







TenaZ Products	Function	When and how to use	Price
<b><u>FOOD CONTROL</u></b>			
<b><u>Meal Shake</u></b> 450g Meal Powder per Tub. 30 x 15g Meals.	<p><b>Do you feel trapped in the vicious cycle of yo-yo dieting and battle to afford healthy food that Progress weight loss?</b></p> <p><b>No more dieting</b> – Simply replace unhealthy, low nutrient meals and enjoy healthy balanced meals with the TenaZ <b><u>NODIET Metod</u></b> Rules. Live a healthy lifestyle and use the TenaZ Meal forever!</p> <ul style="list-style-type: none"> <li>• Repair nutrient Imbalances.</li> <li>• No more Starvation. Turn your Fat burning Switch on.</li> <li>• Pure Cellular Food, with all the nutrients you might need for maximum weight loss results.</li> <li>• The TenaZ Meal gives you the best Food Control – Only 51 Calories per meal.</li> <li>• The BIG SECRET is the Digestive Enzymes. They assist your</li> </ul>	<p><b>Replace as many meals as possible, the more meals you replace the faster you lose. Dinner is the best meal to replace.</b></p> <p><b>Dosage:</b>  <b>If you weigh 100kg and less</b> – use 1 scoop (15g) of powder and mix with any medium your choice.</p> <ul style="list-style-type: none"> <li>• You will need 1 Tub per month if you replace 1 meal a day.</li> <li>• You will need 2 Tubs per month if you replace 2 meals a day.</li> </ul> <p><b>If you weigh 100kg and more</b> – you can use 2 scoops (30g) of powder and mix with any medium of your choice.</p> <ul style="list-style-type: none"> <li>• You will need 2 Tubs per month if you replace 1 meal a day.</li> <li>• You will need 4 Tubs per month if you replace 2 meals a day.</li> </ul>	<p><b>1 @ R850</b>  <b>Now R750 Save R100</b></p> 

	<p>digestive system to break down carbs, proteins and to metabolize maximum fat.</p> <ul style="list-style-type: none"> <li>The TenaZ meal may control Food intolerance and assist with Food allergies, being the main reason of obesity.</li> </ul> <p>Take back control today with the TenaZ Meal!</p>	<p><b><u>Mix Meal Powder with any of the following mediums.</u></b></p> <p><b>WATER GIVES BEST RESULTS</b></p> <p>Water, Fat Free milk &amp; yogurt, Sugar-free fruit juice, Diet Hot chocolate, Horlicks, Milo – use water and Fat Free milk and an Aspartame free sweetener. Ultra-Mel Lite Custard or any other Low-Calorie Sugar and Fat free medium you prefer.</p>	
<p><b><u>No Thank You</u></b> 30x Capsules per bottle.</p>	<p><b>Do you battle to eat less?</b></p> <p>If you feel that you need extra support, please use our TenaZ Stimulant free, but effective Appetite Suppressant to focus on your program for maximum results!</p>	<p><b>Use for more self-control.</b></p> <p><b>Dosage:</b> <i>Always take capsule with a glass of water.</i> Take 1 capsule 30min before Breakfast or Lunch.</p> <p>No side effects such as insomnia, mood swings, claims, headaches or as with other appetite suppressants.</p> <p>Safe with chronic medications!</p> <p>Not habit forming.</p> <p>High Days, holiday &amp; weekends.</p>	<p><b>1 @ R600</b></p> 

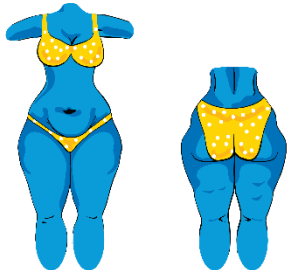
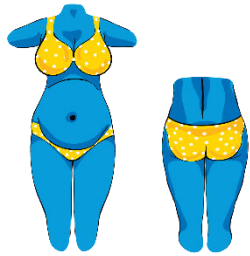
## METABOLIC REPAIR

<p><b><u>Detox</u></b> 60x Capsules per bottle.</p>	<ol style="list-style-type: none"> <li>1. <b>Do you drink alcohol, smoke, and eat junk food?</b></li> <li>2. <b>Do you have a toxic liver?</b></li> <li>3. <b>Do you have problems with your digestive health?</b></li> <li>4. <b>Do you get cravings?</b></li> </ol> <p>Remove Cortisol &amp; Estrogen from liver for maximum Fat metabolism. Cleans plaque layer inside intestine for maximum nutrient absorption.</p>	<p><b>Use first month. Then once every 6 months.</b></p> <p><b>Dosage:</b> <i>Always take capsule with a glass of water.</i> Take 2 Capsules 30min before bedtime with a glass of water.</p>	<p><b>1 @ R500</b></p> 
<p><b><u>Good Morning</u></b> 30x Capsules per bottle.</p> <p><b><u>Good Night</u></b> 30x Capsules per bottle.</p>	<p><b>Does your metabolism feel practically non-existent?</b></p> <ul style="list-style-type: none"> <li>• Your daytime metabolism is catabolic, this means that your digestive system dominantly breaks down cells, nutrients, and fats.</li> <li>• Your nighttime metabolism is anabolic, this means your system dominantly builds up cells and nutrients.</li> </ul> <p>Balance your day and night metabolism! Speed up Results!</p>	<p><b>Use at least first month.</b></p> <p><b>Dosage:</b> <i>Always take capsules with a glass of water.</i> <b>Good Morning:</b> Take 1 Capsule 30min before breakfast. <b>Good Night:</b> Take 1 Capsule 30min before bedtime.</p>	<p><b>1 @ R500 each Both @ R1000</b></p> 

## FAT ATTACKS

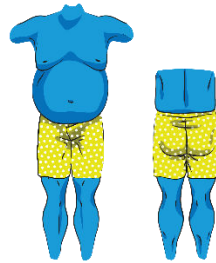
### Fat Attacks

60x Capsules per bottle.



**Have you tried many other weight loss programs with no lasting results?**

Cure the Cause of your Obesity!  
Attack your Big Fat deposits.



**Top**

**Bottom**

**Choose your Fat Attack, according to your Big Fat Deposits:**

- A. **Top** – You carry all your excess fat in the upper part of your body.
- B. **Bottom** – You carry all your excess fat in the lower part of your body.

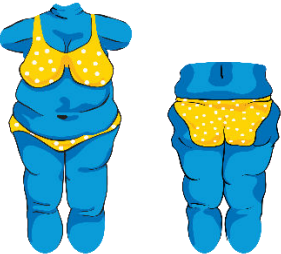
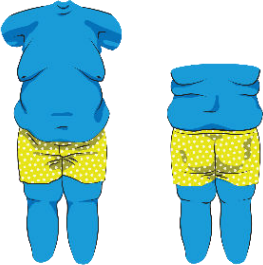

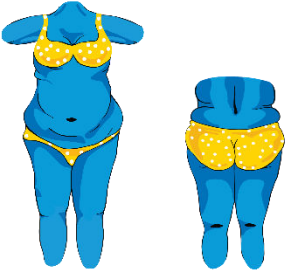

**Top or Bottom @ R600**

**Now R450 Save R150**



**All Over @ R650**

**Now R450 Save R200**

	 <div data-bbox="875 256 1081 331" style="border: 1px solid black; padding: 5px; text-align: center;"> <b>All Over</b> </div>	<p>C. <b>All Over</b> – You are fat from top to toe.</p> <p><b>Dosage:</b> Always take capsule with a glass of water. Take 1 Capsule 30min before breakfast. Take 1 Capsule 30min before bedtime.</p> <p><b>Use until you reach your desired figure. Maintain your Shape with your Specific Fat Attack Capsule.</b></p>	
<p><b><u>Stress</u></b> 60x Capsules per bottle.</p> 	<ol style="list-style-type: none"> <li><b>1. Are you impatient about weight loss, stressed up and battle to sleep?</b></li> <li><b>2. Did you have trauma in the last 5 years?</b></li> <li><b>3. Belly Fat, love handles and a buffalo hump?</b></li> </ol> <ul style="list-style-type: none"> <li>To lose weight you need to cut down on carbs. Carbs act as a natural mood stabilizer.</li> <li>The Stress Capsule feeds your adrenals, and this calms you down in times when you're not eating many carbs.</li> </ul>	<p><b>You can use the Stress Capsule on its own or combine it with Top/Bottom/All Over.</b></p> <p><b>Dosage:</b> Always take capsule with a glass of water.</p> <p>Take 1 Capsule 30min before breakfast and 1 Capsule 30min before bedtime.</p>	<p><b>1 @ R600 Now R450 Save R150</b></p> 

	<ul style="list-style-type: none"> <li>• During deep sleep, your body burns unwanted fats, builds muscle tone, and repairs cells.</li> </ul>		
<b><u>BOOSTER</u></b>			
<b><u>Fat Buster</u></b> 30x Capsules per bottle.	<ul style="list-style-type: none"> <li>• Cellulite</li> <li>• Shrink Skin</li> <li>• Avoid Plateau Phase</li> <li>• Shape and Tone</li> <li>• Improve Muscle Mass</li> <li>• Boost Weight Loss Results</li> <li>• Improve Blood Sugar Levels</li> <li>• Convert Food faster into Energy</li> <li>• Positive effects on the immune system</li> <li>• Prevent Hair loss</li> <li>• Boost Sex Drive</li> </ul>		<b>1 @ R600</b>

## HOME SLIMMING PACKS

**All Home Slimming Packs gets the NODIET Method:** All Documents will be sent electronically to your email or WhatsApp.  
Behavior Modification (NODIET Program) + Food & Weight Chart

### 2 Products:

#### Fat Attack:

Choose Top/Bottom/All  
Over or Stress:

1x Fat Attack (60)

#### Food Control:

1x Meal Shake (30)

### Pensioner Pack



**How to Eat:** Replace 1 meal a day with 1 scoop Meal Shake, 1 meal with Free Veggies & Salad and eat Main Meal with the NODIET Method.

#### **Capsules:**

*Take with a Glass of Water.*

#### **30min before Breakfast:**

*1 Fat Attack*

#### **30min before Bedtime:**

*1 Fat Attack*

**1 @ R1450**  
**Now R1250**  
**Save R200**

### 3 Products:

#### Food Control:

2x 450g Meal Shake (60)

#### Fat Attack:

Choose Top/Bottom/All  
Over or Stress:

1x Fat Attack (60)

### Starter Pack



#### **Meal Shake:**

Replace any 2 meals.

Less than 100kg – 1 scoop

More than 100kg - 2 scoops

#### **Capsules:**

*Always take Capsules with a Glass of Water.*

#### **30min before Breakfast:**

*1 Fat Attack*

#### **30min before Bedtime:**

*1 Fat Attack*

**1 @ R1900**  
**Now R1650**  
**Save R250**



## **6 Products:**

### **Food Control:**

2x 450g Meal Powder per Tub. 30 Meals.

### **Metabolic Repair:**

1x Good Morning (30)  
1x Good Night (30)  
1x Detox (30)

### **Fat Attack:**

Choose  
Top/Bottom/All  
Over/Stress:  
1x Fat Attack (60)

## **Extreme Pack**



### **Meal Shake:**

Replace any 2 meals.  
Less than 100kg – 1 scoop  
More than 100kg – 2 scoops

### **Capsules:**

*Always take Capsules with a Glass of Water.*

### **30min after Breakfast:**

1 Fat Attack  
1 Good Morning

### **30min before Bedtime:**

1 Fat Attack  
1 Good Night  
2 Detox

**1 @ R3400**

**Now R2850**

**Save R550**



## **8 Products:**

### **Food Control:**

2x 450g Meal Powder per Tub. 30 Meals.  
1x No Thank You (30)

### **Metabolic Repair:**

1x Good Morning (30)  
1x Good Night (30)  
1x Detox (60)

### **Fat Attack:**

Choose  
Top/Bottom/All  
Over/Stress:  
1x Fat Attack (60)

### **Booster:**

Fat Buster (30)

## **Dysfunctional Pack**



### **Meal Shake:**

Replace any 2 meals with TenaZ Shake.

Less than 100kg – 1 scoop

More than 100kg - 2 scoops

### **Capsules:**

*Always take Capsules with a Glass of Water.*

### **30min before Breakfast or Lunch:**

*If you lack Self-Control*

1 No Thank You

### **30min before Breakfast:**

1 Booster

1 Fat Attack

1 Good Morning

### **30min before Bedtime:**

2 Detox

1 Fat Attack

1 Good Night

**1 @ R4600**

**Now R3850**

**Save R750**

**3 @ R13 800**

**Now R9900**

**Save R3900**

## DELIVERY

We deliver your parcel at your Doorstep.

**R150**

International Delivery, please ask your Agent for help and price.

**Quote**

## BANKING DETAILS

TenaZ International (Pty)Ltd  
First National Bank  
Cheque Account: 62727057590  
Branch Code: 251650 (Sunninghill)

1. Please use your Cell Number or Order Number as Reference.
2. Please send proof of payment to your Agent.

# Sunday, August 11, 2024

### TenaZ TEAM

Name	Number	Email	Coupon Code
<b>BERRIE</b>	072 192 0727	<a href="mailto:berrie@tenaz.co.za">berrie@tenaz.co.za</a>	BERRIE
<b>MARLIN</b>	076 993 3215	<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>	MAGRIET
<b>ELEANOR</b>	072 697 0887		ELEANOR
<b>BERTIE</b>	076 817 1619		BERTIE

### HEAD OFFICE

<b>DIET HOTLINE</b>	WA 063 062 1888	<b>SANET</b>	
<b>PARCELS</b>	WA 062 958 6867	<a href="mailto:admin@tenaz.co.za">admin@tenaz.co.za</a>	<b>CHARLENE</b>

