



TIENS Nutri-Shape weight management programme

Better health
Better life

Start the journey to
a better you with TIENS -
the expert of health and
wellness



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TIENS Nutri-Shape

is

**12 weeks in 3-stage
weight management programme**
combined with

**food supplements and
nutrition tips**
to help you shape up your body.

**It's high time to change
your lifestyle
and live a healthier life!**

3-stage weight management programme

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Stage 1

Weight loss
4 weeks



Stage 2

Stabilisation
4 weeks



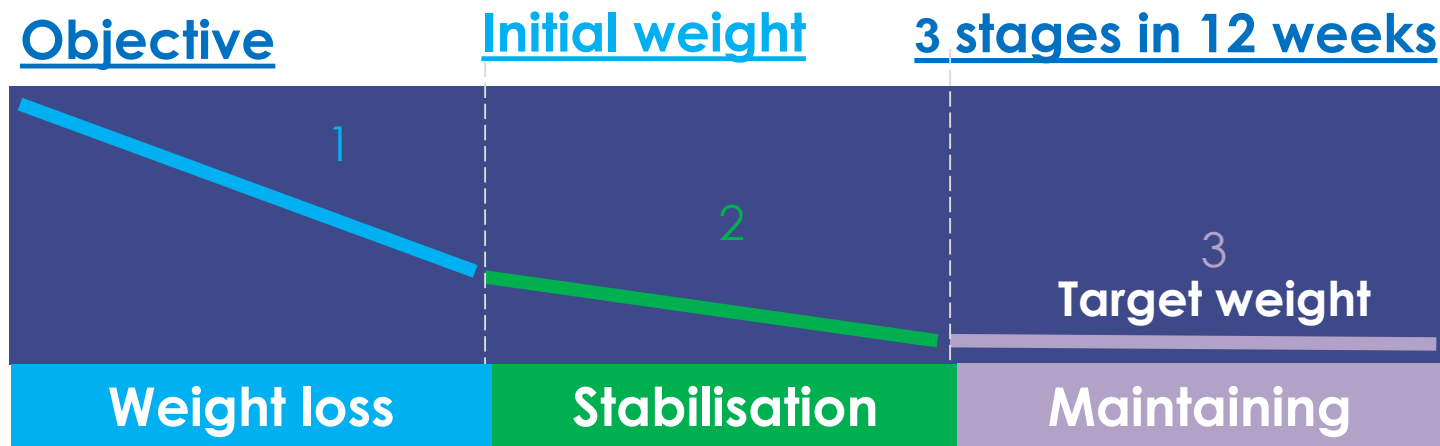
Stage 3

Maintaining
4 weeks



STAGES OF A WEIGHT MANAGEMENT DIET

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- Break away with past bad eating habits.
- Reduce the calorie intake, introduce **healthy foods** and **exercising**.

- Keep going to change your nutrition and exercise habits.
- Add more foods to make eating more **varied**.
- Increase calorie intake mildly still to continue shaping up your body.

- Consolidate weight loss while eating and living healthy.
- Increase calorie intake but keep it **moderate**.
- This stage is important to avoid the **yoyo effect**.



TIENS Nutri-Shape

weight management food supplements:

**Nutri Shape Trim,
Nutri-Shape Block,
Nutri-Shape Burn**

packed with **natural ingredients** to **support** you through each of the stages,

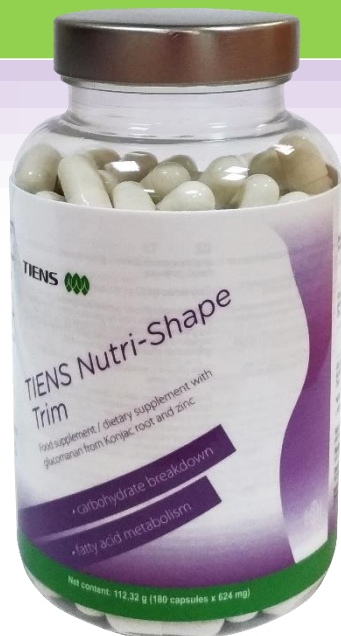
combined with a healthier, more active lifestyle **help** manage weight successfully.





TIENS Nutri-Shape weight management programme food supplements:

food supplement	TIENS Nutri-Shape Trim	TIENS Nutri-Shape Block	TIENS Nutri-Shape Burn
active ingredients	<ul style="list-style-type: none"> glucomannan (konjac root) zinc 	<ul style="list-style-type: none"> chitin-glucan 	<ul style="list-style-type: none"> caffeine raspberry fruit extract chromium vitamin K2



TIENS Nutri-Shape

Weight Management Programme

Before: Take TIENS FOS Syrup for its body cleansing and regulating properties

Stage 1

Weight loss
4 weeks

Take TIENS Nutri-Shape food supplements: Trim, Block, Burn for assisting your weight management

Stage 2

Stabilisation
4 weeks

Take TIENS Nutri-Shape food supplements: Trim, Block, Burn for assisting your weight management combined with: TIENS Kardi, Spirulina, Nutrient Super Calcium for strengthening

Stage 3

Maintaining
4 weeks

Take only TIENS Kardi, Spirulina, Nutrient Super Calcium for strengthening

TIENS Nutri-Shape Weight Management Programme

**Before
starting:**



**Stage 1
Weight loss
4 weeks**



**Stage 2
Stabilisa-
tion
4 weeks**



**Stage 3
Mainta-
ining
4 weeks**



➤ TIPS FOR EATING HEALTHY

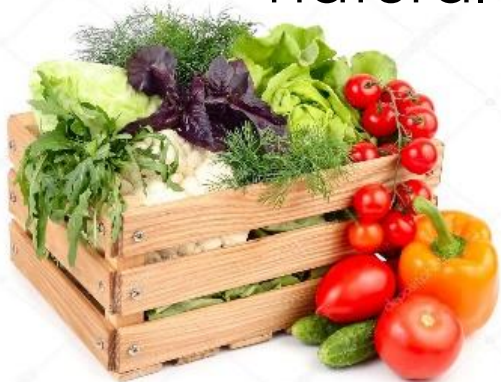
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1. Eat **moderate, regular** meals (5 meals every 3-4 hours).
Don't overeat.

2. **Vegetables** (coloured and leafy green) and **fruits** should be eaten as often and as much as possible.

3. Eat cereal products, especially **whole-grain**.

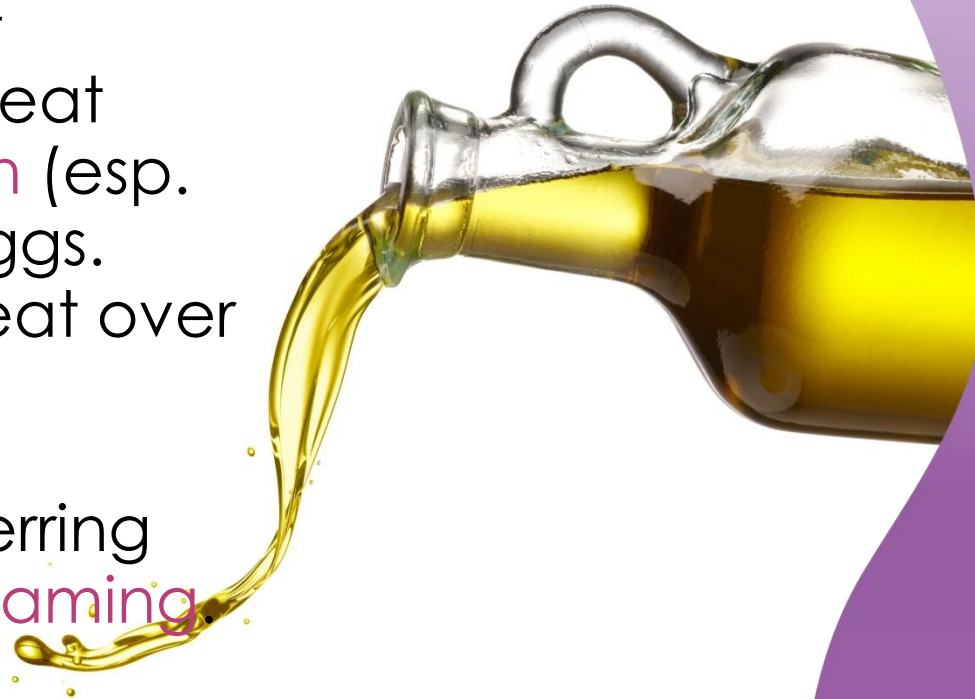
4. Drink 1-2 cups of **milk** daily or replace them with natural **yoghurt, kefir, some cheese**.



5. Eat less meat (esp. processed meat products). Include **fish** (esp. oily), pulses and eggs. Choose lean, white meat over red meat.

6. Avoid frying, preferring **baking, cooking** or **steaming**.

7. Limit your intake of animal fats. Substitute it with **vegetable oils** (olive oil, rapeseed oil, linseed oil), but avoid hardened fats.



8. Avoid sugar, sweets and sugar-sweetened juices, especially soda drinks.



9. Avoid extra salting, salty snacks and fast food in favour of **herbs** (rosemary, oregano, thyme, basil, turmeric, garlic, ginger, cinnamon) and **healthy snacks** (nuts, dried vegetables).



10. Drink at least 1.5 l water per day. Avoid alcohol.

GOLDEN RULE FOR HEALTHY LIFE

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Be physically active
every day.



**Make regular physical activity
part of your lifestyle.**

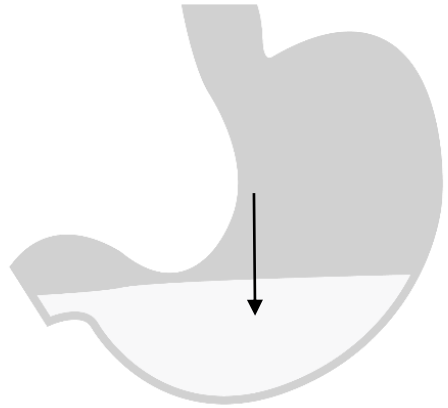
TIENS Nutri-Shape Trim

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Key benefits:

food supplement which contains:

- **glucomannan**, a natural, soluble dietary super fibre that makes the stomach **feel full**, thus effectively manages hunger and controls appetite,



- **zinc**, an indispensable micronutrient.



TIENS Nutri-Shape Block

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Key benefits:

daily supplement designed to:

- increase your daily fibre intake,
- bind the amount of fat you absorb, and
- help improve your cholesterol levels.

It contains **chitin-glucan** – a natural fibrous substance derived from a vegetal source with very high purity ($\geq 95\%$).



TIENS Nutri-Shape Burn

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Key benefits:

highly effective dietary supplement that:

- helps improve **metabolism** while delaying the absorption of carbohydrates (raspberry),
- contributes to maintaining **normal blood sugar** (chromium).



TIENS weight management programme food supplements:

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Food supplement	TIENS Nutri-Shape Trim	TIENS Nutri-Shape Block	TIENS Nutri-Shape Burn
Recommended daily portion	6 capsules per day	6 capsules per day	3 capsules per day
When to take	<ul style="list-style-type: none"> • 2 capsules half an hour before breakfast, • 2 capsules half an hour before lunch, • 2 capsules half an hour before supper 	<ul style="list-style-type: none"> • 2 capsules 15 minutes before a main meal 	<ul style="list-style-type: none"> • 2 capsules in the morning shortly after breakfast, • 1 capsule in the afternoon shortly after lunch

Net content: **Trim** – 180 capsules
Block – 30 capsules
Burn – 90 capsules

Bundle for 1-month consumption:

- 1 x Trim
- 6 x Block
- 1 x Burn



Incorporating **TIENS Nutri-Shape** weight management supplementation

(Trim, Block, Burn)

into a *healthier, more active lifestyle* will help manage your weight successfully!

Remember always to take these food supplements with sufficient amount of **water**



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Change your life
with
**TIENS Nutri-Shape weight
management
programme!**

Lose weight
and start
a healthy plan
for a lifetime

