

# TAIslim® Total Body System Guide

One Solution For Cleansing and Fat Burning

Congratulations on your commitment to improving your health and achieving a healthy weight!



## Here's how to get started:

1. Review this simple step-by-step guide.
2. Tell the person who introduced you to Sorvana™ that your TAIslim® products have arrived.
3. Start using the products.



# Achieving a Healthy Weight Is as Easy as 1-2-3

1



Drink 2 oz. (60 mL) of **TAI Slim® liquid** along with 8 oz. (240 mL) of water at the start of breakfast and lunch. Drink another serving before dinner for even faster results.

2



Replace 1 or 2 meals a day with a **TAI Slim® SHAKE**.

3



Replace mid-morning, mid-afternoon, and evening snacks with **TAI Slim® SKINNY'S™** and 8 oz. (240 mL) of water.

Every day – Get **30 minutes of moderate to vigorous exercise**, and drink at least 9-12 (8 oz./240 mL) glasses of water. Drink several cups of Sorvana's Slim/Detox Wellness Tea for hydration, detoxification and better fat burning.

Rodger McGee

Before: 280 lbs.  
After: 180 lbs.

*"In less than a year, I lost 100 pounds! This is a program that others can succeed on!"*



Lost 100 lbs.



Lost 48 lbs.

Veronica Johnson

Before: 193 lbs.  
After: 145 lbs.



*"I love TAI Slim and what it has done for me. I can live again and in the healthy body I've always wanted!"*

Sorvana undertook a strict 2-month randomized, double-blind human clinical study – the gold standard of clinical design – which included caloric restriction and moderate exercise. Compared to participants who were on a placebo, TAI Slim TRANSFORMATION participants who used each TAI Slim product 2 times per day lost an average of 22 pounds or 9.2 percent of initial weight. This is equivalent to 18.4 pounds in a 200-pound person. TAI Slim TRANSFORMATION users lost, on average, more than 8 times more weight and 6 times more body fat than those taking a placebo. Waist circumference was reduced by 3.8 inches from the initial baseline level, which is about 8.3 percent of initial level. Both groups followed mild diet restrictions and light exercise.

These Success Stories are from Sorvana Wellness Partners who have the opportunity to earn compensation from the sale of Sorvana products.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Before starting the TAI Slim Total Body System or any weight-control program, it is advisable to consult a physician.

## TAIslim Easy To Follow Guidelines

The TAIslim Total Body System has already helped thousands of people lose weight and keep it off. Get ready to join them by following the easy steps below!

### Morning ▶

Drink 2 oz. (60 mL) of TAIslim® liquid mixed with 8 oz. (240 mL) of water, along with a TAIslim® SHAKE. Alternatively, you may mix 2 oz. (60 mL) of TAIslim liquid directly into your SHAKE. Take one packet of REVERSE!™ and for added metabolic support you may want to add a ProBurn™ caplet.

### Mid-morning ▶

Chew a TAIslim® SKINNY™ along with 8 oz. (240 mL) of water and if you want an additional energy boost, try a bottle of Chi3™ or a Fired Up™ Packet.

### Lunch ▶

Drink 2 oz. (60 mL) of TAIslim liquid mixed with 8 oz. (240 mL) of water, along with a TAIslim SHAKE. Alternatively, you may mix 2 oz. (60 mL) of TAIslim liquid directly into your SHAKE. For faster results you can add an additional ProBurn caplet if desired. You have the option of having your TAIslim SHAKE for lunch or dinner. Either way, make sure you drink your TAIslim liquid with lunch.

### Mid-afternoon ▶

Chew a SKINNY along with 8 oz. (240 mL) of water and if you want an additional energy boost, you can have another bottle of Chi3 or a Fired Up Packet.

### Dinner ▶

Eat a healthy, low-glycemic and balanced 600-800 calorie meal along with one packet of REVERSE! Be sure to include some lean protein, vegetables and fruit.

### Evening ▶

If you get hungry, chew a SKINNY along with 8 oz. (240 mL) of water.

### Daily ▶

Get at least 30 minutes of exercise and drink 9-12 (8 oz./240 mL) glasses of water. Drink several cups of Sorvana's Slim/Detox Wellness Tea for hydration, detoxification and better fat burning.



### Additional Tips:

1. Although our research shows you will get the fastest results by replacing 2 meals a day with the TAIslim SHAKE, you can still get good results by replacing just 1 meal a day with the SHAKES. Be sure to follow all the other guidelines, especially taking 2 oz. of TAIslim liquid with 8 oz. of water, 2 times per day.
2. The TAIslim program noted above will give you in the neighborhood of 1000-1200 calories per day. For some individuals who have daily energy requirements that are much higher, like those with higher activity levels or larger body size, you may need more calories to feel your best. For those individuals, you can add healthy items to your SHAKE, like fruit, nuts, nut butter or mix it with milk, almond milk, hemp milk or other milk as desired. You can have some healthy snacks between meals like hummus and fresh vegetables, yogurt, cottage cheese, fruit, granola. You can also add more calories to your meal(s) during the day.

The great news about the TAIslim Total Body System is that it is easily customized to the individual to make losing weight easier. Tailor the system to your individual needs.

# The TAIslim Total Body System can help you develop a healthy lifestyle that will last a lifetime.

Keep track of your results here!

I would like to weigh \_\_\_\_\_ by \_\_\_\_\_.

Measurements	Day 1	Day 7	Day 14	Day 28
My Weight				
My Weight Loss to Date				
My Clothing Size				
Neck (just below the larynx or Adam's apple)				
Upper Arm (either left or right but measure same side)				
Waist				
Buttocks (at the widest part)				
Upper Thigh (at the maximum circumference; either left or right but measure same side)				
Calf (at the maximum circumference; either left or right but measure same side)				
My Total Inches				
My Total Inches Lost				

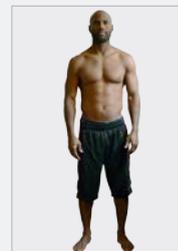
**Tips and Resources:** visit [TAI60.com](http://TAI60.com) to help you achieve the best results possible.

## Create "Before" and "After" Photos Like a Pro!

Follow these simple photography tips to best capture your TAIslim® Transformation Body!



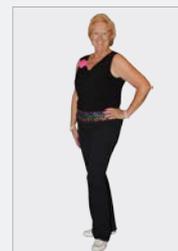
**Do** wear trim, fitted athletic clothing. If you feel comfortable, take a picture shirtless (for men) or in a sports bra (for women).



**Do** take your picture against a bare wall or white background so you're the focus of the photo.



**Do** take your picture in a well-lit room with a good camera to produce a high-quality image.



**Do** stand up straight with a good posture and have a friend take your picture for the best possible angle.



**Don't** wear baggy, loose-fitting clothes.



**Don't** take a selfie, a picture of yourself in the mirror, or cover your face.



**Don't** take your picture in front of a busy, back-lit, or cluttered background and don't cut off any limbs!



**Don't** take your picture in a dark room or submit a low-quality, pixelated image.