

PRODUCT CATALOG



WEIGHT MANAGEMENT**3-8**

Iaso® Tea Original	4
Iaso® Tea Instant	5
Delgada	6
Latin	6
Resolution Drops	7
SlimPaste	7
ProZ	8

FULL BODY NUTRITION**9-13**

NutraBurst®	10
NutraBurst® Plus	10
Chaga	11
Gano	11
Techui	12
Phyte	12
Complex	13

ENERGY & FITNESS**14-17**

NRG	15
Matrix	15
SlimAM	16
SlimPM	16
Life Drops	17

HAIR & SKIN CARE**18-21**

HSN	19
Infinity Oil	19
Essential Soap	20
CBD Essential Soap	20
Charcoal Soap	21
Lucida	21

RELAXATION AND RELIEF**22-26**

Harmony Drops	23
Alleviate Cream	23
Iaso® Instant Tea w/Hemp Extract	24
Rejuv	24
Iaso® Instant Tea w/Broad-Spectrum Hemp Extract	25
Melody Drops	26

WOMEN'S HEALTH**29-30**

BLOSSOMÉ	30
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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 Management Supplements, Coffees, Nutritional Vitamins, Skin & Hair Care, and products infused with Full-Spectrum and Broad-Spectrum Hemp Extracts.



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 best-seller for a reason! Our all-natural cleansing drink supports weight loss and weight management, energy, mental clarity, skin health, and bowel regularity.* Product availability may vary by country.

\$49.95

5 Pack

What You'll Feel

-  Promotes digestive wellness.*
-  Supports the circulatory system.*
-  Encourages healthy intestines.*





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 benefits of the original Iaso Tea in an all-natural instant formula. This proprietary blend is equipped with three incredible, all-natural extracts, and Nutriose FMO6 (a soluble dextrin fiber) to support a healthy appetite.* Also encourages proper intestinal functions.*

Product availability may vary by country.

\$34.95

25 Sachets

What You'll Feel

-  Promotes digestive wellness.*
-  Supports the circulatory system.*
-  Encourages healthy intestines.*



Delgada Premium Instant Coffee

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 and promotes a healthy appetite with the smooth coffee experience you'll enjoy.*

Product availability may vary by country.

\$54.95

28 Sachets

What You'll Feel

- ☪ Supports healthy appetite.*
- ☪ Promotes metabolism.*
- ☪ Rich dark coffee taste.



Café Latin Premium Instant Coffee

Cafe Latin Style

Savor the superior flavor of Café Latin Style. Café Latin Style is a premium gourmet coffee with a great nutty taste. Blended with nondairy creamer, it also is known for its distinctive caramel flavor. Contains antioxidants that maintain cell integrity, and other ingredients support healthy digestion.

Product availability may vary by country.

\$24.95

20 Sachets

What You'll Feel

- ☪ Antioxidants maintain cell integrity.*
- ☪ Supports healthy digestion and adrenal gland function.*
- ☪ Complex, refreshing flavor.



Resolution Drops

Cut Cravings & Lose Weight




Support a healthy weight without having to sacrifice your daily routine. Use with our included Resolution Meal Plan to help control cravings and reach your weight loss goals the safe, healthy way. Includes nutrients that support a healthy nervous system and appetite.*

Product availability may vary by country.

\$59.95

2 fl. oz.

What You'll Feel

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



SlimPaste

Healthy Smile, Healthy Weight, Healthier You




Everything you've ever wanted in a toothpaste: support for a cleaner mouth while promoting a healthy appetite! Great taste fights bad breath.*

Product availability may vary by country.

\$24.95

4oz.

What You'll Feel

-  Protection from bad breath.*
-  Support for healthy gums and teeth.*
-  Great taste!





ProZ

Detox While You Rest with ProZ




Support the development of good gut bacteria and promote a healthy sleep with our all-natural two-part prebiotic and probiotic. The enzymes in the white capsule encourage a healthy appetite, while the complex blend of ingredients in the purple capsule help you naturally find a more restful night. Includes fiber to help you feel satisfied all day long.*

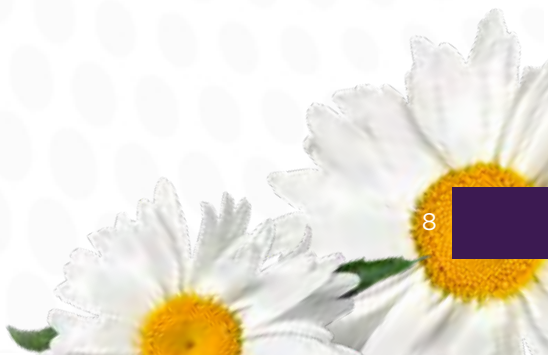
Product availability may vary by country.

\$59.95

30 Detox Capsules | 30 Rest Capsules

What You'll Feel

-  Support for a better gut microbiome.*
-  Fiber that feeds your "good" bacteria.*
-  Promote a more-relaxed mental and physical state.*





FULL BODY NUTRITION

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NutraBurst®

More Than A Multivitamin

NutraBurst is a proprietary blend of 72 minerals, 10 Vitamins, 22 Phytonutrients, 19 Amino Acids, 13 Whole Food Greens, and 12 Herbs—which equals 148 reasons to start using Iaso® Nutra Burst today! Exceeds the recommended daily allowance of multiple vitamins in one easy-to-take liquid tablespoon.*

Product availability may vary by country.

\$54.95

16 fl. oz.

What You'll Feel

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



NutraBurst®+

Premium CoQ10 Enhanced Liquid Multivitamin

The same 72 minerals, 10 Vitamins, 22 Phytonutrients, 19 Amino Acids, 13 Whole Food Greens, and 12 Herbs as our best-selling original formula, plus Coenzyme Q10 for supporting cell growth and maintenance.* All in one powerful tablespoon, with a tasty citrus flavor, once a day!*

Product availability may vary by country.

\$54.95

16 fl. oz.

What You'll Feel

- ✚ Nineteen amino acids promote overall health.*
- ✚ Support cell growth and maintenance with CoQ10.*
- ✚ Encourage an overall healthy balance of vitamins and minerals.*



Chaga

Tip Your Caps to the King of Herbs

Our 100% pure Siberian Chaga extract is an all-natural wonder, known for its high content of melanin and superoxide dismutase (SOD), which function as antioxidants. Chaga contains numerous vitamins and minerals. It is also one of the densest sources of Vitamin B5, which supports adrenal glands and digestive organs.* Now one of the Far East's best-kept secrets is available to you in an easy-to-take capsule.*




Product availability may vary by country.



\$59.95

90 Capsules

What You'll Feel

-  Antioxidants that help neutralize damaging free radicals.*
-  Vitamins and minerals help maintain healthy balance.*
-  Supports your nervous system.*

Gano

All-natural antioxidants

Ganoderma Lucidum, 100% pure Ganoderma powder, is made from the Red Reishi mushroom, known as the lingzhi mushroom in traditional Chinese medicine. Ganoderma contains the highest level of antioxidants as compared to other natural food sources, according to the Encyclopedia of Natural Medicine.* Now we've put it in your hands! Contains antioxidants and complex carbohydrates.*




Product availability may vary by country.



\$59.95

90 Capsules

What You'll Feel

-  Antioxidants maintain cell integrity.*
-  Complex carbohydrates and water-soluble proteins.
-  The history of a centuries-old herbal remedy.



Techui Natural Protein

Used by Aztecs centuries ago, spirulina became increasingly popular when used by NASA astronauts in the 1970's as part of their diet. 100% refined spirulina powder, a nutritious form of alkaline food. Rich in protein, vitamins, minerals, chlorophyll, and other supportive nutrients.*

Product availability may vary by country.

\$59.95

90 Capsules

What You'll Feel



Antioxidants that help neutralize damaging free radicals.*



Support exercise and fat-burning.*



Packed with nutrients.*

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.*

Product availability may vary by country.

\$59.95

30 Sachets

What You'll Feel



Phytonutrients, antioxidants, protein, and vitamins.*



Fiber maintains bowel regularity.*



All ingredients from whole-food sources.





Complex

All-natural antioxidants




Our latest nutritional supplement delivers an all-natural combination of potent extracts to support important body systems.* Take: 3 capsules daily with food or as directed by your healthcare professional.

Product availability may vary by country.

\$79.95

180 Capsules

What You'll Feel

-  Anti-inflammatory and antiviral support.*
-  Antibacterial support.*
-  Supports homeostasis of the body's defense system.*



A woman with dark hair in a ponytail, wearing a patterned sports bra and leggings, is looking down. The background is a blurred outdoor setting with trees and sunlight. The text 'ENERGY & FITNESS' is overlaid in large white letters.

ENERGY & FITNESS

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NRG

Electrify Your Day

All-natural support for weight loss and increased energy. Includes Advantra Z®, designed to promote fat burning, green tea extracts, and jet black cocoa powder. Loaded with our proprietary blend of vitamins and minerals to provide your body with what it needs to support your healthy appetite and fitness goals. Complete with antioxidants.*

Product availability may vary by country.



\$59.95

30 Capsules

What You'll Feel

- ⚡ Supports a healthy immune system.*
- ⚡ Aids in body conditioning and management.*
- ⚡ Intended to enhance 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- and probiotics, and high-quality fiber. Perfect for athletes, busy moms, or anyone who's watching their health.*

Product availability may vary by country.



\$59.95

15 Sachets

What You'll Feel

- 🌿 All-natural fiber leaves you feeling full.*
- 🌿 Antioxidants maintain cell integrity.*
- 🌿 Low in calories, and high in protein.*



SlimAM

Rise & Energize




Power up for your workout routine and start your day the positive way! Slim AM is a unique, high-quality supplement designed for overall health maintenance.* Our formula contains antioxidant and anti-inflammatory components, and pharmaceutical grade L-Arginine. Drink up and get moving! Contains amino acids, antioxidants, and folic acid. Eye-opening raspberry flavor.*

Product availability may vary by country.

\$69.95

30 Sachets

What You'll Feel

-  Amino acids promote natural growth hormones.*
-  Antioxidants support cell integrity and repair.*
-  Folic acid encourages new cell growth.*



SlimPM

Be health conscious, while you sleep




Our blend of all-natural amino acids, antioxidants, vitamins, and minerals is designed to support your health while making room for the kind of sleep you need after a busy day. We've even included nutrients that promote turning carbs into energy.* Continue working toward your healthier lifestyle, even after the day is done. Cool black raspberry flavor.*

Product availability may vary by country.

\$69.95

20 Sachets

What You'll Feel

-  Antioxidants maintain cell integrity and encourage cell repair.*
-  Amino acids promote cell growth.*
-  Includes nutrients to support converting carbs into energy.*



Life Drops

Let Life Drops work for you




Loaded with vitamins—like B-12 and pantothenic acid—Life Drops support all your body's systems so you can work to be your best. Thiamin and Niacin promote cell health, and we've included all-natural green tea leaf and pomegranate extracts because we know a complete supplement is important to you.*

Product availability may vary by country.

\$54.95

2 fl. oz.

What You'll Feel

-  May increase thermogenesis.*
-  Helps burn more calories through thermogenesis.*
-  Supports blood fat levels, which promotes heart health.*





HAIR & SKIN CARE

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HSN

Hair, Skin, and Nails

Our daily, multi-functional supplement to target healthy hair, skin, and nails. Six vitamins and important minerals boost nutrition to support how your hair looks, skin feels, and nails grow.* HSN can give them a boost from the inside out!

Product availability may vary by country.



\$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 For A Better You

Moisturize, soften, and protect your skin with Infinity Oil, the 100%-natural way to pamper your skin while avoiding chemicals! Our all-natural ingredients promote healthy skin and joints. Includes antioxidants and Vitamin E.*

Product availability may vary by country.

\$29.95

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 Soap

Essential Soap, from Total Life Changes, is a 100% pure therapeutic grade essential oils soap, combining a premium blend of oils and shea butter to provide a superior cleanse while leaving skin feeling moisturized and healthy.* Soaps are a perfect pairing to essential oils. Essential oils were once classified by a Frenchman by the name of G.W. Septimus Piesse in the early 1900's. He even went so far as to categorize essential oils based on a musical scale system of top note, middle note, and base note. Top notes are fleeting. This is the first rush of scent. Middle notes take a bit longer to recognize, but they provide body to a scent blend. Base notes are slow to evaporate, long lasting, and act as a fixative in the blend. They are typically rich, heavy scents.

Product availability may vary by country.

\$12.95

4oz. Bar



CBD Essential Soap

This rich and moisturizing CBD infused soap gently cleanses away dirt while leaving your skin with a subtle scent of lavender. The calming and homeostasis-encouraging CBD oil combined with the soothing and relaxing lavender scent will help you begin or end your day off right!

Product availability may vary by country.

\$12.95

4oz. Bar



Essential Soap With Activated Charcoal

Essential Active Charcoal Soap, from Total Life Changes is a 100% pure therapeutic grade essential oils soap; combining a premium blend of oils and shea butter to provide a superior cleanse while leaving skin moisturized and healthy.

Essential oils have many therapeutic benefits. Some of these benefits are believed to derive from the aroma itself (olfactory); others are believed to be effected by means of contact with the skin (topical). Soaps in particular are a perfect pairing to essential oils because we depend on them for both olfactory and topical applications.

Product availability may vary by country.

\$12.95

4oz. Bar



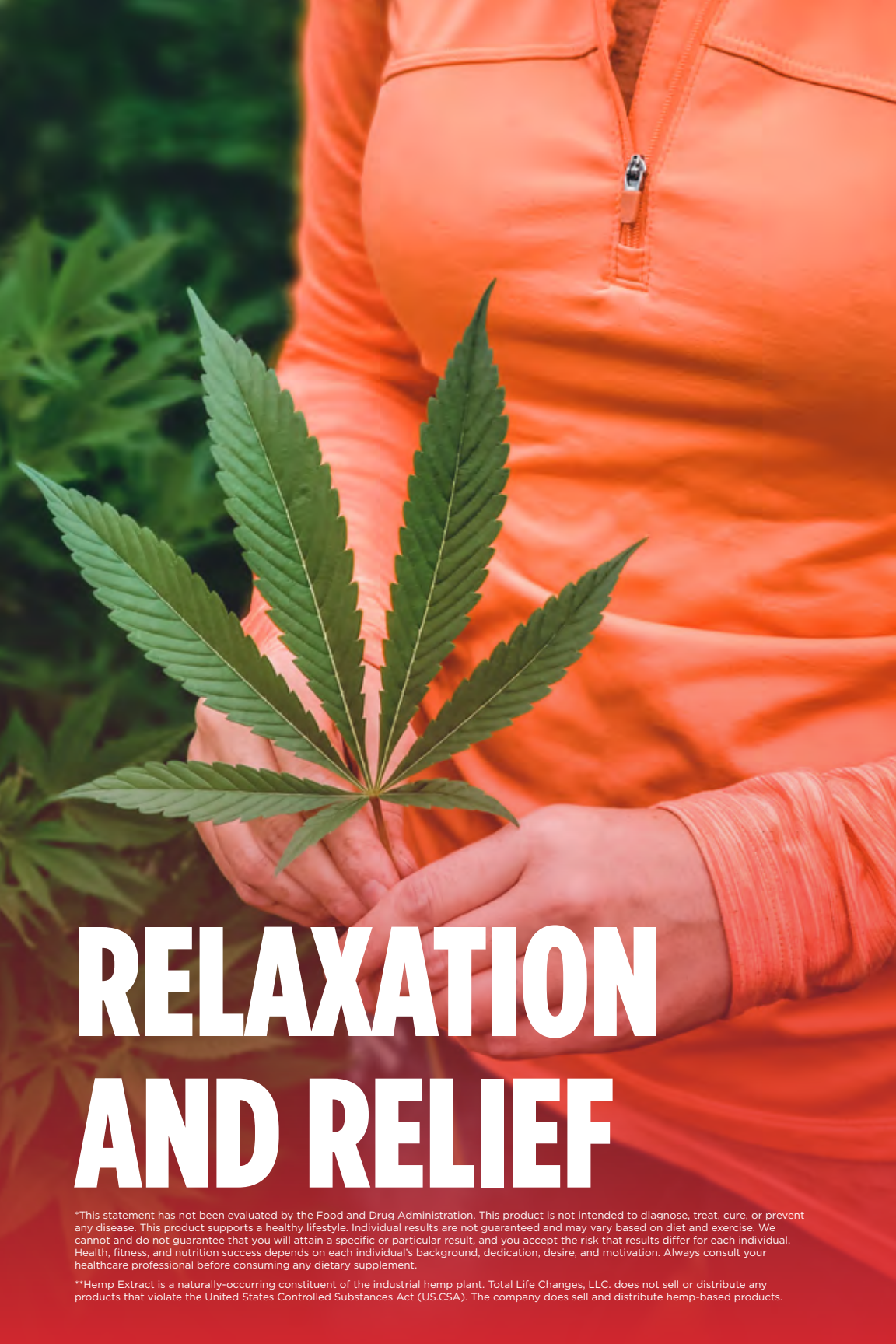
Lucida

Reach for the stars and show 'em your smile! The active ingredients in Lucida target bacteria and stains to bring you the brightest smile in the universe. Lucida is a charcoal toothpaste that helps fight plaque and tartar, and it encourages overall oral hygiene health.

Product availability may vary by country.

\$21.95

4oz.

A person wearing an orange zip-up jacket is holding a large, vibrant green hemp leaf with both hands. The background is a soft-focus green, suggesting a natural outdoor setting. The overall color palette is dominated by the orange of the jacket and the green of the leaf and background.

RELAXATION AND RELIEF

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**Hemp Extract is a naturally-occurring constituent of the industrial hemp plant. Total Life Changes, LLC. does not sell or distribute any products that violate the United States Controlled Substances Act (US.CSA). The company does sell and distribute hemp-based products.

Harmony Drops With Full-Spectrum Hemp Extract**

Get Relief the Natural Way

Harmony drops are designed to support your body's natural pain-fighting systems with your healthy, active lifestyle.*

Product availability may vary by country.

\$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 plus full spectrum hemp oil extract with naturally occurring phytocannabinoids. This topical cream provides one of the easiest ways to target specific areas.*

Product availability may vary by country.



\$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 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® FMO6 (non-GMO soluble dextrin fiber) with only ten calories per serving.* Delivered with a refreshing lemon flavor.

Product availability may vary by country.

\$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.**



Rejuv Body and Face Spray Feed and Reinvigorate Your Skin

Rejuv is a refreshing and soothing skin mist formulated with hemp oil extract and a powerful combination of all-natural botanicals designed to support the health of your skin.* Enjoy this non-greasy body and face spray delivered in a pleasant mist providing up to 1mg of THC-FREE CBD per spray.**

Product availability may vary by country.



\$59.95

3 oz.

What You'll Feel

- ✦ Soothes inflammation.*
- ✦ Revitalizes dull skin.*
- ✦ Reinvigorates skin, helping it achieve a natural luster.*



Iaso® Tea Instant with Broad-Spectrum Hemp Extract**

Now you can get the same benefits of our Original Iaso® Instant Detox Tea with our proprietary formula is powered by 100mg of organic Broad-Spectrum Hemp Extract, over 100 phytonutrients, and over 12.5 mg of CBD per serving.* Delivered with a bright raspberry flavor.

Product availability may vary by country.

\$59.95

25 Sachets

What You'll feel

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

Melody Drops

All Day Relief

Enjoy 66.7mg of CBD isolate per serving.**

This THC-free and Glycerin-free formula can be most commonly used to assist with pain, stress, anxiety, poor sleep, inflammation, and chronic pain.*

Product availability may vary by country.

\$99.95

1 fl. oz. (30ml)

What You'll feel

- ✿ Intended to improve energy levels, digestion, and overall homeostasis.*
- ✿ Aids with a variety of health conditions, including headaches, muscle and nerve pain.*





WOMEN'S HEALTH

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Blossomé

Our formula made especially for women

A blend of ingredients specially formulated to support healthy hormone levels, promote a healthy appetite, and leave you feeling ready for the world. Also supports healthy skin and an improved mood.*
Product availability may vary by country.

\$69.95

30 Sachets | 3 Capsules

What You'll Feel

- Support healthy skin.*
- Promote proper hormone levels.*
- Encourage an overall-improved mood.*

