



# WhatsApp 24/7/365

Please contact your Agent directly on their contact number.

NAME	NUMBER	EMAIL	SANETCODE
BERRIE	072 192 0727	<a href="mailto:berrie@tenaz.co.za">berrie@tenaz.co.za</a>	BERRIE
MARLIN	076 993 3215	<a href="mailto:madelein@tenaz.co.za">madelein@tenaz.co.za</a>	MADELEIN
ELFIE	083 227 6105	<a href="mailto:elfrieda@tenaz.co.za">elfrieda@tenaz.co.za</a>	ELFIE
MAGRIET	071 372 7555	<a href="mailto:magriet@tenaz.co.za">magriet@tenaz.co.za</a>	MAGRIET
ELEANOR	072 697 0887	<a href="mailto:eleanor@tenaz.co.za">eleanor@tenaz.co.za</a>	ELEANOR
BERTIE	076 817 1619	<a href="mailto:bertie@tenaz.co.za">bertie@tenaz.co.za</a>	BERTIE
HEAD OFFICE			
DIET HOTLINE	063 062 1888	SANET WhatsApp only	
PARCELS	062 958 6867	SHELLY	<a href="mailto:admin@tenaz.co.za">admin@tenaz.co.za</a>



# Office Hours

**Monday to Thursday:** 9am to 4pm.

**Friday & Saturday:** 9am to 2pm.

**Sunday:** 2pm to 4pm.

The **NODIET@Method** is safe with chronic medication and is part of our **TenaZ Dysfunctional Weight Loss Range**.

Refer to the **PRODUCT GUIDE** for more information how to use your TenaZ Products.

We have a Variety of **Home Slimming Packs** to assist you to Attack Big Fat Deposits.  
Contact your **AGENT** to assist you to get your Personalized Home Slimming Pack.

## DISCLAIMER

Information provided is for educational purposes only and is not intended to be a substitute for professional medical advice specific to the reader's particular situation.

The information is not to be used for diagnosing or treating any health concerns you may have.

The reader is advised to seek prompt professional medical advice from a doctor or other healthcare practitioner about any health question, symptom, treatment, disease, or medical condition.