



PRODUCTS INGREDIENT LIST:

FOOD CONTROL

1. Meal Shake

Serving Size: 1 Scoop (15g).

Dosage:

- **Weight Loss** – Replace 2 Meals per day.
- **Sustain Healthy Weight** – Replace 1 Meal per day.

NUTRITIONAL INFORMATION	PER 100g	PER 15g SERVING:	%NRV
ENERGY (kJ)	1407	211	*
PROTEIN (g)	38,2	5,7	10%
GLYCEMIC CARBOHYDRATE (g)	44,0	6,6	*
OF WHICH SUGAR (g)	16,7	2,5	*
TOTAL FAT (g)	1,5	0,2	*
OF WHICH SATURATED (g)	0,4	0,1	*
DIETARY FIBRE (g)	1,4	0,2	*
TOTAL SODIUM (mg)	383	58	*
POTASSIUM (mg)	818	123	*
CALCIUM (mg)	1035	155	12%
MAGNESIUM (mg)	150	22	5%
PHOSPHOROUS (mg)	615	92	7%
VITAMIN C (mg)	333,3	50	50%
NICOTINAMIDE (mg)	53,3	8	50%
VITAMIN E (mg)	50	7,5	50%
PANTOTHENIC ACID (mg)	16,7	2,5	50%
VITAMIN B6 (PYRIDOXINE) (mg)	5,7	0,8	50%
VITAMIN B2 (RIBOFLAVIN) (mg)	4,3	0,6	50%
VITAMIN B1 (THIAMINE) (mg)	4	0,6	50%
VITAMIN A (mcg)	3000	450	50%
FOLIC ACID (mcg)	1333,3	200	50%
BIOTIN (mcg)	100	15	50%
VITAMIN D (mcg)	50	7,5	50%
VITAMIN B12 (mcg)	8	1,2	50%

% Nutrient Reference Values (NRVs) for individuals 4 years and older

*%NRV not established

Ingredients: Maltodextrin, Skim milk powder, Calcium caseinate, Soy lecithin, Whey protein isolate, Taurine, L-Glutamine, Magnesium lactate, Calcium lactate, Digestive enzyme blend, Egg albumin, Potassium phosphate, Vitamin premix, MCT oil, Salt, Sucralose, Flavoring, Stabilizers.

Allergens: Cow's milk, Soy, Egg. Made in a facility that handles egg, gluten (wheat, barley, oats).

Warnings: If you suffer from any medical condition consult your healthcare practitioner before using this product. Discontinue the use of this product where there is sensitivity towards any of the ingredients. If you take any prescription medication consult your healthcare practitioner before using this product. If you are pregnant or breastfeeding your baby please consult your doctor, pharmacist, or other health care professional for advice before taking this medicine.

Store at or below 25° C. Protect from light and moisture. Keep out of reach of children.

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2. **No Thank You**

Serving Size: 1 Capsule 500mg.

Dosage:

- **First 4 days** - Take 1 Capsule ½ an hour before breakfast and 1 Capsule ½ an hour before lunch with a glass of water.
- **After first 4 days** – Take 1 Capsule when Necessary.

Each capsule provides:		% NRV
Calcium carbonate	100mg	8%
Choline	10mg	2%
L-Cysteine	10mg	*
L-Tyrosine	10mg	*
L-Lysine	10mg	*
L-Ornithine	10mg	*
L-Arginine	10mg	*
L-Methionine	10mg	*
Psyllium husks	100mg	*
Saw palmetto	40mg	*
Yerba mate	25mg	*
Garcinia cambogia	25mg	*
Fennel seed	25mg	*
Ginger root	25mg	*



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METABOLIC REPAIR

1. Detox

Serving Size: 1 Capsule 500mg.

Dosage: Take 2 Capsules ½ an hour before Bedtime with a glass of water.

Each capsule provides:		% NRV
Ascorbic acid (Vitamin C)	200mg	200%
Selenium AAC	1mcg	2%
L-Glutamine	50mg	*
L-Cysteine	75mg	*
L-Glycine	87.5mg	*
Barberry	12.5mg	*
Kudzu	12.5mg	*
Dandelion	12.5mg	*
Aloe bitters	50mg	*

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2. Good Morning

Serving Size: 1 Capsule 500mg.

Dosage: Take 1 Capsule ½ an hour before Breakfast with a glass of water.

Each capsule provides:		% NRV
Choline	15mg	3%
L-Cysteine	15mg	*
L-Tyrosine	15mg	*
L-Lysine	15mg	*
L-Ornithine	15mg	*
L-Arginine	15mg	*
L-Methionine	10mg	*
Psyllium husks	130mg	*
Saw palmetto	100mg	*
Yerba mate	50mg	*
Garcinia cambogia	50mg	*
Fennel seed	25mg	*
Ginger root	25mg	*

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3. **Good Night**

Serving Size: 1 Capsule 300mg

Dosage: Take 1 Capsule ½ an hour before Bedtime with a glass of water.

Each capsule provides:		% NRV
Thiamine HCl (Vitamin B1)	1mg	83%
Riboflavin (Vitamin B2)	1mg	77%
Niacin (Vitamin B3)	1mg	6%
Biotin	0.2mg	667%
Calcium-d-pantothenate (Vitamin B5)	5mg	100%
Passionflower	250mg	*
Valerian root	241.8mg	*

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FAT ATTACKS

1. Top

Serving Size: 1 Capsule 500mg.

Dosage: Take 1 Capsule ½ an hour before Breakfast with a glass of water.

Each capsule provides:		% NRV
L-Cysteine	375mg	*
Beta Alanine	25mg	*
Ashwagandha	100mg	*

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2. **Bottom**

Serving size: 1 Capsule 500mg.

Dosage: Take 1 Capsule ½ an hour before Bedtime with a glass of water.

Each capsule provides:		% NRV
Beta Alanine	50mg	*
Taurine	100mg	*
Red clover	350mg	*

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3. All Over

Serving size: 1 Capsule 500mg.

Dosage: Take 1 Capsule ½ an hour before Breakfast and 1 Capsule ½ an hour before Bedtime with a glass of water.

Each capsule provides:		% NRV
Ginger root	150,5mg	*
Fennel seed	59.3mg	*
Fenugreek seed	40mg	*
Juniper berry	39mg	*
Slipper Elm bark	32.9mg	*
Cinnamon bark	30.7mg	*
Clove	28mg	*
Dandelion root	20.5mg	*
Burdock root	20.5mg	*
Liquorice root	20.5mg	*
Astragalus	20.1mg	*
Cayenne	20mg	*
Black pepper	5mg	*



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4. **Stress**

Serving size: 1 Capsule 500mg.

Dosage: Take 1 Capsule ½ an hour before Breakfast and 1 Capsule ½ an hour before Bedtime with a glass of water.

Each capsule provides:		% NRV
Calcium-d-pantothenate (Vitamin B5)	100mg	2000%
Ascorbic acid (Vitamin C)	100mg	100%
Histidine	10mg	*

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BOOSTERS

1. Fat Buster

Serving size: 1 Capsule 500mg.

Dosage: Take 1 Capsule ½ an hour before Breakfast with a glass of water.

Each capsule provides:		% NRV
Chromium picolinate	200 mcg	20%
L-Carnitine	250 mg	*
Garcinia cambogia fruit	250 mg	*

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Thank you for your enquiry.

TenaZ™ really works and is the Modern Way to cope with Diet Pressure.

All our [**Weight Loss Products**](#) are safe with your Chronic Medication. TenaZ is manufactured at a **GMP-certified laboratory** using the latest Weight Loss Technology and Equipment. All ingredients are obtained naturally to Repair Nutrient, Chemical and Hormonal imbalances.

- Managing Eating Habits is easy with our [**Food Control**](#) Products.
- Repair your Slow Metabolism with our [**Metabolic Repair**](#) Products.
- Attack your Big Fat Deposits with our [**Fat Attack**](#) Products.
- Get the Body you Deserve with the [**Booster**](#).

WhatsApp our 24/7 Diet Hotline, we listen to your concerns and feelings, spend time with you and share the priority you've placed on developing a healthier lifestyle.

We created [**4 Home Slimming Packs**](#), to assist you to lose Weight at the Speed you need and according to your Budget.

To keep your weight-loss plans private our unique [**NODIET Method©**](#) keep you accountable to yourself by having regular weigh-ins and assist you to record your diet progress.

SMS help to 44003 or email [**admin@tenaz.co.za**](mailto:admin@tenaz.co.za) for more info.

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The TenaZ Team