



TOTAL LIFE CHANGES®

DIGITAL
2023

PRODUCT CATALOG

Check out our new line of health and wellness products
to help you make a total life change!



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PRODUCTS THAT YOU'LL FEEL!

At Total Life Changes (TLC) we provide products and a community that you'll feel. All our products 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.

When it comes to the effectiveness of our products, TLC uses only the highest grade of vitamins and supplements. Staying on top of the latest nutritional news and trends, we're always looking for opportunities to bring new products to the marketplace. Our current TLC product line boasts a spectrum of wellness solutions formulated to make everyone look and feel their very best.



WEIGHT MANAGEMENT

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Not intended for use by children. If you are pregnant, nursing, or taking medications, consult your physician prior to use.



WEIGHT MANAGEMENT



laso® Original Tea

Welcome to Your New Wellness Routine

Celebrated around the world for its natural cleansing abilities, our laso® Original Tea helps with healthy weight-management, appetite control, and enhances beneficial trips to the bathroom. This tea is powered by an exceptional blend of eight essential herbs designed to cleanse the intestines to help purge the body of excess waste. Just drinking two and a half cups a day will support your healthy eating and exercise routines to help you achieve your weight-loss goals.

Product availability and price may vary by country.

\$54.95

5 Pack

How You'll Feel

- ✔ Promotes digestive wellness.*
- ✔ Supports the circulatory system.*
- ✔ Encourages healthy weight management.*

LEARN MORE



laso® Instant Tea

The Transforming Power of Tea

Embrace the transforming powers of our laso® Tea in a convenient flavored instant formula. Our proprietary blend is loaded with three herbal extracts and combined with Nutriose FM06 – a soluble dextrin fiber – to help support a healthy appetite and have you feeling active and energized.

Product availability and price may vary by country.

\$34.95

25 Sachets

How You'll Feel

- ✔ Promotes digestive wellness.*
- ✔ Supports the circulatory system.*
- ✔ Encourages healthy weight management.*

LEARN MORE



Fruit Punch laso® Instant Tea

All Teas Should Be This Happy

Feel the bliss and the cleansing benefits of this proprietary instant formula infused with a spirited, fruity flavor. Our Fruit Punch Instant laso® Tea is like no other and offers an assortment of health benefits in only ten calories per serving. Be happy and in the moment with one of our most sought-after teas!

Product availability and price may vary by country.

\$34.95

30 Sachets

How You'll Feel

- ✔ Promotes digestive wellness.*
- ✔ Supports the circulatory system.*
- ✔ Encourages healthy weight management.*

LEARN MORE



Resolution Drops

The Strength You Need Every Day

Created to support people actively pursuing healthy weight goals, our Resolution Drops help lower food cravings and get you on track. With a recommended diet of three balanced meals a day, based on our suggested 1200 calorie-per-day diet, this formula can be the catalyst that changes your life in ways you may never have thought possible.

Product availability and price may vary by country.

\$59.95 2 fl oz

How You'll Feel

- ✔ Promotes overall wellness.*
- ✔ Support a healthy appetite.*
- ✔ Helps to control your cravings.*

[LEARN MORE](#)



Delgada Instant Coffee

Amp Up with Antioxidants

A premium Arabica instant coffee, Delgada gives you exactly what you want: more energy and less fatigue. Powered with the antioxidant effects of the Red Reshi mushroom, Delgada supplies the body with essential nutrients and encourages a healthy appetite. Our low calorie formula contains Garcinia Cambogia, an Asian plant that may have appetite-regulating effects.

Product availability and price may vary by country.

\$59.95 28 Sachets

How You'll Feel

- ✔ Supports healthy appetite.*
- ✔ Promotes metabolism.*
- ✔ Provides clean energy.*

[LEARN MORE](#)



FULL BODY NUTRITION

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NutraBurst® Feel Ultra Human

This mighty daily supplement goes above and beyond to give your body the greatness it deserves. With over 72 minerals, 12 vitamins, 22 Phytonutrients, 18 Amino Acids, 18 vegetables, NutraBurst® is a powerhouse of health and wellness you can feel. A comprehensive supplement that far exceeds any recommended daily consumption of vitamins and nutrients in a single tablespoon - all from one bottle.

Product availability and price may vary by country.

\$59.95 16 fl oz

How You'll Feel

- Encourages a healthy balance.*
- Exceeds recommended allowance of vitamins.*
- Eighteen amino acids promote overall health.*

[LEARN MORE](#)



NutraBurst®+ Feel Greatness from Within

The name certainly fits: NutraBurst®+ delivers a massive amount of healthy goodness in one cool orange bottle. This citrus-flavored multivitamin is enhanced with CoQ10, vitamins, minerals and much more. Yes, you read that right. NutraBurst®+ is a perfect blend of plant-based power and whole foods that nourishes your body to perform at its peak.

Product availability and price may vary by country.

\$59.95 16 fl oz

How You'll Feel

- Promote overall health with Amino Acids.*
- Maintains healthy energy levels with CoQ10.*
- Encourages healthy balance of vitamins and minerals.*

[LEARN MORE](#)



Chaga Super food for Superior Vitality

Prized as a powerful antioxidant, Chaga is well-known as a super-food, legendary for its high content of melanin and superoxide dismutase (SOD). Hailing from the far East, this pure Siberian Chaga extract contains an abundance of vitamins and minerals. It's also one of the densest sources of Vitamin B5 to help support healthy adrenal glands and digestive organs.*

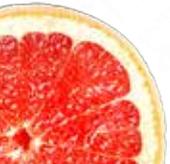
Product availability and price may vary by country.

\$59.95 90 Capsules

How You'll Feel

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

[LEARN MORE](#)





NutraBurst® 30 count Rip & Sip Feel Ultra Human

NutraBurst® not only meets but exceeds the recommended daily consumption of vitamins and essential nutrients in a single tablespoon. These nutrients found in NutraBurst® are vital to keeping your body healthy: 25 mg of Calcium to strengthen your bones, teeth, and muscles; 25 mg of Magnesium to support the nervous system; and 6 mg of Potassium to maintain fluid balance.*

Product availability and price may vary by country.

\$64.95 1 fl oz (30ml)

How You'll Feel

- Encourages a healthy balance.*
- Exceeds recommended allowance of vitamins.*
- Eighteen amino acids promote overall health.*

LEARN MORE



Techui Loved by Health Enthusiasts The World Over

Our spirulina powder is rich in proteins, vitamins, minerals, chlorophyll and other essential nutrients that your body crave on a daily basis. Spirulina protein also promotes a healthy gut biome. You could literally call Techui the heavyweight champ of super-foods.

Product availability and price may vary by country.

\$54.95 90 Capsules

How You'll Feel

- Antioxidants help neutralize damaging free radicals.*
- Aids with relief from inflammation.*
- Nourishes your body with key nutrients.*

LEARN MORE



Nautica Sea Moss A Powerful Gift Straight from the Sea

Nourish your body with Nautica Sea Moss, the perfect low-calorie addition to your diet! This supplement contains Aloe Vera, an ingredient known for weight loss and gut inflammation relief.*

As delicious as it is nutritious, TLC's Nautica Sea Moss is formulated with a proprietary blend of Irish Sea Moss, Dragon Fruit, and Coconut, giving it a delightful tropical taste! Try it, and we think you will agree; this supplement is a pure and powerful gift from the depths of the sea!"*

Allergen: Contains Tree Nuts (Coconut)
Product availability and price may vary by country.

\$69.95 30 Gel Packs

How You'll Feel

- A nutritious supplement low in calories*
- Aids in healthy weight management*
- A delicious, refreshing taste*

LEARN MORE



ENERGY AND FITNESS

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NRG Awaken Your Greatness

You can accomplish anything you set your mind to when you have good, clean energy. NRG is a natural dietary supplement designed with bitter orange extract to up your game while lowering your hunger. Go ahead, elevate your workouts, and feel better than ever.

Product availability and price may vary by country.

\$59.95 30 Capsules

How You'll Feel

- Supports a healthy immune system.*
- Aids in body conditioning and management.*
- Intended to enhance alertness, energy and more.*

LEARN MORE

Life Drops Pure Energy is Life Itself

You'll love the boost in energy and the support your body craves from Vitamins B5, B6, B12 and more! Our exclusive ingredients play an essential role in raising energy levels and bringing you more motivation to make healthy dietary choices. Our Life Drops are just what you need to do everything better in your life, for the sake of your mind, body and spirit.

Product availability and price may vary by country.

\$54.95 2 fl oz

How You'll Feel

- Promote joint and muscle function.*
- Encourages healthy brain cell communication.*
- A rich source of protein, minerals and more.*

LEARN MORE

Chocolate Brownie Matrix Feel the Power of Plants

Chocolate Brownie Matrix is an organic plant-based meal replacement nutrition shake. It is perfectly balanced, with protein, complex carbohydrates, and omega-3 fatty acids to fuel your day, all day. With only 140 calories and 21 grams of protein, Chocolate Brownie Matrix is ideal for anyone who wants to unlock their best self. Not to mention, the chocolate brownie flavor is rich and decadent, leaving your sweet tooth satisfied.

Product availability and price may vary by country.

\$59.95 15 Servings

How You'll Feel

- Promote joint and muscle function.*
- Encourages healthy brain cell communication.*
- A rich source of protein, minerals and more.*

LEARN MORE





HAIR AND SKIN CARE

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Infinity Oil

Happiness is Healthy Skin and a Natural Glow

Smooth, radiant skin is always a clear sign of health. Our 100% refined, certified Emu Oil protects, moisturizes and softens your skin by applying just a few drops as needed. So, you can show the world your inner and outer glow, day in and day out.

Product availability and price may vary by country.

\$64.95

2 Pack, 30 ml (1 oz) each

How You'll Feel

- ∞ Positive effects on collagen production.*
- ∞ Antioxidant properties can target signs of aging.*
- ∞ Can assist with joint inflammation.*

LEARN MORE



WOMEN'S HEALTH

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BlossomÉ

Live Life In Full Bloom

The goal is for you to thrive day in and day out – and blossom into the highest version of yourself. BlossomÉ is designed to support your body, keep you balanced, and have you feeling and looking beautiful during your pre-menopausal and menopausal stage. It's loaded with natural ingredients to help you take even the toughest days in stride.

Product availability and price may vary by country.

\$69.95

90 Capsules

How You'll Feel

-  Beautiful, glowing healthy skin.*
-  Balanced and in harmony.*
-  Positive outlook from a ritual of self-care.*

LEARN MORE





TOTAL LIFE CHANGES®

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