



Welcome at TenaZ.

The TenaZ Team has already helped 180 000 people to lose weight. They can't wait to help you too. At TenaZ, you are assigned to a specific Team Member; in the picture you will see Berrie, Madelein, Elfie, Eleanor and Magriet. This photo was taken on Magriet and James' bakkie, they lost 105kg together.

TenaZ's products work quickly and are safe with chronic medications, lifestyle diseases and complementary to any other weight loss method.



**Please see to the diagram below:**

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

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



The Products work for specific hiccups during your slimming process. Sit down, make yourself a cup of tea, be calm. Let me tell you more.

# 1. FOOD CONTROL:

Take back control of your eating habits with the help of TenaZ's Food Control Products.



## NO THANK YOU @ R600

Do you need more SELF-CONTROL?

No hunger pains, you simply use the No Thank You capsules the first 4 days of your slimming process. After that, only if you lack extra restraint like on Vacation and on Weekends.

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

## MEAL SHAKE @ R750



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

TenaZ tastes fantastic. Children from age eight can use our Meal Shake.

Food is expensive, you can now save money and time, order your Meal Shake, mix with water and enjoy, no grocery lists, no dirty pots or a strict diet!

Just Fifty Calories Per Serving. No hidden fat, sugar, or preservatives. Fix your nutritional imbalances and lose weight.

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

The Proteins have already been digested for better absorption 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 improve slimming. The Vitamins and Minerals are plant based for optimal absorption.

## METABOLIC REPAIR:

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



### DETOX @ R500

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

- Clean the epithelial layer in your digestive system for optimal absorption of nutrients, this prevents malnutrition.
- Helps to stop "cravings".
- Cleanse 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.

### GOOD MORNING & GOOD NIGHT @ R500 each



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 sometimes 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 these two capsules balances your Catabolic and your Anabolic Metabolism and 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:**

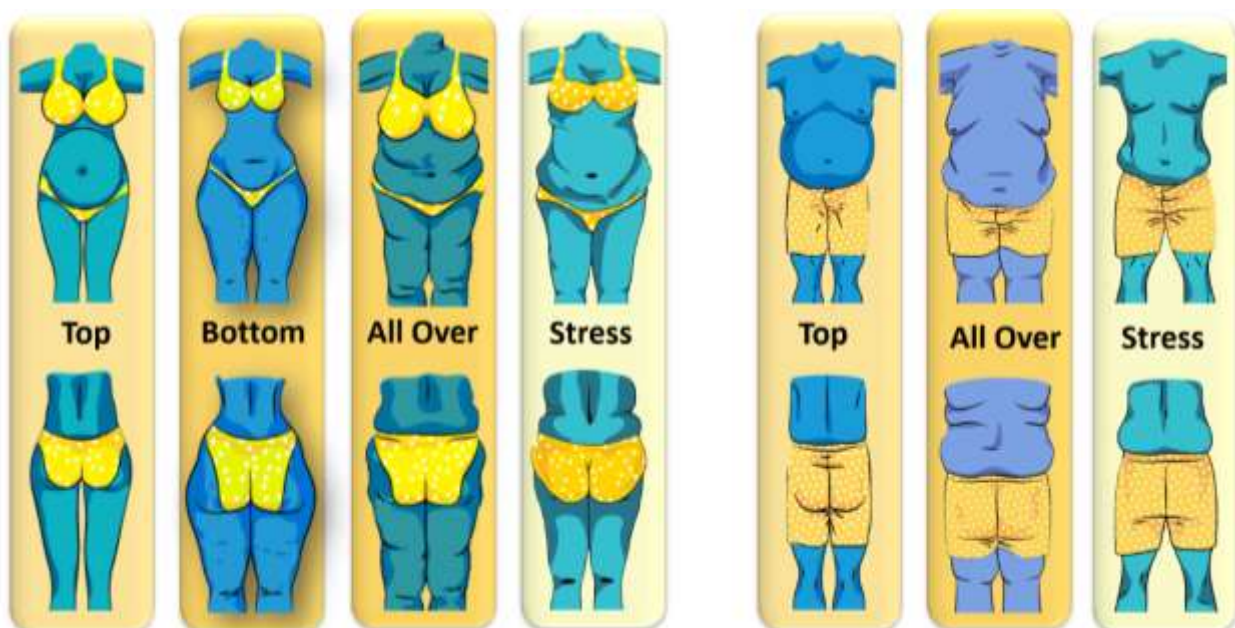
Restore the Chemical and Hormonal Imbalances that cause your BIG FAT DEPOSITS.

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, let this fat guide you to choose your personal Fat Attack.

- **TOP:** You have a Rock-hard belly or look slightly pregnant. All your fat is on your Upper body. The possible cause might be Liver function- and/or Progesterone imbalance.
- **BOTTOM:** Ladies – you have cellulite, fat on your buttocks and hips. You struggle with fat on your Lower Body. The cause is a possible Estrogen imbalance.
- **ALL OVER:** You have 15 kg or more to lose, struggle with fat rolls all over your body, a double chin and sometimes loose skin. The cause can be your thyroid and/or liver, as well as your blood sugar levels.
- **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 sagging belly. Stress easily, struggle to fall into a deep sleep, and wake up tired in the morning.

The cause can 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 was R600 now only R450!**







## 4. BOOSTER:

**New**

The Booster works fantastically for the middle-aged figure. Do you exercise, drink water, and eat healthy? But just not getting the perfect figure?

SHAPE & TONE your body.

Free today with any Home Slimming Pack!

### FAT BUSTER @ R600

- Avoid the dreaded plateau phase during your weight loss process.
- Get your figure in mint condition.
- Shrink loose skin.

## NODIET© Method

At TenaZ you never have to explain that you are "DIETING", you can now have a normal social life, eat real food and lose weight. Exercises are not mandatory, stay slim with the lifestyle program!

TenaZ changes your perception about your health, food, and weight forever!

The NODIET© Method is based on the basics of Behaviour Change, Dietetics and Weight Management.

### YOU GET 3 DOCUMENTS WITH YOUR TENAZ:

- 1. PRODUCT Guide.** Here you learn what your Products do and how to use them.
- 2. NODIET© Method.** Here we teach you how to eat and drink.
  - Portion Control.
  - Time Control.
  - Food Control.
- 3. NODIET© eBook.** We teach you more about Food Groups, what to eat and how to prepare your food.

These 3 documents will be emailed to you. Contact your TenaZ Team member if you'd rather have it on WhatsApp or if you need any extra help to better understand how to eat or how to use your products.

## HOME SLIMMING PACKS:

TenaZ has 4 Packs. The price has been marked down to make the products more affordable. If you order a pack today, you'll get a Free Fat Buster of R600! Discuss with your Team Member which products you need. All the packs are for a month.

### WHAT IS THE DIFFERENCE BETWEEN THE PACKS:

- **Dysfunctional:** Aggressively lose **15kg**. If you are middle aged and have tried everything to lose weight, this pack is the best for you. You get the following: 2 Meal Shakes, No Thank You, Detox, Good Morning, Good Night, your Fat Attack, and the Booster. You get the full TenaZ Range, 8 products at the lowest possible price.
- **Extreme:** You have **10kg** to lose and don't have time to cook, you are going to replace 2 meals with the Meal Shake. You get your Fat Attack and all 3 Metabolic Repair products.
- **Starter:** Learn how to use TenaZ and get rid of **7kg** quickly. Attack your Fat Deposits with the Fat Attack and replace 2 meals with the Meal Shake.
- **Pensioner:** Lose **5kg** slowly. Replace 1 meal with your Meal Shake and get rid of your large Fat Deposits with the Fat Attack.



Special offer – If you order 3 or more Dysfunctional Packs, it will only cost you R3300 per pack. You save R1300 per pack. R9900 for 3!

## **ORDER & SAVE TODAY:**

We deliver TenaZ at your doorstep, order your TenaZ today!

- a. Order and pay for your **TenaZ Pack** and get a Free Fat Buster to the value of R600!
- b. **Fat Attacks:** Top, Bottom, All Over and Stress are only R450, you save R150 today!



NB: The offering is only available while stock last. To avoid disappointment, order your stock for December, January and February before we sell out. This has been happening for 25 years!

The TenaZ Team knows how you feel. Please complete the [Evaluation](#) for help, in the privacy of your own home!

"Lose Weight With Confidence, TenaZ REALLY Works!"

TenaZ Greetings!

**Sanet Muller**

(Founder of TenaZ)

Feel free to call the TenaZ Team on WhatsApp. Monday to Friday from 9am to 4pm or send a WhatsApp 24/7/365. We'll get back to you.

| <b>TenaZ SPAN</b>   |               |  |               |
|---------------------|---------------|--|---------------|
| <b>Name</b>         | <b>Number</b> | <b>Email</b>   | <b>Coupon</b> |
| <b>BERRIE</b>       | 072 192 0727  | <a href="mailto:berrie@tenaz.co.za">berrie@tenaz.co.za</a>     | BERRIE        |
| <b>MADELEIN</b>     | 079 298 2421  | <a href="mailto:madelein@tenaz.co.za">madelein@tenaz.co.za</a> | MADELEIN      |
| <b>ELFIE</b>        | 061 146 9862  | <a href="mailto:elfrieda@tenaz.co.za">elfrieda@tenaz.co.za</a> | ELFIE         |
| <b>MAGRIET</b>      | 071 372 7555  | <a href="mailto:magriet@tenaz.co.za">magriet@tenaz.co.za</a>   | MAGIC         |
| <b>ELEANOR</b>      | 072 697 0887  |  | ELEANOR       |
| <b>HEAD OFFICE</b>  |               |  |               |
| <b>MANAGEMENT</b>   | 062 958 6867  | <b>SHELLY LE ROUX</b>  |               |
| <b>DIET HOTLINE</b> | 063 062 1888  | <b>SANET MULLER</b>  |               |
| <b>PACKETS</b>      | 061 365 4619  | <a href="mailto:orders@tenaz.co.za">orders@tenaz.co.za</a>     | <b>NADENE</b> |

## 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 kilograms in just six months with our Dysfunctional Pak:](#)

