown to result in 6 times more body fat loss?*	YES	?
2. Clinically shown to result in 8 times more body weight loss?*	YES	?
3. Clinically shown to increase calories burned?	YES	?
4. Protein 100% from premium cold-processed whey?	YES	?
5. Cheap, controversial soy protein?	NEVER	?
6. Tastes incredibly delicious even when mixed with water?	YES	?
7. 100% real natural flavors?	YES	?
8. Synthetic artificial flavors?	NEVER	?

Subjects consumed two servings of TAIslim SHAKE, 2-3 servings of TAIslim liquid, and 2-3 servings of TAIslim SKINNYs, daily with exercise and diet restrictions for 3 months. Visit [TAIslim.com](http://TAIslim.com) for more details.

\*When used as part of the TAIslim Total Body System of products, diet and exercise. A randomized, double-blind, placebo-controlled human clinical study showed that participants who followed the TAIslim Total Body System, including taking each TAIslim product 2 times a day for 2 months, lost an average of 22 pounds or 9.2 percent of initial weight. This is equivalent to 18.4 pounds in a 200-pound person. TAIslim System users lost, on average, more than 8 times more weight and 6 times more body fat than those taking a placebo. Both groups followed mild diet restrictions and light exercise.

Before starting the TAIslim Total Body System or any weight-control program, it is advisable to consult a physician.

## Why the TAI<sup>slim</sup><sup>®</sup> SHAKE for Breakfast?



	TAI <sup>slim</sup>	McDonald's	Denny's	Starbucks
	TAI <sup>slim</sup> <sup>®</sup> SHAKE	Sausage Biscuit with Egg, small orange juice, small coffee	FitFare <sup>®</sup> Omelette, Strawberry Banana Bliss Smoothie	Reduced-Fat Very Berry Coffee Cake, 12 oz. non-fat caffè latte
<b>Cost</b>	<b>\$2.50</b>	<b>\$5.08</b>	<b>\$10.98</b>	<b>\$5.30</b>
<b>Calories</b>	156	660	640	450
<b>Fat</b>	4g	33g	18g	10g
<b>Total Carbs</b>	19g	67g	90g	74g
<b>Sugar</b>	14g	33g	65g	45g
<b>Sodium</b>	173mg	1170mg	900mg	600mg

## TAIslim® SHAKE FAQs



### What is a TAIslim® SHAKE?

TAIslim SHAKE is a nutritionally balanced, all-natural replacement for a conventional meal. TAIslim SHAKE helps you to cut calories, not nutrition. It's so rich, creamy, and delicious, you'll never believe it can be so great for your fitness goals!

### What's in a TAIslim SHAKE?

TAIslim SHAKE provides premium cold-processed whey protein along with essential vitamins and minerals, antioxidants, amino acids, and FreeLife's proprietary ingredients to keep you feeling satisfied and energized for hours.

### Why should I drink a TAIslim SHAKE?

No matter whether you're looking to lose weight, maintain your current weight, or get into great shape, TAIslim SHAKE is a great way to control your daily caloric intake. Although it has far fewer calories than a typical meal, the SHAKE is so deliciously filling, you'll never feel deprived! And it's scientifically validated to keep you feeling full for hours and increase your body's fat-burning ability.

### Is TAIslim SHAKE expensive?

Absolutely not! Whether you're eating out or at home, it costs time and money to eat three wholesome meals a day. If you're spending more than \$2.50 for a meal, you'll actually be saving money with the TAIslim SHAKES. And, you'll be enjoying your most delicious and nutritious meal of the day!

### What is the best way to use the TAIslim SHAKE?

For weight loss: Replace two meals per day with TAIslim SHAKES and eat one nutritious meal. To further support weight loss and control hunger, use with TAIslim® liquid, SKINNYs™, and BOOSTERS™, according to directions.

For weight management/general well-being: Enjoy one TAIslim SHAKE every day as a meal replacement or healthy alternative to snacks.

### How does the whey protein in TAIslim SHAKE compare to the proteins found in other shakes?

Many shakes are made from cheap and controversial soy protein, but TAIslim SHAKE uses 100% premium cold-processed whey protein concentrate. In addition to its superb absorbability and high nutritive value, our whey protein is also the most appetite-satisfying protein. It is especially rich in branched chain amino acids, which are used by the body to provide energy, promote satiety, and assist in the formation of lean muscle. The premium cold-processed whey protein in TAIslim SHAKE is costlier than ordinary whey protein, but the results are worth it!

### Can I replace all three daily meals with TAIslim SHAKE?

No. TAIslim SHAKE must not be used as a total replacement for your diet. You should eat at least one nutritionally balanced meal per day while on the TAIslim System.

### What is the MCT/EFA Complex found in TAIslim SHAKE?

TAIslim SHAKE provides medium chain triglycerides (MCTs) derived from coconut oil. These special healthy saturated fats are known to support energy, the immune system, and weight management. MCTs increase the feelings of fullness and satisfaction that you'll get with TAIslim SHAKE.

### What is the GojiMannan™ blend found in TAIslim SHAKE?

GojiMannan is FreeLife's exclusive blend of special fiber ingredients that help to fill you up and keep you feeling satisfied for hours. GojiMannan slows down the digestive process, helping to work against the blood sugar dips that can lead to between-meal hunger.

### If I am lactose intolerant, can I drink TAIslim SHAKE?

TAIslim SHAKE contains a small amount of lactose from its content of undenatured, cold-processed whey protein. Adding 8 oz. (240 mL) of skim milk will add additional lactose. If you are lactose intolerant, you may want to consider taking a lactase enzyme supplement or mixing your TAIslim SHAKE with water or soy milk.

### Is TAIslim SHAKE acceptable for vegetarians and vegans?

TAIslim SHAKE contains milk-derived ingredients, so it is acceptable for lacto-vegetarians, but not for vegans.

### Can children drink TAIslim SHAKE?

Yes. Kids of all ages will love the great taste and benefit from the great nutrition!