

# Iaso® Tea

ALL-NATURAL DETOX & CLEANSE

STORE IN A COOL, DRY PLACE.

<b>MAKE IT</b>	<b>TAKE IT</b>
Bring (1) quart water to rolling boil. Add (2) tea bags and cover. Remove from heat and let steep for 4 to 8 hours. Combine steeped tea with (3) quarts cold water to make (1) gallon of tea and refrigerate.	Morning, afternoon, and night
	<b>DOSE</b>
	Drink an (8) oz glass with lunch/dinner and 1/2 cup with evening snack.



## Tea That Takes the Pounds Down

A world-famous all-natural cleansing drink. Popular benefits of this detox formula include weight loss & weight management, a boost in energy, mental clarity, improved skin, and a gentle cleansing of your intestines and internal organs.\*

Drink 2 1/2 cups a day and lose up to 5lbs in 5 days.\*

The original Iaso® Tea is powered by a unique blend of nine essential herbs designed to cleanse the upper and lower intestines thus ridding the body of harmful toxins.

### Active Ingredients:

#### Holy Thistle/Blessed Thistle

Holy Thistle, also known as Blessed Thistle, native to Europe and Asia, is used for loss of appetite and indigestion; and to treat colds, cough, fever, bacterial infections, and diarrhea. It is also used as a diuretic for increasing urine output.

#### Persimmon Leaves

Japanese persimmon is a plant used for improving blood flow and reducing body temperature.

#### Papaya

Papaya contains an enzyme called papain that aids digestion. Papaya is also high in fiber and water content, both of which help to prevent constipation and promote regularity and a healthy digestive tract.

#### Malva Leaves

Mallow plant or "malva" is a nutritious edible green leaf variety that is native to Europe, but grows all over the world in a variety of climates and soil conditions. All parts, including the leaves are used specifically as a mild laxative, diuretic and anti-inflammatory with soothing demulcent and expectorant properties that help to clear mucus from the body.

#### Marsh Mallow

Althaea officinalis, or marsh-mallow, is a perennial species indigenous to Europe, Western Asia, and North Africa, which is used in herbalism. Marsh-mallow leaf and root are commonly used by mouth to treat stomach ulcers, diarrhea, constipation, swelling of the stomach lining, and pain and swelling of the mucous membranes that line the respiratory tract.

#### Ginger

Ginger is a flowering plant whose rhizome, ginger root or ginger, is widely used as a spice and medicine. The phenolic compounds in ginger are known to help relieve nausea,

gastrointestinal (GI) irritation, stimulate saliva and bile production, and suppress gastric contractions as food and fluids move through the GI tract. Ginger has also been used for centuries to reduce inflammation and treat inflammatory conditions. .

#### Myrrh

Myrrh is a sap-like substance (resin) that comes out of cuts in the bark of trees that are members of the Commiphora species. myrrh can help decrease swelling (inflammation) and kill bacteria. Myrrh is also used for indigestion, ulcers, colds, cough, lung congestion and joint pain.

#### Chamomile

Chamomile is an herb that comes from the daisy-like flowers of the Asteraceae plant family. It has been consumed for centuries as a natural remedy for several health conditions including easing upset stomach, heartburn, nausea, and vomiting. Chamomile has properties that may aid sleep and digestion, as well. It contains apigenin, an antioxidant that binds to certain receptors in your brain that may promote sleepiness and reduce insomnia.

### Best Used With:

**NutraBurst +** liquid multivitamin dietary supplement replenishes vital nutrients & minerals\*.

**NRG** dietary supplement provides focus, sustained energy, and fat-burning capabilities.\*

**Resolution Drops** dietary supplement suppresses appetite and offers aggressive weight loss.\*

Nutrition Facts	
16 servings per container	
<b>Serving size</b>	<b>8oz</b>
Amount per serving	
<b>Calories</b>	<b>0</b>
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
<b>Protein</b> <1g	
Vitamin A	<2%
Vitamin C	<2%
Calcium	2%
Iron	<1%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Persimmon Leaves, Holy Thistle, Malva Leaves, Marsh Mallow, Blessed Thistle, Papaya, Myrrh, Chamomile and Ginger



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# IASO® Tea Instant

WITH FULL-SPECTRUM HEMP EXTRACT

STORE IN A COOL, DRY PLACE.

## MAKE IT

Mix 1 sachet with at least 16.9 fl. oz. hot/cold water.

## TAKE IT

Drink 30 minutes before eating.

## DOSE

One sachet daily or as directed by your healthcare professional.

**TIPS:** Consider consuming a 16.9 oz bottle of full-spectrum hemp extract instant tea and a 16.9 oz bottle of the original instant tea formula daily; only five days weekly. Allowing two days off may increase the effectiveness of the product long-term; allowing your body to maintain homeostasis (to regulate its internal conditions, such as the chemical composition of its body fluids).



PROVIDES A GENTLE DETOX & CALMING EFFECT



## About Iaso® Tea Instant (with Hemp Extract)

Enjoy the same great benefits of the Original Iaso® Instant Detox Tea with the addition of 100 mg agricultural full-spectrum hemp extract grown in Colorado. This all-natural formula has two grams of non-GMO Dextrin (soluble dietary fiber) and only ten calories per serving. Hemp extract has been widely recognized for its many benefits on human health. It has grown in popularity amongst the medical community as a key supplement for maintaining homeostasis, the ability to regulate the chemical composition of the body's fluids, so as to maintain health and functioning, regardless of outside conditions.

Iaso® Instant Detox Tea with cannabidiol features CO2 extracted Hemp oil, free of harmful solvents and uses a gentle, low temperature, alcohol-free extraction process. This clean oil extraction process yields a high-quality extracted Hempoil retaining a broad spectrum of terpenes, cannabinoids, and other phytocompounds.

Iaso® Instant Detox Tea with Full-Spectrum Hemp Extract contains five all-natural extracts well known for their anti-inflammatory and antioxidant qualities; offering the same benefits of herbal slimming and intestinal cleansing as the original Iaso® Instant Tea formula. The addition of soluble fiber is designed to reduce appetite so you will feel fuller after eating. Consuming the tea prior to meals will begin to affect the stomachs "stretch receptors" which send a message to the brain that food is present. The soluble fiber enters the digestive tract after consumption, causing hormonal signals to be released to the hypothalamus (which controls the body temperature, hunger, thirst, fatigue, sleep, and circadian rhythms). Both of these signals will continue to be released as your meal is consumed, thus creating a "feel-full factor" sensation within the brain.

## Active Ingredients

### Full-Spectrum Hemp Extract

Full-spectrum hemp extract contains an array of cannabinoids, as well as many essential vitamins and minerals, fatty acids, protein, chlorophyll, fiber, flavonoids, and terpenes. Together, these compounds work harmoniously to magnify their therapeutic properties. The complex mix of cannabinoids, essential nutrients, protein, and healthy fats work synergistically to encourage homeostasis and balance in our health.

### Soluble Fiber Dextrin

Nutriose® FM O6 is a soluble dextrin derived from corn starch (which provides the benefits of dietary fiber while maintaining the quality of the tea). It has a low viscosity and dissolves in water easily. Studies have shown that soluble fiber can promote satiety (the sensation of feeling full).

### Cassia Angustifolia Extract

The extract of the seeds of Cassia Angustifolia, a native Indian plant, are reported to have powerful cleansing qualities that relieve constipation. The extract may also increase colon motility.

### Carica Papaya Extract

This flowering plant originated within southern Mexico and Central America. Carica Papaya is believed to have anti-inflammatory, antioxidant and wound-healing properties.

### Matricaria Chamomilla Extract

This extract is derived from the flowering head of the annual plant. It has been used in herbal medicine and as a gentle sleep aid.

Supplement Facts	
25 servings per container	
<b>Serving size</b>	<b>1 Packet (4.2g)</b>
Amount per serving	
<b>Calories 10</b>	
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 3g	1%
Dietary Fiber 2g	8%
Total Sugars 0g	
<b>Protein</b> 0g	0%
<b>Hemp Oil Extract</b> 100mg	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

\*\*Hemp Extract is a naturally-occurring constituent of the industrial hemp plant. Total Life Changes, LLC. does not sell or distribute any products that violate the United States Controlled Substances Act (US.CSA). The company does sell and distribute hemp-based products.

Other Ingredients: Nutriose® FM O6 (Non-GMO soluble dietary dextrin fiber), Cassia Angustifolia Extract, Carica Papaya Extract, Matricaria Chamomilla Extract



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\*These statements have not been evaluated by the FDA and are not intended to diagnose, treat, cure or prevent any disease. Total Life Changes, LLC. hemp oil extract products utilize a Full Spectrum Hemp Extract which may contain trace amounts of naturally occurring tetrahydrocannabinol (THC). We are below the Federal Legal Limit and have no more than 0.3% THC by dryweight. Most work-place drug screens and tests target delta9-tetrahydrocannabinol and do not detect the presence of Hemp Extract or other legal natural hemp-based constituents. Even though in most cases our Hemp Extract products are NOT detectable on a urine or saliva test, we recommend that you check with your employer or whomever it may concern. Before taking our products, consult with your healthcare practitioner, drug screening testing company or employer. Total Life Changes, LLC. assumes no responsibility for the improper use of and self-diagnosis and/or treatment using these products. Our products should not be confused with prescription medicine, and they should not be used as a substitute for medically supervised therapy. If you suspect you suffer from clinical deficiencies, consult a licensed, qualified healthcare professional. You must be at least 18 years old to visit our website and make product purchases.

# NutraBurst®

PREMIUM LIQUID MULTIVITAMIN AND DETOX

STORE AWAY FROM HEAT AND LIGHT. REFRIGERATE AFTER OPENING.

## TAKE IT

Shake well. Best used early morning on an empty stomach. May be combined with juice.

## DOSE

One tablespoon daily or as directed by your healthcare professional.



## More Than a Multivitamin

NutraBurst is much more than a regular daily supplement. This liquid multivitamin is designed to detox your system and supply essential elements that help strengthen your body. Our multi-blend formula contains 72 minerals, 10 Vitamins, 22 Phytonutrients, 19 Amino Acids, 13 Whole Food Greens, and 12 Herbs.

NutraBurst is more economical to purchase than the same number of individual nutrients provided by different bottles or capsules and is easier to ingest than difficult-to-swallow pills and tablets that deliver 22% or less of their vitamins and minerals

## Detoxify Your Body

The bonded mineral compound creates a benefit greater than the sum of its parts. NutraBurst is a complete vitamin supplement that meets and exceeds the recommended daily consumption of vitamins and essential nutrients in a single tablespoon. NutraBurst helps to detoxify your system and maintain a healthy balance.

## Feel Better All Day and Night

The multi-blend formula includes nineteen amino acids to ensure your body is performing to the best of its ability. Amino acids and proteins are the building blocks of life. A large proportion of our cells, muscles and tissue are made up of amino acids, meaning they carry out many important bodily functions. NutraBurst works in tandem with enzymes necessary for proper digestion and absorption of the foods you eat.

## Help Balance Your Diet

The herbal complex and whole food blend delivers the nutrients that are missing in many diets. Liquid supplements are capable of increasing vitamin absorption up to eight times faster than conventional tablets. Up to 98% of the nutrients are available for immediate absorption. Optimal nutrient qualities optimize the ratio or proportion of one nutrient to another, thus maximizing synergistic nutrient combinations. Our formula is unmatched in its spectrum of phytonutrient enzymes and blends of whole food greens.

## Active Ingredients:

### Plant-Derived Mineral Compounds\*

A highly bioactive blend of up to 72 naturally occurring major and trace minerals and elements including Calcium, Magnesium, Chromium, Boron, Cobalt, Potassium, Manganese, Molybdenum, Chloride, Vanadium, Lithium, Silver, Zinc, Copper, Phosphorus, Sulfur, Silicon, Nickel, Iodine, and Tin. Includes Fulvic Acid.

### Proprietary Herbal Complex

AloeCera, Panax Ginseng, Citrus Bioflavonoids, Corn Silk, Cranberry, Goldenrod, Grape Seed Extract Green Tea Extract, Juniper Berries, Kelp, Pau'd Arco and Milk Thistle Extract.

### Amino Acid Complex\*

I-Alanine, I-Isoleucine, I-Serine, I-Arginine, I-Leucine, I-Threonine, I-Aspartic Acid, I-Lysine, I-Tryptophan, I-Cysteine, I Methionine, I-Tyrosine, I-Glutamic Acid, I-Phenylalanine, I-Valine, I-Glycine, I-Histidine, I-Proline.

### Fruit and Vegetable Phytonutrient Enzyme Blend

Plant enzyme concentrate (bromeliad, papain, amylase, cellulase, lactase, lipase, pro-tease), pineapple, broccoli, apple, orange, cauliflower, celery, grapefruit, kale, raspberry, spinach, strawberry, lemon, papaya, peach, and pear.

### Whole Food Green Blend

Barley greens, buckwheat, wheat grass, chlorella, spiraling algae, barley malt, mung bean, soybean, bee pollen, acerola 4:1 extract, licorice root extract, astragalus root and bilberry 5-:1 extract.

## Best Used With:

**Phyte** is packed with plant-based whole foods and certified organic ingredients.\*

**NRG** dietary supplement provides focus, sustained energy, and fat-burning capabilities.\*

**ProZ** is a two capsule combination of all-natural probiotic, prebiotic, and enzyme blend combined with a formula designed to help you naturally and effortlessly relax from your day, fall asleep faster, sleep more soundly, and feel great in the morning.\*

Supplement Facts		
Serving Size 1 Tablespoon (0.5oz, 15ml)		
Servings Per Container 32		
	Amount Per Serving	% Daily Value*
Calories	15	
Total Fat	0g	0%
Total Cholesterol	0g	0%
Total Carbohydrates	4g	2%
Sugars	4g	<1%
Protein	<2g	2%
Vitamin A (as Palmitate)	5,000IU	100%
Vitamin C (as Ascorbic Acid)	120mg	200%
Vitamin D (as Cholecalciferol)	400IU	100%
Vitamin E	30IU	100%
Thiamin (Vitamin B1)	1.5mg	100%
Riboflavin (Vitamin B2)	1.7mg	100%
Niacin (as Vitamin B3 Nianinimide)	20mg	100%
Vitamin B6 (as Pyridoxine HCL)	5mg	250%
Folate	400mcg	100%
Vitamin B12 (Cyanocobalamin)	18mcg	300%
Biotin	300mcg	100%
D-Calcium Pantothenate	10mg	100%
Calcium	25mg	<3%
Magnesium	25mg	<7%
Selenium (L-Selenomethionine)	70mcg	100%
Potassium	25mg	<1%

Other ingredients: Purified Water, Natural Cane Sugar, Natural Vanilla Flavor and Potassium Sorbate



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# NRG

ENERGY & FOCUS ALL DAY

STORE IN A COOL, DRY PLACE.



<b>TAKE IT</b>	<b>DOSE</b>
Morning or early afternoon.	Adults take one capsule daily with food or as directed by your health-care professional.



## About NRG

This all-natural weight loss and energy supplement is designed to enhance your energy, metabolize fat, and reduce hunger without the “jitters” or sudden energy burnout. Includes Advantra Z™, an all-natural ingredient designed to work as a high-efficiency thermogenic fat burner.

## Ingredients:

### Chromium

Helps to transport blood sugar (glucose) from the bloodstream into cells where it is then used to convert fats, carbohydrates, and proteins into energy. Chromium also slows the body’s loss of calcium.

### Vitamin B6 (Pyridoxine)

Required for the proper processing of sugars, fats, proteins, and for the proper growth and development of the brain, nerves, skin, and many other parts of the body.

### Vitamin B12

This water-soluble vitamin is essential to the health of the brain, nerves, and skin. Up to 15% of adults have a vitamin B12 deficiency.

### Advantra Z® (Citrus Aurantium)

Widely known as “bitter orange extract”, Advantra Z® is patented for fat burning (thermogenesis). It changes the way your body metabolizes fat and can contribute to weight loss.

### Magnesium (Aquamin Carbonate)

Required for energy production and contributes to the structural development of bone, adults who consume less than the recommended amount of magnesium are more likely to have elevated inflammation markers.

### Zinc

Needed for the proper growth and maintenance of the human body, this element is required for proper immune system function, wound healing, blood clotting, and the function of the thyroid.

### Beta-Phenethylamine

A chemical naturally found in the body, beta-phenethylamine may improve athletic performance, speed weight loss, improve overall mood, and increase the attention span.

### Green Tea Extract

Made from the Camellia Sinensis plant, Green Tea extract affects thinking and alertness, increases urine output, and may improve the function of the brain's chemical messengers. It's also shown to increase the body's metabolism, fat excretions, fat oxidation, and inhibit the development of fat cells.

### Alpha-Ketoglutaric Acid (AKG)

An organic acid that's important for the proper metabolism of all essential amino acids and the transfer of cellular energy in the citric acid cycle, AKG can reduce levels of ammonia formed in the brain, muscles, and kidneys. It may also help to balance the body's nitrogen chemistry and prevent nitrogen excess in body tissues and fluids. Individuals with high protein intake, bacterial infections, or gastrointestinal dysbiosis may benefit from supplement AKG to help balance ammonia levels and protect tissues.

### Choline Bitartrate

Choline is combined with a chemical salt (bitartrate) to help its absorption by the body. Small amounts of choline are naturally produced, but these amounts do not meet the requirements of the human body. This is one reason why supplementation is recommended.

According to recent studies, the vast majority of peoples' diets lack proper levels of this nutrient. It is estimated that 2% or fewer of all post-menopausal women receive enough choline bitartrate through food intake.

### 5-Hydroxytryptophan (5-HTP)

Produced from the seeds of an African plant, Griffonia simplicifolia, 5-HTP increases the production of serotonin within the brain. Serotonin can affect sleep, appetite, body temperature, sexual behavior, and the sensation of pain. Since 5-HTP increases the synthesis of serotonin, it may play an important role in obesity.

### Vanadyl Sulfate (Vanadium)

A mineral used for improving athletic performance in weight training because of the effects on muscle cells. Studies show that vanadyl sulfate helps muscle cells by increasing the levels of proteins, amino acids, and carbohydrates within muscle tissues.

## Best Used With:

**Original & Instant Iaso®** detox and cleansing tea removes & flushes harmful toxins.\*

**NutraBurst+** liquid multivitamin dietary supplement replenishes vital nutrients & minerals.\*

**Resolution Drops** dietary supplement to suppress appetite and offer aggressive weight loss.\*

## Supplement Facts

	Amount Per Serving	% Daily Value
Serving Size 1 Capsule Servings Per Container 30		
Vitamin B-6 (Pyridoxine HCL)	8mg	400%
Vit B-12 (Cyanocobalamin)	100mcg	1666%
Magnesium (Carbonate)	17mg	4%
Chromium (Polynicotinate)	240mcg	200%
Proprietary Blend	918mg	
Phenylethylamine (PEA)		**
Caffeine (Natural)		**
Jet Black Cocoa Powder		**
Bitter Orange Extract 30% Advantra Z™		**
Green Tea Extract (90% Polyphenols/ 50% EGCG)(Camellia Sinensis)		**
Choline Bitartrate		**
Alpha Ketoglutaric Acid		**
Cinnamon Bark (Cinnamomum Cassia)		**
Trace Mineral		**
Griffonia Seed SE 99% 5-Hydroxytryptophan (5HTP)		**
Vanadium (Vanadyl Sulfate)		**

\*Daily Value Not Established  
Other ingredients: Gelatin Capsule, Silica, Cellulose, Magnesium Stearate, Brown Rice Powder.



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# Resolution Drops

APPETITE SUPPRESSANT AND DIGESTION AID

STORE IN A COOL, DRY PLACE.

## TAKE IT

Place one-half dropper (.5ml)  
under tongue for 30 seconds.  
Swallow.

## DOSE

Three times daily prior to  
meals or as directed by your  
healthcare professional



## Cut Cravings & Lose Weight

Resolution Drops are designed for those who want to lose weight quickly and safely, without having to sacrifice their daily routine. Our formula helps reduce food cravings, and relieves nausea, bloating, gas, and indigestion. Also reduces the likelihood of return weight gain. \*

Our formula comes with a recommended diet of three balanced meals a day. This healthy diet consists mostly of proteins and vegetables, limits fruit serving sizes and excludes foods in the starch category. When used together with our suggested 1200 calorie-per-day diet, this formula supports speedy weight loss. \*

## Active Ingredients:

### Ammonium Bromatum

Ammonium Bromatum is a homeopathic remedy for chronic obesity and those who suffer from chronic laryngeal and pharyngeal catarrh and neuralgic headaches.

### Avena Sativa

Avena Sativa is derived from the common oat plant and has been used for medical purposes since the Middle Ages to ensure a vital nervous system. It also acts as a mild sedative during nervous exhaustion and calms down those with performance anxiety. As a homeopathic treatment, Avena Sativa extract and tincture are used as tonics for the nervous system. It directly influences brain and nutritive function of the organism, increasing nerve force and improving the nutrition of the entire system. In addition, it has been established that Avena is also an excellent substance that facilitates the detoxification of the body and increases energy levels.

### Calcarea Carbonica

Calcarea Carbonica is a natural mineral derived from oyster shells and carbonate of lime. This substance may help in the control of food cravings and calm the mind. These benefits are helpful to individuals who are seeking to lose weight and have a diet that is less than optimal in nutrition.

### Fucus Vesiculosus

Fucus Vesiculosus is a powerful, homeopathic remedy for obesity and non-toxic goiter. This substance contains a high concentration of iodine which is essential for the synthesis of thyroid hormones.

### Graphites

Graphites have been used in recent years as a popular option for those who suffer from metabolic imbalances. This substance is also popular with individuals who experience hunger pangs during a diet, as well as by women who are struggling with their weight during menopause. Graphites may help improve and maintain overall metabolism, especially in older women.

### Ignatia Amara

Ignatia Amara is made from a tree native to the Philippines. The use of this substance is often suggested by homeopaths in circumstances where people struggle with nervousness while on a diet.

### Lycopodium Clavatum

Lycopodium Clavatum is made from an extract of clubmoss. The use of this substance is suggested by homeopaths in circumstances where people have constant cravings for sweets and salty foods. It is also believed to produce the best results for individuals who have food cravings that occur or worsen when they become anxious.

### Sulfuricum Acidum

Sulfuricum Acidum is a remedy indicated for people who tend to rush through their meal and even though they've had too much to eat they keep on eating. Those who benefit from Sulfuricum Acidum also love sweets. The homeopathic acids are also good for deep pain and physical injury, like after surgery.

### Thyroidinum

Thyroidinum is derived from the thyroid glands of animals. This substance assists in the metabolism of carbohydrates, proteins, and fats, through its influence over the organs of nutrition and growth. Thyroidinum is intended to relieve metabolic disorders and sugar cravings.

## Best Used With:

### Life Drops

help metabolize fats, carbohydrates, and amino acids preventing unwanted fatigue.\*



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