

In Asia, the word *tai* signifies “total” or “complete.” And unlike any other diet you’ve ever tried, the comprehensive TAIslim plan addresses all of the key aspects of successful weight control. Based on FreeLife’s revolutionary triple patent pending technology and research on the ability of the goji berry to reduce unsightly and unhealthy belly fat, our proprietary TAIslim helps you to reach your healthy weight in four important ways:†

**1. Fights Abdominal Fat:** TAIslim contains FreeLife’s exclusive GoChi®, clinically shown to decrease the body’s production of stress hormones that cause you to accumulate unhealthy belly fat.† Other ingredients act on digestive tract enzymes to help reduce the amount of calories absorbed from starchy or fatty foods.†

**2. Enhances Metabolism:** Clinical results on TAIslim have demonstrated a dramatic and significant increase in the body’s calorie burning potential compared to placebo, giving you the energy to maximize your workout performance.†

**3. Helps Control Appetite:** TAIslim supports a positive mood, suppressing appetite and between-meal cravings to help you to cut unwanted calories.†

**4. Cleanses and Replenishes:** TAIslim’s advanced proprietary NuFlora™ fiber provides gentle cleansing and detoxifying action to promote regularity and healthy microflora, while slowing the absorption of food to improve metabolism.†

#### How To Use TAIslim

TAIslim works with your body, helping to modify its response to the foods that you eat. Always take it at the beginning of breakfast and lunch – before you start eating – and always with at least 8 ounces of water. For even faster results, you can take TAIslim at the start of all three daily meals.

*NOTE: For the first 3-4 days, a small number of people may notice some mild and temporary intestinal changes. This is a positive sign, indicating that TAIslim is helping to restore the balance of healthy intestinal microflora. To minimize these symptoms, simply reduce each serving by half for the first few days, then resume normal portions.*

*For best results, use every day in conjunction with the recommendations outlined in the TAIslim Ultimate Weight Loss Plan. See TAIslim.com for more great healthy lifestyle recommendations.*

*†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.*

## A Totally New You...for life!

TAIslim™ can offer significant health benefits even after you’ve reached your weight goal. By taking it with just one meal per day, you can burn calories faster, feel more energy, control urges and food cravings, reduce your absorption of fat and starch calories, maintain healthy intestinal flora, improve regularity, and fight the stress hormones that create belly fat.† The ingredients have also been studied for their ability to support cardiovascular, colon, and cholesterol health, and a lot more.†



**TAIslim Single Bottle** (1 Liter)  
Item 195 | \$52.00 (36.50 AC, 25 pts)

**TAIslim Case of 4** (1 Liter)  
Item 196 | \$193.00 (134.95 AC, 100 pts)

**FreeLife**  
Live It!.

To experience the power of TAIslim™ in your life, contact:

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877.95.GOCHI (46244) • FreeLife.com

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TAIslim

## The ULTIMATE Weight Loss Plan



Doctors and diet experts agree that there’s only one sustainable way to lose pounds and inches, and that’s to burn more calories than you take in. But this simple advice can be very difficult to follow! And so, many people turn to fad diets. Gimmicky weight loss plans, potions, and pills might give you some early results, but the weight always returns. Over time, this yo-yo cycle of losing and regaining can actually slow your metabolism, making it even harder to lose weight.

Science now knows that there are four distinct aspects that must be addressed together for successful weight management. If you’ve been on diet plans that have failed, it’s because they only deal with one or two parts of the equation. But now, finally, “The Weight is Over!” FreeLife science has found the way to help you to lose weight and feel great, and its name is TAIslim™.

**FreeLife**  
Live It!.

# The TAIslim Ultimate Weight Loss Plan

Simply follow these eight steps for a totally new you!

## 1. Set a Goal

The most important step in a weight loss program is to set a personal goal. Start by weighing yourself and writing it down. Next, determine how much weight you want to lose and then write it down on paper. Tape a copy of your written goal to your bathroom mirror and your refrigerator door. Every morning when you wake up, read your goal out loud. Read it again out loud every night before you go to bed. Keep a written copy of your weight goal in your wallet or purse and pull it out during the day and read it out loud. Weigh yourself occasionally to track your progress, but keep in mind that the numbers on the scale can fluctuate from day to day, depending on how much water is in your body. Losing inches is just as important, so measure your success by how your clothes fit and how you look in the mirror.

## 2. Find Support

Weight loss takes time and effort, so don't be afraid to get some support. Announce your plans to friends and loved ones that you can count on to cheer you on and help to keep you from losing focus. For weight loss success, it also pays to partner up. People who embark on a diet program together are far more likely to stick to it, and studies show that they get better results than those who try to lose weight alone. Share your goal with your "weight loss buddy". He or she can help to provide reassurance, moral support, and a little competition between you can even be fun! It's also important to give support to yourself. A temporary diet slip-up can happen to anyone, so don't beat yourself up. Just think back to your last weight loss success and say to yourself, "I can do this, and I'm moving forward!"

## 3. Choose the Right Foods

We suggest that you start your weight loss program by following the TAIslim Phase I Food Plan (see details at the right) until you reach your desired weight loss goal. Afterwards, follow our TAIslim Phase II Food Plan (please see TAIslim.com for details), which has been specifically designed to help you maintain your healthy weight. The Phase II Food Plan features lots of fruits, vegetables, legumes, whole grains, seeds, and nuts, with smaller amounts of lean meats, fish, poultry, and dairy products low in saturated fat. Recommendations include avoiding processed foods, which usually have lower nutritional value and higher levels of salt, sugar, and dangerous trans-fats. Many "reduced fat" processed foods can also contain added sugars, carbohydrates, and chemical additives. In the Phase II Food Plan, you'll learn the benefits of limiting your intake of refined "white foods" such as white flour, white rice, and white sugar, and you'll also learn the dangers of foods and beverages containing high fructose corn syrup, which has been proven to contribute to obesity even more than ordinary sugar.

## 4. Exercise

The TAIslim formula is designed to boost your metabolism and give you the energy to maximize any type of exercise.<sup>1</sup> Physical activity is important for many reasons; it has a balancing effect on your blood sugar and insulin levels, it helps to decrease your body fat and cholesterol, and it increases your energy and stamina. When developing an exercise program, make sure to include the following three areas of activity: strength training (muscle helps to burn fat!), cardiovascular exercise, and stretching for flexibility. At a minimum, you should aim to walk for at least 30 minutes every day. Even if you don't have a regular exercise routine, you can incorporate exercise as part of your lifestyle. Walk to the store, walk up that flight of stairs, or mow your own lawn. Studies have shown that these mini-exercise sessions have a beneficial effect on weight loss.

## 5. Drink Water

Many people are dehydrated, and don't even know it. This is why it's important for you to drink a minimum of eight glasses of pure water daily. Adequate water intake helps in the weight loss process; it rids your bloodstream of excess fat which can help reduce your cholesterol levels, and keeps you regular. If you don't like to drink water, you can liven up the taste by adding a little GoChi<sup>®</sup> to each glass.

It's a great-tasting way to stay hydrated, and with just 4 ounces of GoChi every day, you'll get the added bonus of 19 clinically demonstrated health benefits!<sup>1</sup>

## 6. Take A Multivitamin Supplement

Take an advanced vitamin/mineral supplement rich in antioxidants and phytonutrients. Taken with food, a complete high-potency multivitamin helps increase your energy and supports your immune system. FreeLife's health-enhancing Daily Edge<sup>®</sup> and anti-aging REVERSE!<sup>™</sup> formulas contain research-recommended potencies of key nutrients that have been shown in studies to assist in weight control.<sup>1</sup>

## 7. Get Adequate Sleep

This is essential for your success. The body rejuvenates and repairs itself while you are sleeping, and, if you are not sleeping well, you will not lose the weight you are trying to lose. For optimum sleep quality, go to bed at a regular time every night, in a cool, comfortable, dark, and noise-free bedroom, and try to avoid late-afternoon naps. You might also want to drink four ounces of FreeLife's GoChi every day; it's clinically demonstrated to improve sleep quality and ease of awakening in the morning.

## 8. Don't Skip Meals, and Avoid Late-Night Snacks

Starting the day with a good breakfast provides the fuel that your body needs to avoid the dips in blood sugar that can cause you to be ravenously hungry later in the day. Do not eat after your evening meal. Studies show that 40% of calories consumed are after 7 p.m., so the single step of eliminating them can really help you to reach your weight loss goals.



# Get fast results

## with the TAIslim Phase I Food Plan

When you're trying to lose weight, there's nothing more motivating than fast results. The TAIslim Phase I Food Plan has been designed to work in synergy with TAIslim and the TAIslim Ultimate Weight Loss Plan to help your body to burn more calories than you consume. We recommend that you follow the Phase I Food Plan until you reach your weight loss goal. Once your goal is reached, you'll be ready for the TAIslim Phase II Food Plan (see TAIslim.com for details). Our Phase II Food Plan has been specifically designed to help you maintain your healthy weight. If at any time you see that that your weight is slowly creeping up, you can use the TAIslim Phase I Food Plan to help you get back to your ideal healthy weight.

## GENERAL GUIDELINES

To ensure your success, plan each day's menus in advance, choosing from the following foods and beverages. Advanced meal planning will keep you focused and on track, so you're more likely to stick with your good intentions.

### Beverages:

ONLY water (still or sparkling), tea, coffee, diet soft drinks, and GoChi (limit GoChi to 4 ounces per day). NO ALCOHOL, CALORIC SOFT DRINKS, JUICES, OR ANY OTHER TYPE OF BEVERAGE MAY BE CONSUMED. Any non-caloric sweetener can be used.

### Seasonings:

You can freely use lemon juice, white or black pepper, herbs, spices, and vinegar. Use sea salt sparingly. Do not use any oil, margarine, butter, or other dressings. A small amount of cooking spray may be used in food preparation, but no other fats or oils.

**IMPORTANT:** Be sure to drink at least eight glasses of water every day, and do not consume any fast food or heavily processed foods.

### Early Morning:

- Drink an eight-ounce glass of water upon awakening in the morning.

### Breakfast:

- Start your meal with two ounces of TAIslim<sup>™</sup>, along with eight ounces of water.
- Black coffee or tea (with non-nutritive sweetener if desired).
- One serving of fruit (½ grapefruit, 1 orange, or a handful of any type of berries).
- Two whole eggs (any style) or one cup of oatmeal.
- 1 slice dry whole wheat toast.

### Mid-Morning Snack:

- Drink an eight-ounce glass of water.
- 1 serving of fruit. Choose one of the following: apple, orange, pear, plum, peach, nectarine, one-half grapefruit, or a handful of berries or cherries.
- 1 Grissini breadstick or one Melba toast.

### Lunch:

- Start the meal with two ounces of TAIslim, along with eight ounces of water.
- One six-ounce serving of lean meat, poultry, or fish\* (six ounces is about the size of two packs of playing cards – weigh raw prior to cooking).
- 2 large handfuls of vegetables. Choose from the following: leafy greens (spinach, chard, beet greens, collards, arugula, romaine), artichoke, broccoli, cauliflower, tomatoes, celery, fennel, green beans, peppers, summer squash, onions, cucumbers, asparagus, or cabbage. These can be eaten raw, steamed, grilled (without oil), or gently boiled. Avoid starchy vegetables like corn, potatoes, and beans.

### Mid-Afternoon Snack:

- Drink an eight-ounce glass of water.
- 1 serving of fruit. Choose one of the following: apple, orange, pear, plum, peach, nectarine, one-half grapefruit, or a handful of berries or cherries.
- 1 Grissini breadstick or one Melba toast.

### Dinner:

- Drink an eight-ounce glass of water or, for quicker results, start the meal with two ounces of TAIslim with eight ounces of water.
- One six-ounce serving of lean meat, poultry, or fish\* (six ounces is about the size of two packs of playing cards – weigh raw prior to cooking).
- 2 large handfuls of vegetables. Choose from the following: leafy greens (spinach, chard, beet greens, collards, arugula, romaine), artichoke, broccoli, cauliflower, tomatoes, celery, fennel, green beans, peppers, summer squash, onions, cucumbers, asparagus, or cabbage. These can be eaten raw, steamed, grilled (without oil), or gently boiled. Avoid starchy vegetables like corn, potatoes, and beans.

### Evening:

- Do not consume any food after 7 p.m. Non-caloric beverages are allowed without restriction.

\*Vegetarian and vegan protein substitutes: The following vegetarian or vegan foods can be substituted for proteins noted above, but weight loss may be slower:

- 500 mL of skim milk or soy milk
- 200 grams of non-fat cottage cheese or non-fat soy cottage cheese
- Two whole eggs (boiled or poached) with the whites of four more eggs
- Tofu
- One soy patty

www.TAIslim.com

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