



# Face your Fears!



## The Dysfunctional Range consists of 4 Disciplines:

**Food Control** – Get more Self-Control with our No Thank You capsule, no side effects! Replace unhealthy meals, save kilojoules and enjoy real food, no more guilt. Repair nutrient imbalances with our Meal Shake.

**Metabolic Repair** – Speed up a Slow Metabolism.

The Good Morning capsule speed up your Catabolic Metabolism and the Good Night your Anabolic Metabolism, the combination of the 2 gives you a 24hour weight loss cycle. Our Detox cleans your digestive tract and improve absorption of nutrients.

**Fat Attack** – Attack Big Fat Deposits, control cravings and cure the cause of your weight problem. Choose Top, Bottom, All Over or Stress.

**Booster** – Shape and tone your figure, speed up results and helps to avoid the Plato phase with the Brand-New Fat Buster.

Everything of the above available in the Dysfunctional Pack, we have other Home-Slimming-Packs available too. You can order the products individual too.

**NEVER GIVE UP, TenaZ really works!**



# Dysfunctional Product Range<sup>®</sup>

## Food Control

No  
Thank  
You

Meal  
Shake

## Metabolic Repair

Detox

Good  
Morning

Good  
Night

## Fat Attacks

Top

Bottom

All Over

Stress

## Booster

Fat  
Buster



# No Thank You

## Use when you crave sweet, salty or sour foods!

- Holidays.
- High days.
- Weekends.

## Benefits:

- Increases taste sensation.
- No adrenal fatigue.
- No sleep deprivation.

## Ultimate Results:

Take 1 capsule 2x per day for the first 4 days of the program. After this, take 1 capsule when needed ½ an hour before breakfast or lunch with a glass of water!

**Emotional  
Eating**

**Mindless  
Eating**

**No Side  
Effects**

**Lack  
Self Control**

**Excellent  
Results**



\*This bottle contains 30 capsules

***Safe with Anti-Depressants. No more Emotional Eating!***



# Meal Shake

Lowest Calorie Meal Shake in South Africa! Only **51 Calories** per 15g Serving.

**Concentrated** - 3,16g staged released proteins for prolonged energy. Contains all the essential nutrients for weight loss. 2,82g Carbs, 0,2g Fat.

The Big Secret is the **Digestive Enzymes** that control Food Intolerance and optimize the Metabolism of:

- ✓ **PROTIENS - Protease** an enzyme that breakdown proteins into smaller polypeptides or single amino acids.
- ✓ **FAT – Lipase** is an enzyme the body uses to break down fats in food so they can be absorbed in the intestines.
- ✓ **CARBS – Amylase** an enzyme that catalyzes the hydrolysis of starch.

**Help to process difficult to-digest foods. Promote optimal nutrient absorption. Supporting colon health.**

**Contains:** Saturated **Fatty Acids** to **absorb vit A, D, E, & K** and **Break** down unwanted body **Fat & Butterfat** for extra **Appetite Control**.

Low sodium. Free from gluten & wheat! Contains no iodine.

**Control  
Hunger**

**Stabilize  
Blood Sugar**

**Healthy  
Weight Loss**

**Convenient  
& Tasty**

**Excellent  
Results**



\*This tub contains 30x 15g servings





# How to Use



## MIX WITH

### **Water**

Add Sweet O, Drink O Pop or Low-Cal Cold drink.

Add coffee or cocoa powder.

### **Milk or Yoghurt**

Full Cream – First 8 hours.

Fat Free – Last 4 hours.

### **Fruit**

Fresh or Frozen

175ml sugar free fruit juice

First 4 hours.

## METHOD

Shake, stir, or blend together.

Enjoy as the perfect guilt free meal.

15g Serving size is equal to One meal.

Always eat or add Veggies for extra Fibre.

\*This tub contains 30x 15g servings



# Detox



- Controls **Cravings!**
- Removes the **Plaque layer** in the intestines that causes the **Malabsorption** of **Nutrients**.
- Remove **Estrogen** and **Cortisol** which blocks the liver from fat burning.
- **Cleans** the toxic liver which slows down **Fat Burning**.

**You are NOT what you eat** - you are what your digestive system **Breaks down** and **Absorbs!**

**Kick Start  
Weight Loss**

**Clean Toxic  
Liver**

**Remove  
Estrogen**

**Remove  
Cortisol**

**Excellent  
Results**

\*This bottle contains 60 capsules



# Good Morning & Good Night

**24/7  
Metabolism**

**Balance GH  
& T4**

**Maximum  
Energy**

**Maximum  
Fat Loss**

**Excellent  
Results**

**Speed up Resting Metabolism!**

**Good Morning** helps to break down fat during the **Day**.

Boosts **Catabolic Metabolism**.  
**(Break Down)**

**Good Night** optimizes Deep Sleep.  
Maximizes Fat Burning, Muscle Building  
& Cell Repair during the **Night**.

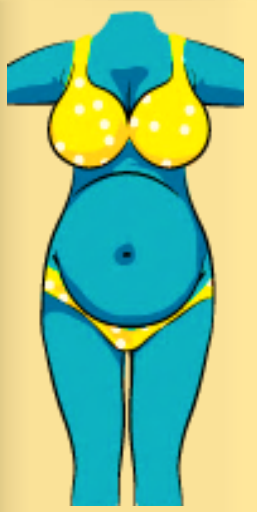
Boosts **Anabolic Metabolism**.  
**(Build Up)**



\*These bottles each contain 30 capsules



# Choose your Fat Attack



**Top**



**Bottom**



**All Over**



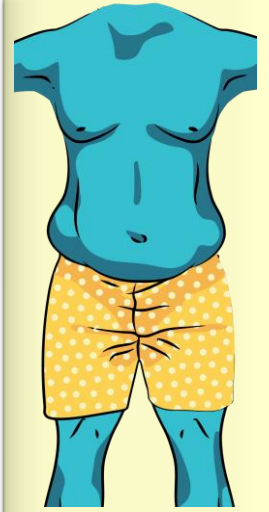
**Stress**



**Top**



**All Over**



**Stress**







# Top Fat Attack

## Big Fat Deposits

### APPLE BODY SHAPE

Big hard belly. A fat roll below breasts called a Liver Roll.

**Waistline** - Ladies 80cm and up, Men 90cm and up.

Ladies - Big breasts & Facial hair.

Slim arms and legs.

## Cure the Cause

**NO THANK YOU** - Self Control.

**MEAL SHAKE** - Feeds liver.

**DETOX** - Toxic Liver & Lacks gallbladder salts.

**GOOD MORNING & GOOD NIGHT** - Deep Sleep.

**TOP FAT ATTACK** - Repair nutrient imbalances & feed the liver.

**STRESS** - Love handles and pendulous stomach.

**FAT BUSTER** - Avoid Plateau Phase.

## Cravings

Deep-fried and sour foods.

Salty snacks like biltong and chips.

## Symptoms

Heartburn.

No tolerance of fatty foods and refined grains.

Burping after eating.

Sensation of fullness.

Skin tags and itching.

Hot feet at night - feet must be open when in bed.

Irritable or moody in the mornings, friendly in the evenings.

Stiffness in upper and lower back with pain or tightness in shoulder area and between shoulder blades.

Regular headaches.

Arthritis.



\*This bottle contains 60 capsules



# Bottom Fat Attack

## Big Fat Deposits

### PEAR BODY SHAPE

Excess fat on hips, thighs and buttocks, called saddle bags.

Small breasts and shoulders.

Cellulite.

Fat on knees and ankles.

## Cravings

Creamy dairy products like ice cream, cheesecake, milk, and chocolates.

## Cure the Cause

**NO THANK YOU** – Emotional eating.

**MEAL SHAKE** – Control calorie intake.

**DETOX** – Removes excess Estrogen from the liver for better fat metabolism.

**GOOD MORNING & GOOD NIGHT** – Repair Slow Metabolism.

**BOTTOM FAT ATTACK** – Regulates Estrogen levels.

**STRESS** – Control Menopause symptoms.

**FAT BUSTER** – Cellulite.

## Symptoms

Estrogen imbalance.

Constipation, acne and hair loss

Pain in the lower back, hips and knees.

PMS, irritable and moody.

Menstrual complications.

Cyclic fatigue and brain fog.

Infertility.

Ovarian cysts.

Menopausal symptoms such as hot flushes at night.



\*This bottle contains 60 capsules



# All Over Fat Attack

## Big Fat Deposits

### FAT FROM TOP TO TOES

More than 15kg to lose.

Weight gain all over the body.

Loose skin, flabby arms and a double chin.

## Cure the Cause

**NO THANK YOU** – Control overeating.

**MEAL SHAKE** – Pancreas lacks digestive enzymes to digest carbs.

**DETOX** - The liver converts T3 to T4, fluid retention.

**GOOD MORNING & GOOD NIGHT** - You battle to lose weight.

**ALL OVER FAT ATTACK** – Control Blood Sugar, feed Liver & Thyroid.

**STRESS** – Love handles.

**FAT BUSTER** – Lose skin.

## Cravings

Carbs such as bread, pasta, sweets and refined sugar.

## Symptoms

Always tired.

Cold intolerance.

Cold hands & feet.

Depression.

Battle to focus.

Poor short-term memory.

Brittle nails and vertical ridges.

Dry skin.

Dry hair and hair loss - outer eyebrows thinning.

Fluid retention.

High cholesterol.



\*This bottle contains 60 capsules



# Stress Fat Attack

## Big Fat Deposits

### LOVE HANDLES

Pendulous, hanging stomach.

Buffalo Hump on the upper back and at the back of the neck.

Swollen hands, ankles & feet.

## Cravings

Salty foods.

Caffeine as found in coffee, energy drinks & Coke.

## Cure the Cause

**MEAL SHAKE** – Repair nutrient imbalances, lowers carbs.

**NO THANK YOU** – Emotional overeating.

**DETOX** – Cleanse liver from Cortisol that prevents your liver from metabolizing fat.

**GOOD MORNING** – Speed up Catabolic Metabolism.

**GOOD NIGHT** – Improve Deep Sleep, insomnia.

**STRESS** – Feed the Adrenal Glands. Vit D3, B1, Potassium & Magnesium.

Stress and trauma leads to overproduction of adrenaline - too much adrenaline increases cortisol levels.

**FAT BUSTER** – Control hormonal imbalances.

Walk long distance, sleep as much as possible, take naps.

## Symptoms

Chronic Fatigue.

Chronic inflammation.

Can't handle stress.

Mind is over-active, never stops thinking.

Suffer from insomnia - tired when you wake up in the morning.

Constantly in flight-or-fight mode.

Aggressive, moody or emotional and crying.

Fluid issues, drink lots of water, but always thirsty - body can't absorb water, swollen ankles.

Calcium doesn't get absorbed, get cramps, and a twitch in the eyes.

Tight shoulders, inflammation or pain in joints, back and neck.

Always out of breath after climbing stairs.

Severe menopause.



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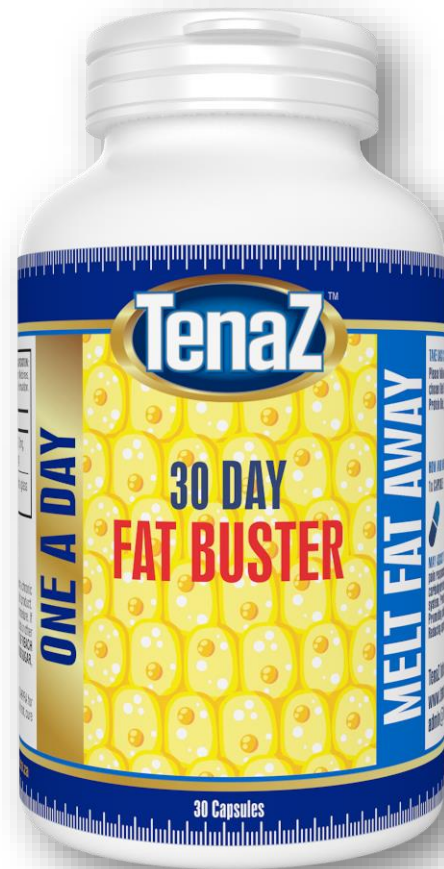




# Fat Buster

## Benefits:

- Affordable All-in-One.
- Take 1 a day, keep the Fat Away!
- Improve Results.
- Speed up Metabolism.
- Control Hunger.
- Boost Immune System.
- Shape & Tone figure.
- Avoid Plato Phase.



**BRAND  
NEW**

**No Side  
Effects**

**Safe Chronic  
Medication**

**No Hunger**

\*This bottle contains 30 capsules