

TAI*slim* Total Body System

One Solution,
Real Weight Loss Results

Congratulations on your commitment to improving
your health and achieving a healthy weight!

Here's how to get started:

1. Review this simple step-by-step guide.
2. Tell the person who introduced you to FreeLife® that your TAI*slim*® products have arrived.
3. Start using the products.



The TAIslim Total Body System has already helped thousands of people to lose weight and keep it off.

Get ready to join them by following the steps below!

Morning: Drink TAIslim® liquid with 8 oz. (240 mL) of water and a TAIslim® SHAKE.

Mid-morning: Chew a TAIslim® SKINNY™ along with 8 oz. (240 mL) of water.

Lunch: Drink TAIslim liquid with 8 oz. (240 mL) of water and a sensible 400-500 calorie meal as recommended in the TAIslim Ultimate Food Plan.

Mid-afternoon: Chew a SKINNY along with 8 oz. (240 mL) of water.

Dinner: Eat a sensible 400-500 calorie meal. For even faster results, drink another serving of TAIslim liquid before eating, or replace the meal with another SHAKE.

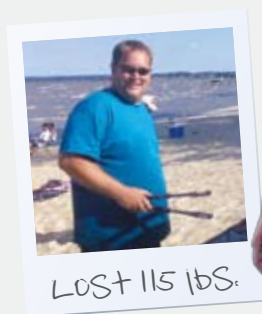
Evening: If you get hungry, chew a SKINNY along with 8 oz. (240 mL) of water.

Daily: Get at least 30 minutes of exercise and drink 8 (8 oz./240 mL) glasses of water.

Kenny Anthony

Before: 355 lbs.

After: 240 lbs.



"With TAIslim, I am down 115 pounds and just went water-skiing for the first time in 7 years."

Leslie Taylor

Before: 206 lbs.

After: 149 lbs.

"TAIslim has changed my entire outlook and I am happy again. I wish I could have back all the money I spent on useless products in the past."



Randomized, double-blind, placebo-controlled human clinical studies showed that participants who followed the TAIslim Total Body System for 3 months lost an average of 6 percent of initial weight, equivalent to 12 pounds in a 200-pound person. TAIslim System users lost, on average, more than 4 times more weight and 6 times more body fat than those taking a placebo. Both groups followed mild diet restrictions and light exercise.

These Success Stories are from FreeLife Marketing Executives who have the opportunity to earn compensation from the sale of FreeLife products.

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.

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

The TAlslim Total Body System can help you develop a healthy lifestyle that will last a lifetime.

Keep track of your results here!

I would like to weigh _____ by _____.

Measurements	Day 1	Day 7	Day 14	Day 28
My Weight				
My Weight Loss to Date				
My Clothing Size				
Neck (midway between the mid-cervical spine and mid-anterior neck, just below the laryngeal prominence or Adam's apple)				
Upper Arm (either left or right but measure same side)				
Waist				
Buttocks (at the widest part)				
Upper Thigh (at the maximum circumference; either left or right but measure same side)				
Calf (at the maximum circumference; either left or right but measure same side)				
My Total Inches				
My Total Inches Lost				

Tips and Resources

Visit TAlslim.com to help you achieve the best results possible. Here, you'll find:

[The TAlslim Total Body System](#) – Learn everything you need to know about how to lose weight and stay fit for life.

[TAlslim Coaching Program](#) – Maximize your results with these free daily coaching emails. If you didn't sign up when you purchased your TAlslim® product, you can view the archived emails online.

[Success Stories](#) – Become inspired by people like you who've reached and maintained weight loss results on the TAlslim System.

[Clinical Research](#) – View the science behind our clinically validated products.

[Videos](#) – Learn more about the life-changing TAlslim Total Body System and how it can work for you.

Find more tips, tools, and resources in "My FreeLife Office" on FreeLife.com.

Achieving a Healthy Weight Is as Easy as 1-2-3



1

Drink 2 oz. (60 mL) of **TAIslim® liquid** along with 8 oz. (240 mL) of water at the start of breakfast and lunch. Drink another serving before dinner for even faster results.



2

Replace 1 or 2 meals a day with a **TAIslim® SHAKE**.



3

Replace mid-morning, mid-afternoon, and evening snacks with **TAIslim® SKINNYs™** and 8 oz. (240 mL) of water.

Every day – Get **30 minutes of moderate to vigorous exercise**, and drink at least 8 (8 oz./240 mL) glasses of water.

