

TOTAL LIFE CHANGES
PRODUCT CATALOG



HEALTH & WELLNESS | SKIN CARE | ESSENTIAL OILS
SPECIALTY COFFEE | SPECIAL RECIPES



ABOUT TLC

Total Life Changes offers a diverse product portfolio of health, wellness, and beauty products. Founder and "Tea" Executive Officer Jack Fallon created TLC over 16 years ago with a single product: NutraBurst®.

Since that time, TLC has continued to develop the laso® brand of products to include a diverse and attractive product portfolio matched with a hybrid binary compensation plan that allows IBOs of TLC to be rewarded quickly for introducing new customers to our products and business opportunity. Find out why so many are saying, "It really is different over here."

■ HEALTH & WELLNESS | 3-16

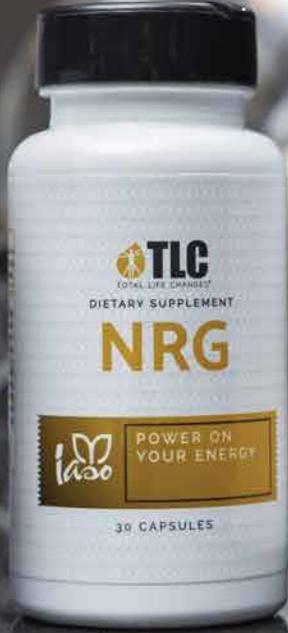
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HEALTH & WELLNESS





Iaso® Tea

THE #1 DETOX TEA
TO TEAR AND 1 TO SHARE

4

\$ 49.95 | 5 PACKS
ONE MONTH SUPPLY + 1

- Powered by a unique proprietary blend of all-natural ingredients helping hundreds of thousands of people lose up to five pounds in five days.
- Nine essential herbs designed to cleanse the upper and lower intestines thus ridding the body of harmful toxins.
- Intended to improve digestion, regularity and relief from constipation.

Iaso® Tea Instant

THE #1 DETOX TEA IN AN INSTANT FORMULA

\$ 59.95 | 60 PACKS
ONE MONTH SUPPLY



- All-natural and organic extracts well-known for their anti-inflammatory and antioxidant qualities.
- The addition of soluble fiber in Iaso® Tea Instant's formula is designed to reduce appetite so you will feel fuller after eating.
- Consuming the tea prior to meals will begin to affect the stomach's "stretch receptors" which send a message to the brain that food is present.



laso® NRG

POWERED BY ADVANTRA Z®

\$ 54.95 | 30 CAPSULES
ONE MONTH SUPPLY

- Enhance energy, elevate your mood, and reduce hunger.
- Increases your body's metabolic rate to burn more fats*.
- May help you focus better, stay alert longer, and have improved concentration.

laso® Stem Sense

A YOUTHFUL REJUVENATING FORMULA

\$ 59.95 | 60 CAPSULES
ONE MONTH SUPPLY

- Stimulates growth factors that activate stem cells in your body to replace worn out cells.
- Intended to increase mental and physical energy.
- Delivers potent anti-inflammatory support compounds to help relieve joint and muscle soreness due to aging or exercise.

laso® Chaga

100% REFINED INONOTUS OBLIQUUS MUSHROOM EXTRACT

\$ 59.95 | 90 CAPSULES
ONE MONTH SUPPLY

- A highly awarded tonic fungus (mushroom).
- Known for its very high content of a very powerful antioxidant known as superoxide dismutase (SOD).
- SOD performs a vital anti-aging function by neutralizing oxygen free radicals, preventing oxidative damage to cells and tissues.



laso[®] Techui

100% REFINED SPIRULINA POWDER

\$ 54.95 | 90 CAPSULES

ONE MONTH SUPPLY

- Rich in protein, vitamins, minerals, chlorophyll, and other essential nutrients needed.
- Gram for gram, spirulina may literally be the single most nutritious food on the planet.
- Spirulina protein may help regulate blood sugar, blood pressure, and cholesterol levels.



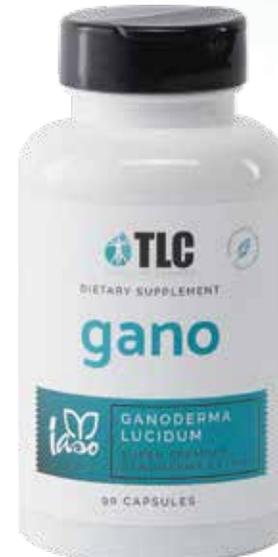
laso[®] HSN

HAIR, SKIN & NAILS DIETARY SUPPLEMENT

\$ 49.95 | 60 CAPSULES

ONE MONTH SUPPLY

- laso[®] HSN's essential vitamins and minerals help to ensure healthy hair, skin, and nails.
- Contains branched-chain amino acids (BCAA).
- BCAAs help trigger protein synthesis which further improves the body's capability to produce healthy hair, skin, and nails.



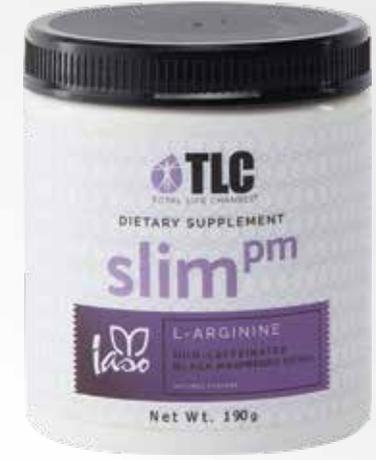
laso[®] Gano

100% REFINED GANODERMA LUCIDUM
(RED REISHI MUSHROOM)

\$ 59.95 | 90 CAPSULES

ONE MONTH SUPPLY

- Believed to provide the highest level of antioxidants when compared to any other food source found within the world.
- Phenolic and polysaccharide-peptide complexes are responsible for the strength of laso[®] Gano's antioxidant properties.
- Studies conducted in China, Japan, the U.S., and the U.K. indicate Ganoderma Lucidum has provided positive improvements to many common ailments.



laso® Slim^{am}

UNIQUE HIGH QUALITY SUPPLEMENT POWERED BY L-ARGININE

\$ 69.95 | 304.5 GRAMS
ONE MONTH SUPPLY

- L-Arginine is converted into nitric oxide which increases blood flow.
- Improved blood flow increases overall cardiovascular wellness.
- A proprietary formula with the unique addition of curcumin, a nitric oxide free radical scavenger and powerful anti-inflammatory agent produced by plants.

laso® Slim^{pm}

THREE BENEFICIAL DIETARY SUPPLEMENTS

\$ 69.95 | 190 GRAMS
ONE MONTH SUPPLY

- Synergistically designed to target cardiovascular health.
- Contains a combination of anti-oxidant components & L-Arginine to assist in endothelial cell cleansing, fat burning, and increased Nitric Oxide (NO) production.
- Assists in cleansing both vascular and lymphatic endothelial cells and uniquely, provides powerful fat burning through Leptin control and other attributes.



laso[®] Nutraburst

TLC'S ORIGINAL LIQUID MULTIVITAMIN

\$49.95 | 16 FLUID OUNCES

ONE MONTH SUPPLY

- A daily supplement with 10 vitamins and 72 minerals.
- Designed to detoxify your system and supply essential elements that help strengthen your body.
- Nutraburst is unmatched in its spectrum of Phytonutrient Enzymes and blend of Whole Food Greens.



laso[®] Nutraburst+

A CITRUS-FLAVORED LIQUID MULTIVITAMIN ENHANCED WITH CoQ10

\$54.95 | 16 FLUID OUNCES

ONE MONTH SUPPLY

- Provides a broad spectrum of supplements that include more than seventy-two naturally-occurring trace minerals.
- Each element has been scientifically tested and verified for purity.
- CoQ10 helps the body to produce the energy necessary for cell growth and maintenance at the cellular level.



laso[®] Life Drops

CELLULAR ENERGY COMPLEX

\$ 54.95 | 2 FLUID OUNCES

ONE MONTH SUPPLY

- Metabolize fats, amino acids, and carbohydrates*.
- Formulated with vitamin B-12, which has one of the largest and most elaborate chemical structures of all the vitamins.
- Designed to be used in combination with laso[®] Resolution.



laso[®] Resolution Drops

PROPRIETARY FORMULA NO.20
DIETARY SUPPLEMENT

\$ 59.95 | 2 FLUID OUNCES

ONE MONTH SUPPLY

- Designed for individuals who want to lose weight quickly and safely, with little to no change to their daily routine.
- When used together with our suggested 1200-calorie-per-day diet, this formula supports speedy weight loss and reduces the likelihood of return weight gain.
- Designed to be used in combination with laso[®] Life Drops Cellular Energy Complex.



SKIN CARE





Lucida®

Charcoal Whitening Toothpaste

\$ 21.95 | 4 OUNCES

- The activated charcoal in Lucida whitening toothpaste is intended to remove years of stains and tartar to reveal whiter and brighter teeth.
- Daily use can provide a deep cleanse while polishing your teeth so your mouth and gums always feel fresh and clean.
- The active ingredients bind to teeth, targeting stubborn stains. All premium ingredients with mint flavor.



Renique®

BRIGHTENING CREAM

\$ 64.95 | 1 FLUID OUNCE

- This skin whitening cream is designed to reduce skin discolorations resulting from melasma, acne scars, freckles, dark patches, environmental damage, and hyperpigmentation.
- It is intended to gradually lighten the skin to a more even tone while assisting in the treatment of problematic complexion, leading to a younger, more vibrant appearance.
- TLC's unique formula utilizes several botanical ingredients, vitamins, and natural plant extracts that can protect and replenish the body's largest organ (skin).



Iaso® Oil

100% CERTIFIED AEA EMU OIL

\$ 29.95 | 1 FLUID OUNCE

- Moisturize, soften, and protect skin.
- Relieve inflammation and bruising.
- Penetrates directly into the muscles and joints.





Essential Soap with Activated Charcoal

100%-PURE, THERAPEUTIC-GRADE SOAP

\$ 12.95 | 4.5 OUNCES

- Processed charcoal is included as an important ingredient in natural soaps and cleansers throughout the world.
- Treats skin by absorbing excessive oil while moisturizing and nourishing dry skin.
- Effective in removal of dead cells.
- Intended to remove skin impurities thus helping in the treatment of acne.
- Suitable for all skin types.

Essential Soap

100%-PURE, THERAPEUTIC-GRADE SOAP

\$ 12.95 | 4.5 OUNCES

- Our formula combines a premium blend of oils with Shea Butter to provide a superior cleansing experience.
- These oils are helpful in the treatment of blemishes, wrinkles, skin allergies, eczema, and dermatitis.
- Five therapeutic oils in one soap.



Tangible Tools

AVAILABLE IN YOUR BACK-OFFICE CART

- Iaso® Tea Brochures feature the original world-famous formula and the on-the-go instant formula with authentic weight loss testimonies. Includes product ingredients and recommended use.
- Iaso Tea® and Instant Tea 'Drop Cards' with authentic weight loss testimonies and a space for your contact information. A great way to introduce people to the world's #1 cleansing tea formula.
- Lose 5lbs in 5 Days Buttons are the perfect conversation starter. "I couldn't help but notice you were looking at my button. Here's a brochure that will tell you all about it."
- Lose 5lbs in 5 Days Wristbands. A company favorite. This tangible marketing tool is for your whole team to wear and share with pride.

ESSENTIAL OILS





Lemon Zest

\$ 14.95 | 15ML

- 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.



Peppermint

\$ 16.95 | 15ML

- 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.



Blood Orange

\$ 14.95 | 15ML

- 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.



Wild Lavender

\$ 26.95 | 15ML

- 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.



Uplifting

\$ 36.95 | 15ML

- 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.



Tea Tree

\$ 29.95 | 15ML

- 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.



Gladiator

\$ 29.95 | 15ML

- 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.



Frankincense

\$ 52.95 | 15ML

- 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.

SPECIALTY COFFEE





Iaso® Café Delgada

PREMIUM SUMATRAN INSTANT SLIMMING COFFEE

\$ 54.95 | 2.8 GRAMS | 28 SERVINGS

- Powered by the natural strength of 100% organic gano extract.
- Our improved formula now has fewer calories and is formulated with Garcinia Cambogia.
- Targets weight loss with the addition of Advantra Z®, supporting cravings and increased weight loss.

Iaso® Café Latin Style

PREMIUM GOURMET INSTANT COFFEE

\$ 24.95 | 9 GRAMS | 20 SERVINGS

- Blended with non-dairy creamer, stevia extract and a distinctive caramel flavor. Formulated with 100% organic chaga, ganoderma and cordyceps sinensis extract.
- The chaga mushroom is one of the densest sources of nutrients found within any food source, worldwide.
- The benefits of chaga extract are being vigorously tested around the world.

SPECIAL RECIPES





IASO BERRY BLAST

INGREDIENTS 1 CUP FROZEN MIXED BERRIES
1 SLICED KIWI
1 CUP IASO TEA
1/2 CUP STRAWBERRIES

DIRECTIONS IN A BLENDER, MIX BERRIES,
KIWI, IASO TEA, AND
STRAWBERRIES.

BLEND THOROUGHLY.

POUR INTO GLASS AND ENJOY!



LEMON ROSEMARY SCRUB

INGREDIENTS 1 CUP EPSOM SALT
2 TBSP ROSEMARY
2 TBSP LEMON ZEST
3 TBSP COCONUT OIL
3-4 DROPS LEMON ZEST
ESSENTIAL OIL

DIRECTIONS USING A JAR OR CONTAINER, MIX
EPSOM SALT, ROSEMARY, LEMON
ZEST, COCONUT OIL, AND
ESSENTIAL OIL.



WATERMELON PEACH PLUS

INGREDIENTS 2 CUPS DICED WATERMELON
1 SLICED PEACH
1/2 CUP COCONUT MILK
1-2 MINT LEAVES
1 TBSP NUTRABURST

DIRECTIONS IN A BLENDER, MIX WATERMELON,
PEACHES, COCONUT MILK, AND
NUTRABURST.

BLEND UNTIL SMOOTH.

POUR INTO GLASS AND ENJOY!



ACAI AM BOWL

INGREDIENTS 12OZ PLAIN NON-FAT YOGURT
2 TBSP ACAI BERRY BLEND
1 SCOOP SLIM^{AM}
PREFERRED FRUIT
GRANOLA
HONEY

DIRECTIONS IN A BOWL, MIX YOGURT,
ACAI BERRY BLEND AND SLIM^{AM}.

TOP WITH FRESH FRUIT, GRANOLA
AND HONEY.



RASPBERRY SMOOTHIE

INGREDIENTS

- 1/2 CUP NON-FAT GREEK YOGURT
- 2 MEDIUM SLICED ORANGES
- 1 SLICED BANANA
- 1/2 CUP RASPBERRIES
- 1 CUP IASO TEA

DIRECTIONS

IN A BLENDER, MIX YOGURT, ORANGES, BANANA, RASPBERRIES, AND IASO TEA.

BLEND UNTIL SMOOTH.

POUR INTO GLASS AND ENJOY!



DELGADA SMOOTHIE

INGREDIENTS

- 1/2 CUP BREWED DELGADA COFFEE
- 1/2 CUP ALMOND MILK
- 2 MEDIUM BANANAS SLICED
- 1/4 TSP VANILLA EXTRACT

DIRECTIONS

IN A BLENDER, MIX DELGADA COFFEE, ALMOND MILK, BANANAS, AND VANILLA EXTRACT.

BLEND UNTIL SMOOTH.

POUR INTO GLASS AND ENJOY!

**WANNA LOSE
5LBS IN 5 DAYS?**

You can't do it until you brew it!



**BREW.
MORE.
TEA.**

LAUNCH YOUR BUSINESS WITH



6094 Corporate Dr.
Fair Haven, MI 48023
810.471.3812

totallifechanges.com



@tlchq

JOIN TOTAL LIFE CHANGES

And take advantage of our laso
product line and excellent service
from our customer service team.

Discover how to change your life
today!

For more information, contact:

Name: _____

Phone Number: _____

IBO Number: _____

Email: _____

Web: _____