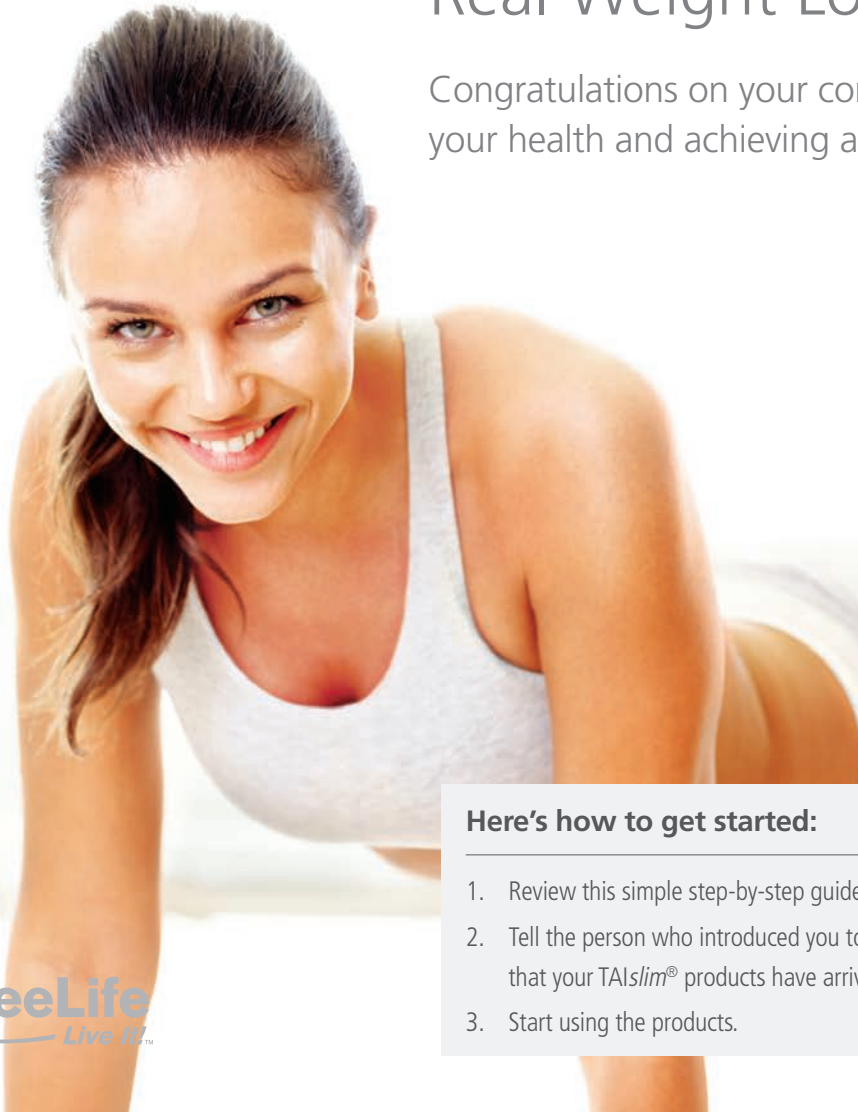




Total Body System

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 TAIslim® 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 along with one packet of REVERSE!®.

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 along with one packet of REVERSE! For even faster results, replace the meal with a SHAKE and drink TAIslim® liquid with 8 oz. (240 mL) of water.

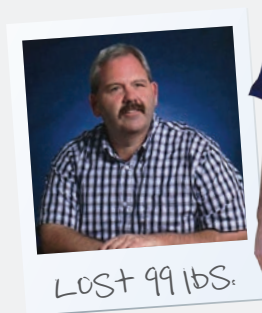
Evening: If you get hungry, chew a SKINNY along with 8 oz. (240 mL) of water.

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

Rodger McGee

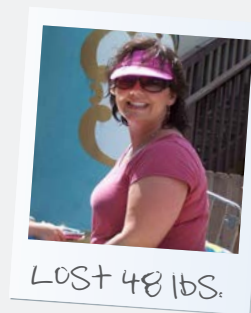
Before: 280 lbs.

After: 181 lbs.



"I stuck with the TAIslim System and used some common sense. Now I feel and look so much better!"

"I love TAIslim and what it has done for me. I can live again and in the healthy body I've always wanted!"



Veronica Johnson

Before: 193 lbs.

After: 145 lbs.

FreeLife undertook a strict 2-month randomized, double-blind human clinical study – the gold standard of clinical design – which included caloric restriction and moderate exercise. Compared to participants who were on a placebo, TAI60 TRANSFORMATION participants who used each TAIslim product 2 times per day 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. TAI60 TRANSFORMATION users lost, on average, more than 8 times more weight and 6 times more body fat than those taking a placebo. Waist circumference was reduced by 3.8 inches from the initial baseline level, which is about 8.3 percent of initial level. 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 TAIslim 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 (just below the larynx 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 TAI60.com to help you achieve the best results possible. Here, you'll find:

The TAIslim Total Body System – Learn everything you need to know about how to lose weight and stay fit for life.

Success Stories – Become inspired by people like you who've reached and maintained weight loss results on the TAIslim System.

Clinical Research – View the science behind our clinically validated products.

Videos – Learn more about the life-changing TAIslim Total Body System and how it can work for you.

To learn about more FreeLife products visit 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.



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