



Item 1 - Cover Page

Tilden L. Sowdon

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This brochure supplement provides information about Tilden L. Sowdon that supplements the TLG Advisors, Inc. Brochure. You should have received a copy of that brochure. Please contact TLG Advisors, Inc. if you did not receive TLGA's brochure or if you have any questions about the contents of this supplement.

Additional information about Tilden L. Sowdon is available on the SEC's website at www.adviserinfo.sec.gov.

Item 2 – Educational Background and Business Experience

Mr. Sowdon was born in 1957. He received his BBA from Roanoke College in 1979. He worked in residential construction and real estate through 1985. From 2012 until 2028 he was a Registered Representative and Investment Advisor Representative with O.N. Equity Sales company. From 2018 to 2023 he was a Registered Representative and Investment Advisor Representative with GWN Securities.



From 2023 until 2025 he was an Investment Advisor Representative with LifePro which later became a part of Simplicity Wealth. In 2025 he joined TLG Advisors, Inc. as an Investment Advisor Representative.

Item 3 - Disciplinary Information

Registered investment advisers are required to disclose all relevant facts about any legal or disciplinary issues that you need to know about before deciding to invest your money with them. Mr. Sowdon has no such issues on his record.

Item 4 - Other Business Activities

Mr. Sowdon also works as an independent insurance agent selling fixed insurance products. He's also on the Board of Directors for Lester Development Corp, a real estate development company.

Item 5 - Additional Compensation

Mr. Sowdon provides investment-planning advice to his customers on a fee basis. In addition, he may receive compensation from the activities detailed in Item 4 above.

Item 6 - Supervision

We supervise our investment advisor representatives in the following ways:

- Compare activity in your account with your investment objectives;
- Ensure that your financial information and investment objectives have been recorded;
- Confirm that you are contacted annually to find out if there are any changes in your financial information or investment objectives;
- Verify that you receive quarterly statements;
- Make sure your advisory fees are being charged correctly;
- Ensure that we comply with your wishes concerning directed brokerage arrangements;
- Check to see if you are invested in securities that don't match your risk tolerance.

Advisory representatives are supervised by Jane Riley, TLG Advisors, Inc. Chief Compliance Officer. She may be reached at 303-500-8943, or compliance@tlgadvisors.net.