

— 2 0 2 5 D I G I T A L —
PRODUCT CATALOG

Explore our full line of health and wellness products
made to help you achieve a Total Life Change.



TOTAL LIFE CHANGES®



Products You'll Feel

At Total Life Changes, we take pride in providing products and a community you'll feel.

Our high-quality products support a variety of goals, whether you're looking to lose weight, elevate your energy, nourish your body, or enhance your self-care routine.

From the delicious liquid multivitamin that started it all to our world-renowned lineup of laso® Tea products and beyond, our products are made to guide you every step of the way on your wellness journey!

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*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.

This product is intended to support a healthy lifestyle through regular exercise and a balanced diet. Results may vary. Consult your healthcare professional about your unique medical needs before consuming any dietary supplement.

laso® Original Brew Tea

The Transforming Power of Tea

Beloved around the world, laso® Original Brew Tea is a powerful herbal blend that provides a gentle cleanse to aid your weight-management goals.*

\$59.95

\$54.95 with SmartShip Subscription



"Maintaining good gut health will help me in the long run. I love that this product is gentle, not harsh. I love to twist it up by adding different flavors to the already amazing taste of this tea. I started drinking it in 2020, and along with exercise and watching what I ate, I was able to lose over 25 pounds."*

- Joanne Christian

laso® Original Brew Tea

Aids weight management*

Promotes satiety, helping you control your appetite*

Supports gut health*

Strengthens digestive wellness and reduces bloating*

Promotes a gentle cleanse*

Stimulates bowel movements and may relieve constipation*



WEIGHT MANAGEMENT

INSTANT

laso[®] Instant Tea

The Transforming Power of Tea

Convenient to carry and easy to make, this gentle cleansing tea intends to aid your weight-management goals.*

\$64.95

\$59.95 with SmartShip Subscription



“What I felt was impressive. The tea helped me improve my digestion. I lost 30 pounds in two months, and now, after two and a half years of drinking the tea, I have not gained any more weight. My energy really improved. It has been a total life change.”*

- Ysabel Cristina Reyes

laso[®] Instant Tea

Aids weight management*

Promotes satiety, helping you control your appetite*

Supports gut health*

Strengthens digestive wellness and reduces bloating*

Promotes a gentle cleanse*

Stimulates bowel movements and may relieve constipation*



WEIGHT MANAGEMENT

Tropical Punch laso[®] Instant Tea

The Transforming Power of Tea

Take a trip to paradise with Tropical Punch laso[®] Instant Tea, a delicious escape formulated to support your gut, aid your digestion, and advance your weight-management goals. With a burst of fruity flavor, this instant tea offers a refreshing and relaxing cleanse that will have you living on island time.*

\$69.95

\$64.95 with SmartShip Subscription



"The tea truly cleanses your system. My stomach is looking flatter. I have lost 7 pounds!"*

- Noel Merriweather



Tropical Punch Iaso® Instant Tea

Aids weight management*

Promotes satiety, helping you control your appetite*

Supports gut health*

Strengthens digestive wellness and reduces bloating*

Promotes a gentle cleanse*

Stimulates bowel movements and may relieve constipation*



WEIGHT MANAGEMENT

Lemonade laso[®] Instant Tea

The Transforming Power of Tea

Zest up your wellness routine with Lemonade laso[®] Instant Tea! Say goodbye to bloating and get ready to feel as light and vibrant as this classic summer refresher tastes. Every sunny sip of this citrus cleansing tea supports your gut, aids with weight management, and offers a bright burst of timeless, tangy flavor!*

\$69.95

\$64.95 with SmartShip Subscription



"Once I took that first sip, my taste buds started doing backflips. The refreshing flavor makes you feel like you're on the beach with a bottle of lemonade. This tea made me feel energized and light in my body. I feel less bloated and hungry and more productive."*

- Shancela Myers

Lemonade Iaso® Instant Tea

Aids weight management*

Promotes satiety, helping you control your appetite*

Supports gut health*

Strengthens digestive wellness and reduces bloating*

Promotes a gentle cleanse*

Stimulates bowel movements and may relieve constipation*



WEIGHT MANAGEMENT

Watermelon laso[®] Instant Tea

The Transforming Power of Tea

Enjoy a taste of summer with this juicy flavor of our world-renowned laso[®] Instant Tea! Convenient to carry and easy to make, this gentle cleansing tea intends to aid your weight-management goals.

Plus, the sweet watermelon flavor makes this tea the perfect refresher for a relaxing day under the sun!*

\$69.95

\$64.95 with SmartShip Subscription



"I picked this tea because it really works! It cleanses your body, and at the same time, your weight goes down. It's a win-win. You can't lose. Well, you can... but only in pounds and inches!"*

- Starla Douglas

Watermelon Iaso® Instant Tea

Aids weight management*

Promotes satiety, helping you control your appetite*

Supports gut health*

Strengthens digestive wellness and reduces bloating*

Promotes a gentle cleanse*

Stimulates bowel movements and may relieve constipation*



WEIGHT MANAGEMENT

Delgada Instant Coffee

Rich. Bold. Delicious.

Enjoy the rich flavor of Delgada, a bold roast, spray-dried instant coffee containing Garcinia cambogia extract to support your weight-management goals. Start your day off right with a cup of our premium coffee, the perfect addition to your wellness program!*

\$64.95

\$59.95 with SmartShip Subscription



"Delgada helps me in so many ways! It has helped reduce my cravings, I look and feel slimmer, and it's very convenient."*

- Paola Pichardo

Delgada Instant Coffee

Aids weight management*

Supercharges fat burning; reduces fat production and absorption*

Suppresses your appetite*

Curbs food cravings for more effective weight loss*

Keeps you alert and awake*

Contains natural caffeine, providing lasting energy and focus*



WEIGHT MANAGEMENT

Resolution Drops

Curb Your Cravings

Resolutions aren't just for the new year. Struggling to support healthy weight-management goals or kick your cravings for junk food? Consider Resolution Drops to supplement a balanced diet and help you carve a path to your goals.*

\$64.95

\$59.95 with SmartShip Subscription



"Resolution Drops help cut down my cravings! Since I have been consistently using the drops, I have been able to portion my meals, and I no longer have the sweet tooth that takes over my day. It's almost like it tricks my brain into not wanting junk food or sweets."*

- Eleni Arguello

Resolution Drops

Aids weight management*

Promotes satiety, helping you control your appetite*

Promotes thyroid health*

Contains bladderwrack, nature's rich source of iodine*

Supports overall wellness*

Contains calcium, essential for bone and muscle health*



WEIGHT MANAGEMENT

NRG

Electrify Your Day

Plug into your potential and take charge of your day with NRG! Take one capsule with 8 or more fl. oz. of water once per day to electrify your mind and aid your weight-management program!*

\$64.95

\$59.95 with SmartShip Subscription



"I struggle to focus on one task at a time. NRG has greatly improved my productivity, with a constant flow of energy without the jittery feeling. I use it as part of my morning ritual. My mood and energy levels have improved significantly."*

- Waree Dorsey-Williams

NRG

Elevates your energy without jitters or crashes*

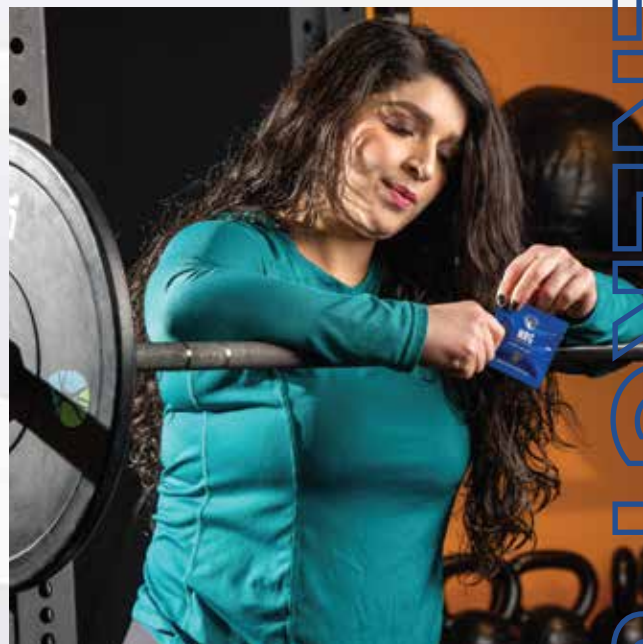
Contains long-lasting stimulants to keep you energized*

Aids weight management*

Helps your body burn fat through thermogenesis*

Improves your focus and mental clarity*

Promotes cognitive performance, alertness, and well-being*



ENERGY & FITNESS



NutraBurst®

More Than a Multivitamin

Treat your body like a treasure and start your day with a splash of NutraBurst®, a delicious liquid multivitamin that packs your daily vitamin regimen into a single tablespoon! With just one taste, you'll see why we call NutraBurst® "liquid gold!"

\$64.95

\$59.95 with SmartShip Subscription



"I love the way I feel. NutraBurst® is better than any other vitamin supplement. I feel good, strong, and healthy."*

- Bredeen Spencer

NutraBurst®

Excellent source of Vitamins A, C, D, and E*

Key to maintaining healthy skin, bones, vision, and digestion*

Rich source of 8 B Vitamins*

Essential for sustaining healthy energy levels*

Supports overall health*

Aided by selenium, chromium, and collagen peptides*



FULL-BODY WELLNESS

Chaga

Legendary Power

Harness the power of the legendary Chaga mushroom, prized for its uses in traditional medicine in the Far East. Feed your body with Chaga for the support you need to feel unstoppable.*

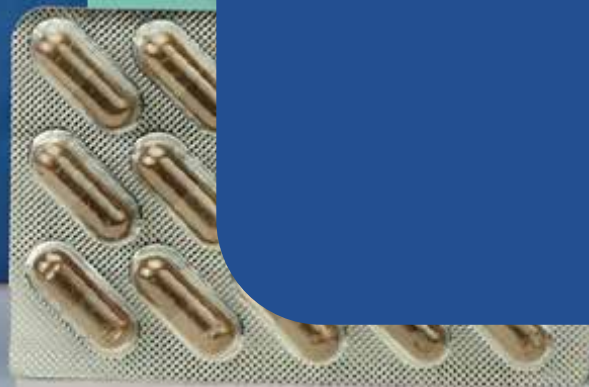
\$64.95

\$59.95 with SmartShip Subscription



"I love Chaga for helping me take care of my life and my health!"*

- Flor Lopez



Chaga

Supports overall wellness*

Promotes full-body balance and vitality*

Promotes health and longevity*

Mushroom well known for its bioactive compounds*

Known for high antioxidant activity*

May protect the body from oxidative stress and free radicals*



FULL-BODY WELLNESS

Blossomé

Live in Full Bloom

Show yourself some love with Blossomé, a supplement intended to support women's health throughout their natural menopause stage of life.

Our unique formula was made to nurture your well-being and allow you to thrive. Don't just blossom, Blossomé.*

\$74.95

\$69.95 with SmartShip Subscription



"During my menopause experience, I needed a supplement to give me energy and motivation. That's what Blossomé brought out. The best of ME."*

- Laura Griffin

Blossomé

Supports the menstrual cycle*

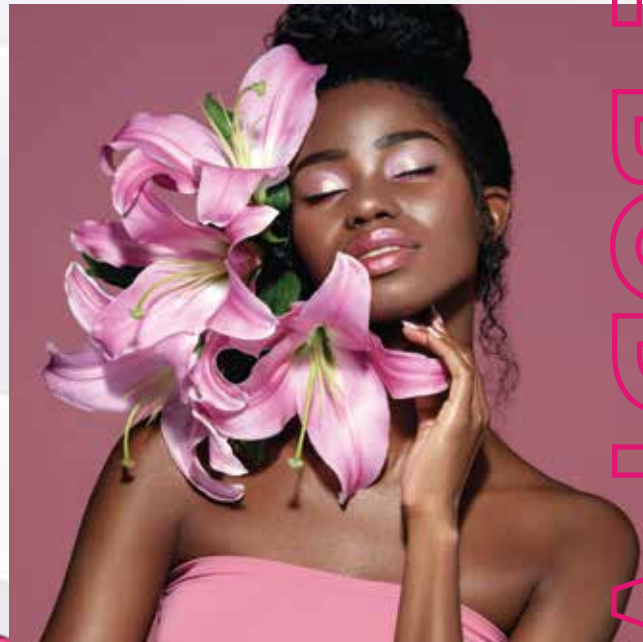
May lessen the severity of PMS and common menopausal side effects*

Enhances energy and vitality*

Helps the body manage stress, promoting relaxation and mental clarity*

Promotes overall health*

Supports the urinary tract, a vibrant libido, and hormonal balance*



FULL-BODY WELLNESS

Infinity Oil

Pamper Your Skin

Like wrapping your body in luxurious silk, our Infinity Oil is bliss in a bottle. Show off your natural radiance with this fully refined emu oil, the pure way to transform your dry skin into an oasis.*

\$69.95

\$64.95 with SmartShip Subscription



"I use Infinity Oil on my knees, legs, and sometimes on my face when it's dry! I really love how it soothes the dry skin!"*

- Venasta Parsons

Infinity Oil

Anti-aging properties*

Hydrates the skin, reducing the appearance of wrinkles*

Moisturizes dry skin*

Leaves your skin feeling refreshed and silky smooth*

Gives hair extra shine*

Promotes healthy hair with a soft, radiant glow*



BEAUTY



At Total Life Changes, our purpose is to provide products
and a community you'll feel to change your life for the better.
Let's promote a healthy lifestyle.



@TLCHQ