



Welcome at TenaZ.

The TenaZ Team has already helped 180 000 people lose weight. We really want to help you too. At TenaZ, you are assigned to a specific Team Member; look at the picture.

This is Berrie, Madelein, Elfie, Bertie, Eleanor and Magriet. The photo was taken on Magriet and James' bakkie, they are married and lost 105kg in 6 months.

TenaZ's products work quickly and are safe with your chronic medication, and complementary to any other weight loss methods.



Please see to the diagram below:

The TenaZ Dysfunctional Range consists of 4 Disciplines that address the gaps in your slimming process: Food Control, Metabolic Repair, the Fat Attacks & the Booster.

Under each discipline are the different TenaZ Products: No Thank You, Meal Shake, Detox, Good Morning, Good Night, Top, Bottom, All Over, Stress & the Fat Buster.



Let me tell you more about each product.

1. FOOD CONTROL:

Take back control of what and how you eat with the help of TenaZ's Food Control Products.



a. NO THANK YOU

Do you need more SELF-CONTROL?

No hunger pangs, you use No Thank You the first 4 days of your slimming process. After that, only on Vacation and during Weekends.

- Food tastes more intense, it satisfies you faster.
- Control emotional and habitual eating.
- No Side Effects such as insomnia and mood swings, safe with antidepressants.

b. MEAL SHAKE



Are you struggling to eat less? **SAVE CALORIES and MONEY!**

TenaZ tastes like a real Wimpy milkshake. Children from age of eight can use the Meal Shake.

Food is expensive, you can save money and time - order your TenaZ now. Mix with water or milk and enjoy. No grocery lists, dirty pots or a strict diet anymore!

Just Fifty Calories per serving. No hidden fat, sugar, or preservatives. Repair your nutritional imbalances and get slim.

The big secret is the digestive enzymes, it controls food intolerance and improves nutrient absorption.

The Proteins have already been digested and are safe for diabetics with kidney and liver damage. Amino acids are systematically released as they move through your digestive system to stabilize your insulin levels to speed up slimming.

The Vitamins and Minerals are plant based for optimal absorption. No extra supplements are needed during your weight loss process!

METABOLIC REPAIR:

Lose weight faster with a healthy metabolism. It's not an art to get slim, but an art to stay slim!



a. DETOX

You are not what you eat, you are what your body digests and absorbs. Is your DIGESTIVE SYSTEM healthy?

- Our Detox heal the epithelial layer in your digestive system for optimal nutrient absorption to prevent malnutrition.
- Stop "cravings".

The Detox cleanses your Liver of excess Estrogen and Cortisol. If you use Alcohol, Smoke or eat Unhealthy 'Take Aways', we recommend the Detox for better Fat Metabolism.

b. GOOD MORNING & GOOD NIGHT.

Most overweight people have a slow metabolism. SPEED UP your RESTING METABOLISM!



The Metabolic Repair Kit consists of:

- **Good Morning** – Speeds up your Day Metabolism. If you get tired in the afternoon, we recommend the Good Morning for more Energy.
- **Good Night** – Speeds Up Your Night Metabolism and Improves Deep Sleep. It Increases Your Lean Muscle Mass.

The combination of the two capsules balances your Catabolic and your Anabolic Metabolism, this gives you a 24-hour slimming cycle.

Using the two capsules will accelerate your Resting Metabolism, helping you stay slim after reaching your Healthy Weight.

3. CHOOSE YOUR FAT ATTACK:

Repair the Chemical, Hormonal, or Nutritional Imbalances that cause your **BIG FAT DEPOSITS**.

You need our FAT ATTACK if you are struggling with stubborn fat on specific problem areas. Check where the most fat is on your body and choose your personal Fat Attack.

- a. **TOP:** You have a Rock-hard belly or look slightly pregnant. All your fat is on your Upper body. The possible cause - Liver function and Progesterone imbalance.
- b. **BOTTOM:** Ladies – you have a lot of cellulite, a big bum and wide hips. You struggle with fat on your Lower Body. The cause is a possible Estrogen imbalance.
- c. **ALL OVER:** You have 15 kg or more to lose, struggle with fat rolls all over your body and sometimes loose skin as well. The cause can be your thyroid or/and liver, as well as blood sugar levels.
- d. **STRESS:** The Stress capsule can be used on its own or combined with the Top, Bottom, and All Over Fat Attack. You have love handles and a hanging belly. You are sometimes tense, struggles to fall into a deep sleep, and wakes up tired. The cause may be too much Adrenaline, which becomes Cortisol. Your buttocks and hamstrings are broken down and stored as belly fat to nourish your adrenal glands. The lack of muscle mass can cause knee, hip and back problems.

CHOOSE YOUR FAT ATTACK:





4. BOOSTER:

New!

The Booster works fantastically for the middle-aged figure. Do you exercise, drink water, and eat right? But just not getting the perfect figure? **SHAPE & TONE** your body.

a. FAT BUSTER

- Avoid the dreaded plateau phase during your slimming process.
- Get your figure in good condition.
- Shrink loose skin.

NODIET© Method

You never have to explain again that you are on a 'DIET', now you can have a normal social life, eat real food and still lose weight! TenaZ changes your perception about food and your weight forever!

The NODIET© Method is unique to each TenaZ user, based on the basics of Behaviour Change, Dietetics, and Weight Management.

TenaZ shows you how to eat without feeling guilty, so you get the best results with lasting effects.

Once you order your TenaZ, you get 3 Electronic Documents:

These documents are sent by email. Please read the documents carefully and contact your TenaZ Team Member if you need any assistance. Remember, you can only be helped if you have read the documents. The big secret is the Method of Eating, make sure you understand the Time principles.

1. **PRODUCT Guide with your Food Chart**, here you learn how to use your products and how to write down what you eat and weigh. This way you can share your progress with your TenaZ Team Member every 3 days until you are well on track.
2. **NODIET© Method** teaches you how to eat and drink.
 - Portion Control.
 - Time control.
 - Food Management.
3. **NODIET© eBook**. Here you will learn about the 5 Food Groups. What to eat and how to prepare your food. TenaZ also gives extra slimming "tips".

HOME SLIMMING PACKS:

TenaZ has put together 4 Home Slimming Packs and ticked off the price to make the products more affordable for you.

You can decide with your TenaZ Team member, which products you need to achieve your slimming goal. The suits are month packs.

LET ME QUICKLY TELL YOU WHAT THE DIFFERENCE IS BETWEEN THE SUITS:

- **Dysfunctional:** Largest pack. If you're in middle age and have been trying everything to get skinny, the Dysfunctional Pak is best for you. You get the full TenaZ range and can lose up to 15kg.
- **Extreme:** You need a little more help, but gut has self-control and your body's shape is good. You have a slow metabolism and only want to lose 10kg with the help of the TenaZ Meal Shake and healthy lifestyle program.
- **Starter:** Get rid of your large fat deposits and use the Meal Shake 2x a day so you lose 7kg a month.
- **Pensioner:** Smallest pack, replace 1 meal and get rid of your huge Fat Deposits. Lose up to 5kg in one month.

Was R4600 NOU R3850 Bespaar R750



Was R3400 NOU R2850 Bespaar R550



Was R1900 NOU R1650 Bespaar R250



Was R1450 NOU R1250 Bespaar R200

There is also a special offer if you buy 3- or 12-months packs. Of course, everything depends on your budget.

SPECIAL OFFER:

We deliver TenaZ to your doorstep, order your TenaZ today! The first 20 customers to order a TenaZ Pak today will receive a **FREE STRESS** to the value of R600. Remember, stock is limited, to avoid disappointment please pay. Immediately.

It's swimming time, if your swimwear doesn't fit nicely, you need the **FAT BUSTER**, it was R600, today only **R450!**

TenaZ knows how you feel, the TenaZ Team wants to help you lose your weight fast in the privacy of your own home!



Let us know if there's anything we can do or explain for you, TenaZ is just a WhatsApp away!

Lose Weight With Confidence,
Because TenaZ Really Works!

TenaZ Greetings!

Sanet Muller

(Founder of TenaZ)

TenaZ SPAN

Name	Number	Email	Coupon
BERRIE	072 192 0727	berrie@tenaz.co.za	BERRIE
MARLIN	079 298 2421	madelein@tenaz.co.za	MADELEIN
ELFIE	061 146 9862	elfrieda@tenaz.co.za	ELFIE
MAGIC	071 372 7555	magriet@tenaz.co.za	MAGIC
ELEANOR	072 697 0887		ELEANOR

HEAD OFFICE

DIET HOTLINE	063 062 1888	SANET MULLER	
PACKETS	061 365 4619	orders@tenaz.co.za	NADENE

Feel free to call WhatsApp during office hours 9am to 4pm, or just send a WhatsApp.

SUCCESS

Rienie lost 52kg with TenaZ, Gertjie lost 15kg, Eleanor 12kg and Hannie 73kg.



[Take a look at the video of the Allen couple who lost ninety-one pounds in just six months with our Dysfunctional Pak:](#)

