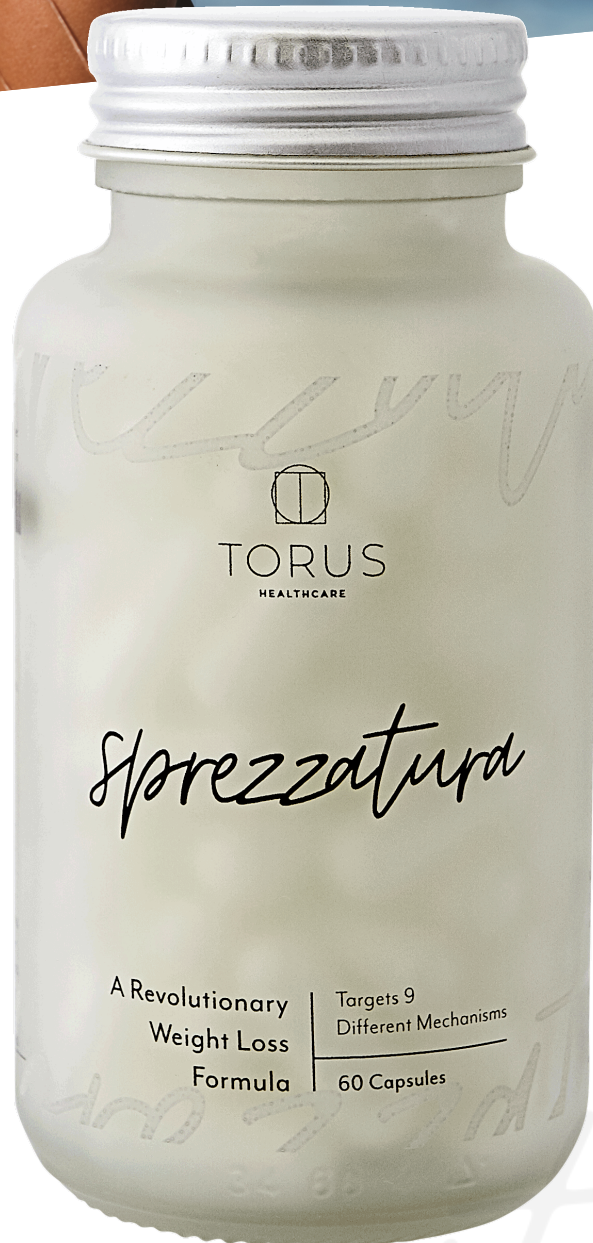


# Sprezzatura

OWN YOUR CONFIDENCE



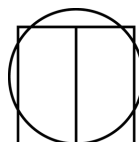
## SPREZZATURA PHILOSOPHY

Sprezzatura is all woman, everything woman! Our vision is to inspire and transform you to own your confidence. Losing weight is much harder for women than men. There are complexities beyond simply cutting calories and watching the weight fall off. Emotional, Physical and Social barriers that simply aren't addressed by a male-dominated fitness industry add to the difficulties women face in losing weight. Sprezzatura's aim is to empower and motivate women, to believe in themselves and gain inner strength to reach their weight loss goals. We believe that no woman should be restricted by our societal values, which unfairly, and somewhat arbitrarily, place greater focus on women's appearances than men. As women we are more self-critical about the way we look. The thoughts you think and your self-talk about being overweight can make you feel empty, ashamed, or isolated. I believe that a woman can either have incredible inner strength based on the way she thinks and feels about her body, mind, and spirit. Or the exact opposite can have a debilitating effect on her, confining personal growth, self-worth, and achievement in life. If you have weight to lose, realise that you are not your weight. Wipe the sentence "I am fat" from your vocabulary. You are not fat. You have fat. Having biologically necessary fat cells, even if it's in abundance, should in no way be tied to your identity. Accepting and understanding this will allow you to appreciate progress, be realistic about expectations, and most importantly be kind to yourself. The rest we have done for you. We've developed a potent weight loss formula that activates 9 different systems in the body to help women lose weight fast, and effectively. In conjunction with a holistic approach to training and mind coaching that will help you get physically healthy and emotionally healthy while owning the self-love and getting your sexy back.



One day, or day one. You decide...

*Jestine Enslin*



TORUS  
HEALTHCARE





## A REVOLUTIONARY WEIGHT LOSS SUPPLEMENT

The ingredients in **Sprezzatura** have been carefully selected based on a systems theory approach designed to address the causes of excess weight in women. Our multidimensional approach uses 22 ingredients aimed at delivering a faster, more effective and most importantly a healthier consistent weight loss method and management thereof. **Sprezzatura** is uniquely aimed to increase metabolism, burn fat and reduce the storage of fat in the body. Fundamentally, **Sprezzatura** aids irregular mood, irritability and anxiety in women, dually controlling emotional eating. This is the core functioning of this unparalleled formula. No other conventional weight loss pill or fat burner includes a cognitive component like **Sprezzatura**, thereby making it manageable and possible for women to stick to their weight loss journey and reach their goal.

What about energy? **Sprezzatura's** ingredients facilitates real ATP energy production as carbohydrates are broken down and burned up as fuel instead of being stored as fat. This surplus in natural energy prevents energy crashes experienced with conventional caffeine laced formulations. Furthermore, **Sprezzatura** is designed to support underlying metabolic processes and includes ingredients that have shown to target the improvement of insulin resistance.



# sprezzatura

designed to support

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TARGET 1

**Appetite Suppression & Cravings**

TARGET 2

**Breakdown of Fat Cells & Fat Storage**

TARGET 3

**Carbohydrate Blocking**

TARGET 4

**Mood Stabilization, Stress Management & Emotional Eating**

TARGET 5

**Ketosis with a Boost in Metabolism**

TARGET 6

**Fast, Sustained All-day ATP Energy Production**

TARGET 7

**Reduction of Metabolic Inflammation**

TARGET 8

**Restoration of Gut Health**

TARGET 9

**Insulin Resistance & Metabolic Syndrome Improvement**

## BRAND AMBASSADORS



### Jestine Enslin

Lost 23kgs in three months

The Sprezzatura journey started 6 years ago. Trial and error, what works and what does not, lead to an intense passion for weight loss and the confidence that such a journey brings to a woman.

Today we formulated a revolutionary weight loss formula. Not only is it a powerful fat burner but more importantly it actively works on emotional eating, mood and stress which is a general problem for women trying to lose weight, Holistically we focus on empowering you through motivational support and life coaching to get your mind on your body's side and own your confidence.



### Clasie Wagener

Lost 8kgs in one month

"Week 2 done! How amazing is it to start feeling more energised, and most importantly seeing the results of Sprezzatura after only 2 weeks!! I started feeling the weight loss in my clothes already, and it is visible on my belt (photo below down 3 holes). Sprezzatura definitely suppresses my appetite and when I do eat, I feel I have had enough after a fairly small portion of food. Don't hesitate, it will never get any easier...go on, order your Sprezzatura online now...and get your sexy back!!! #Sprezzatura #JestineEnslin"

"#Sprezzatura werk! Eerste fotos links was 5 Oktober 2020, fotos regs was vandag, 5 November 2020. #Sprezzatura het my beslis sover gehelp, en ek kan dit werklik aanbeveel!!1. Ek het 8kg en baie cm's verloor in een maand.2. Ek voel gouer vesadig as ek eet, en word nie so goue honger nie.3. My energievlak is beter.4. My gemoed voel fantasties.5. Beste van alles, ek ervaar geen nuwe effekte nie! Probeer dit gerus. #Sprezzatura #NowOrNever#GetYourSexyBack Dankie Jestine Enslin vir #Sprezzatura!!"

## BRAND AMBASSADORS



### Samantha Jackson

Lost 16.7kg in two and a half months

"So last week i started a lifestyle journey of losing all my "lockdown" weight as i am sure some of you gained last year...No joke...i really let myself go....and decided thats it!!! So week 1 i lost 4.8 - almost 5kgs...and am feeling amazing...into my second week i can feel the weight literally falling off of me...and the energy i have is amazing! I don't even feel the "cravings" especially in week 2.

[www.sprezzatura.net.za](http://www.sprezzatura.net.za) to get yours

today!#brandambassador

#sprezzatura#gettingmysexyback #lifebeginsat40"

"2nd month done and dusted...down 13kgs since Day 1...so happy. Been hard work this month but it is finally paying off! Being someone that doesn't eat during the day but binges at night, this program has taught me to eat right and eat at the same time everyday...amazing how my body knows when its "breakfast, lunch or dinner" time. I also feel amazing with loads of energy still so can definitely say this program is a winner so far!

#sprezzatura #loseweightnow

Thanks to Sprezzatura

<https://www.facebook.com/Sprezzatura.net>

### Alta Koen



Sprezzatura 1 week difference photos. Im 2 weeks on Sprezzatura now

### Michela Pietromartire

I'm a 39 year old mom to a soon to be 4 year daughter and wife to an amazing man. Before I met Brandon my weight was pretty normal and stable 65kg as I gym'd 5 times a week, eat well. The first 3 years of our relationship was great gyming together eating healthy ish, then I fell pregnant and I put on 18 kgs while pregnant, I believed I would get back to my normal weigh quickly but the bad habits I picked up during my pregnancy had stuck with me for almost 4 years. I saw Marc's add on Facebook and I took a chance. He messaged back and that's where my journey with Sprezzatura started. The first week I battled as we were building at home in and out of hotels but I stuck to it. I lost 2.6 in the first week. The second week I found it alot easier to maintain the cravings for the sweet stuff. I no longer smelt the sweets, chips or biscuits my hubby and daughter were eating. By the third week I started getting compliments from people noticing a change which made my confident levels so much higher. We in week 4 now and I have never felt better I'm 5.4 kgs down and fitting into clothes I haven't worn for almost 4 years. I have 4kgs more to go till my goal but I know I have the willpower to say no and make the right food choices.--

# THE SCIENCE BEHIND THE RESULTS

**AFRICAN MANGO (IRVINGIA GABONENSIS) EXTRACT:** According to a 2009 study on *Irvingia Gabonensis* (African Mango), it steps in and acts as a **completely natural appetite suppressant**. When you take African Mango, it actually starts to interact with and help your brain send different signals about how hungry you are. 102 participants in a ten-week study were given either a placebo or 150mg of African Mango. This was done twice a day before eating a meal. Those taking African Mango capsules lost nearly 30 pounds in ten weeks, as well as more than six inches around the waist and nearly 20% body fat. **LDL cholesterol levels improved**, too. This was a double-blind study. (1)

**ALCAR (ACETYL-L- CARNITINE):** When your insulin is low, your mitochondria begin turning to fat for fuel. They grab onto body fat (or fat you eat), break it down into fatty acids, and send the fatty acids to your mitochondria. Your mitochondria flip those fatty acids into adenosine triphosphate (ATP) the primary form of energy in the body, that powers your cells. In different words, **you need carnitine to metabolize fat**. If you're low on carnitine, fat can't get into your mitochondria, and you struggle to use it for fuel.[2] however this is solved with ample carnitine supplementation. (2)

**ALPHA LIPOIC ACID (75% R- ISOMER):** Research has shown that alpha-lipoic acid may affect weight loss in several ways. Animal studies indicate that it can reduce the activity of the enzyme AMP-activated protein kinase (AMPK), which is located in your brain's hypothalamus. When AMPK is less active, it may **reduce feelings of hunger**. On the other hand, suppressing AMPK activity **may increase the number of calories your body burns at rest**. Thus, animals who took alpha-lipoic acid burned more calories. (3)

**ASHWAGANDHA:** Ashwagandha is an ancient medicinal herb. It's classified as an adaptogen, meaning that it can **help your body manage stress**. Ashwagandha also provides numerous other benefits for your body and brain. For example, it can **boost brain function, lower blood sugar and cortisol levels, and help fight symptoms of anxiety and depression**. In turn this **helps with emotional eating**. (4)

**BERBERINE:** Berberine is effective as a weight loss supplement. Studies have examined the effects on body weight. In a 12-week study in obese individuals, reported about 5 pounds of weight loss, on average. The participants also lost 3.6% of their body fat. The researchers believe that the weight loss is caused by **improved function of fat-regulating hormones, such as insulin, adiponectin and leptin**. Berberine also appears to **inhibit the growth of fat cells at the molecular level**. (5)

**BIOPERINE:** Bioperine increases nutrient absorption by stimulating Thermogenesis and increasing your Metabolism. This process **breaks down your fat cells** and increases your internal temperature, supporting Fat loss. Bioperine works in Symbiosis with Dopamine and Serotonin, our happiness and pleasure chemicals. By boosting these levels, Bioperine can aid in individuals **feeling more positive and joyous**. Bioperine may also reduce inflammation. When you pair this with the increased Bioavailability from nutrients that Bioperine provides, this compound has an overall **strengthening effect on the immune system**. (6)

**CHROMIUM PICOLINATE:** In an 8-week study, chromium (in the form of chromium picolinate) **reduced food intake, hunger and cravings** in healthy overweight women. The researchers reported that the effects of chromium on the brain may have produced these effects. Other research has examined people with binge-eating disorder or depression, as these groups could potentially benefit the most from suppressing cravings or hunger. An 8-week study assigned 113 people with depression to receive chromium in the form of chromium picolinate or a placebo. The researchers found that appetite and cravings were reduced with chromium picolinate supplements, compared to the placebo. Additionally, a small study observed possible benefits in people suffering from binge-eating disorder. Chromium picolinate helps with emotional eating and binge eating. (7)

**CISSUS QUADRANGULARIS:** A study involving randomized, double-blind, placebo-controlled design involving 123 overweight and obese persons (47.2% male; 52.8% female; ages 19–50). The 92 obese (BMI >30) participants were randomized into three groups; placebo, formulation/no diet, and formulation/diet (2100–2200 calories/day). The 31 overweight participants (BMI = 25–29) formed a fourth (no diet) treatment group. All participants received two daily doses of the formulation or placebo and remained on a normal or calorie-controlled diet for 8 weeks. At the end of the trial period, **statistically significant net reductions in weight and central obesity, as well as in fasting blood glucose, total cholesterol, LDL-cholesterol, triglycerides, and C-reactive protein** were observed in participants who received the formulation, regardless of diet. *Cissus quadrangularis* formulation appears to be **useful in the management of weight loss and metabolic syndrome**. (8)

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# THE SCIENCE BEHIND THE RESULTS

**COENZYME Q10:** Research has shown that CoQ10 plays several key roles in your body. One of its primary functions is to help generate energy in your cells. It's involved in making adenosine triphosphate (ATP), which is involved in energy transfer within cells. Its other crucial role is to **serve as an antioxidant and protect cells from oxidative damage**. Excessive amounts of free radicals lead to oxidative damage, which can interfere with regular cell functioning. This is known to cause many health conditions. Given that ATP is used to carry out all the body's functions and oxidative damage is destructive to cells, it is not surprising that some chronic diseases have been linked to low levels of CoQ10. (9)

**GARCINIA CAMBOGIA:** There are two main ways that garcinia cambogia is thought to aid weight loss. It **reduces your appetite and blocks fat production** and reduce belly fat. Studies have found that garcinia cambogia suppresses appetite and makes you feel full. Its mechanism isn't fully known, but studies suggest that the active ingredient in garcinia cambogia can increase serotonin in the brain. Since serotonin is a known appetite suppressant, higher blood levels of serotonin could reduce your appetite. **Most importantly, garcinia cambogia impacts blood fats and the production of new fatty acids**. Human and animal studies show that it may lower high levels of fat in your blood and reduce oxidative stress in your body. One study also suggests it may be especially effective at reducing the accumulation of belly fat in people who are overweight. In one study, moderately obese people took garcinia cambogia daily for eight weeks and drastically improved several risk factors for disease. The main reason for these effects may be that garcinia cambogia inhibits an enzyme called citrate lyase, which plays an important role in the production of fat. By inhibiting citrate lyase, garcinia cambogia is thought to slow or block fat production in your body. This may reduce blood fats and lower your risk of weight gain — two major disease risk factors. (10)

**GREEN COFFEE BEAN EXTRACT:** Green coffee bean extract contains caffeine, a stimulant linked to weight loss. It also boasts high levels of chlorogenic acid, a polyphenol antioxidant that researchers speculate may promote weight loss by **reducing the absorption of fat and glucose in the gut, and lowering insulin levels** to improve metabolic function. A 2011 review in the journal Gastroenterology Research and Practice found green coffee bean extract to lower body weight more significantly than a placebo in three studies. Several studies and reviews have shown that green coffee bean extract may help people lose weight. In a 2017 study on females with obesity, taking green coffee bean extract for 8 weeks, along with an energy-restricted diet, resulted in more weight loss than following an energy-restricted diet alone. Those who took the extract also had **reduced total cholesterol, LDL (bad) cholesterol, and free fatty acids**. The researchers found that this intervention **affected the break down of fat in the body**, which may help people control their weight. (11)

**GREEN TEA EXTRACT:** Studies have shown that green tea extract increases the antioxidant capacity of the body and protects against oxidative stress. Studies have also shown that green tea extract **can promote weight loss, blood sugar regulation, disease prevention and exercise recovery**. It can help keep your skin and liver healthy, reduce blood fat levels, regulate blood pressure and improve brain health. It can be consumed in capsule, liquid or powder form (12)

**GUARANA SEED EXTRACT:** Guarana is a rich source of caffeine, which **may boost your metabolism by 3–11% over 12 hours**. A faster metabolism means your body **burns more calories at rest**. What's more, test-tube studies have found that guarana **may suppress genes that aid fat cell production** and promote genes that slow it down. (13)

**GYMNEMA SYLVESTRE:** One of the primary active components in this plant is gymnemic acid, which helps suppress sweetness. Gymnema sylvestre help you **fight sugar cravings and lower high blood sugar levels**. Studies suggest that consuming gymnemic acid **reduces the intestinal absorption of the sugar glucose**. (14)

**HORDENINE:** What makes this product different from the others is that fact that this powerful hormone regulator increases cellular metabolism not only to enhance mental focus but to **promote fat burning** as well. Hordenine helps in the **breakdown of fatty acids**. It boosts the metabolic rate and also slows down the digestion and the tendency of the human body of gastric emptying. As a result the **person's appetite is significantly lowered**. At the same time, Hordenine balances the output of the adrenal glands, which as a result, produces an intense sense of drive and motivation, while improving mood. This motivation, along with the **increased levels of mental focus and energy**, works well when trying to burn calories in a gym. (15)



# THE SCIENCE BEHIND THE RESULTS

**L - THEANINE:** L-theanine is what's known as an anxiolytic—it works to reduce anxiety. Some anxiolytics, such as valerian and hops, have sedative effects. L-theanine, on the other hand, **promotes relaxation and stress reduction** without sedating. L-theanine can help foster a state of calm, attentive wakefulness. L-theanine has positive effects on both the mental and physical symptoms of stress, including lowering heart rate and blood pressure. The **anti-anxiety and sleep-promoting abilities** of L-theanine may help people to **maintain a healthy weight**. After all, getting enough sleep and limiting stress are both key to sticking with a healthy diet and avoiding weight gain. L-theanine may also play a more **direct role in weight maintenance**. There's scientific evidence indicating L-theanine may help to limit fat accumulation and weight gain, and pay help to protect against obesity. (16)

**MANGANESE:** Manganese appears to play a role in **regulating blood sugar**. Additionally, manganese is heavily concentrated in the pancreas. Manganese may contribute to the proper secretion of insulin and help stabilize blood sugar. Due to its role as part of the powerful antioxidant superoxide dismutase (SOD), manganese may **reduce inflammation**. Research suggests that SOD is potentially useful as a therapeutic agent for inflammatory disorders. (17)

**N-ACETYL CYSTEINE (NAC):** NAC helps regulate levels of glutamate — the most important neurotransmitter in your brain. While glutamate is required for normal brain action, excess glutamate paired with glutathione depletion can contribute to mental health conditions, such as bipolar disorder, schizophrenia, obsessive-compulsive disorder (OCD) and **addictive behavior such as binge eating and sugar addictions**. (18)

**POTASSIUM IODINE:** Potassium iodide (KI) is a medication and dietary supplement. As a dietary supplement, it has utility in patients with low iodine intake. As a prescribed medication, it is used to treat severe hyperthyroidism, cutaneous inflammatory dermatoses, nuclear emergencies, and to **protect the thyroid gland** when using radiopharmaceuticals. (19)

**RHODIOLA ROSEA EXTRACT:** Body fat gets stored in adipose tissue. Once fat is stored in this tissue, it is hard to get rid of. That's why some people just can't seem to get rid of certain fatty spots, including "love handles" or a fatty "tire" around the abdomen. The body does possess an enzyme called hormone-sensitive lipase that is capable of **breaking down fat stored** in adipose tissue. But this enzyme is not especially active. This is where rhodiola rosea comes in. Extracts of rhodiola rosea have the capacity to activate hormone-sensitive lipase, thus **increasing the breakdown of fat stored** in adipose tissue. (20)

**SAFFRON EXTRACT:** Snacking is a common habit that may put you at risk of gaining unwanted weight. According to research, saffron **help prevent snacking by curbing your appetite**. In one eight-week study, women taking saffron supplements felt significantly more full, **snacked less frequently, and lost significantly more weight than women in the placebo group**. In another eight-week study, taking a saffron extract supplement helped significantly reduce appetite, body mass index (BMI), waist circumference, and total fat mass. One theory derived from studies, implies that saffron elevates your mood, which in turn reduces your desire to snack. (21)

**SELENIUM:** Shortfalls of selenium cause thyroid function to stall, making weight loss extremely challenging. A study of 1,900 adults, researchers found that women with lower levels of selenium were more likely to have thyroid damage than those with adequate levels. And as the thyroid becomes increasingly damaged, metabolism slows further, and the body burns fewer calories and stores more fat. In addition, women begin to experience a host of non specific symptoms, including tiredness, anxiety and hair loss. Research shows that supplementation can reduce early markers of thyroid dysfunction by as much as 50 percent, while a controlled study found that supplementing with selenium improved thyroid function 43 percent more than a placebo — and subjects lost 90 percent more midsection fat as well. In a separate 2016 study, researchers at the University of Alberta in Canada found that **Selenium increase in dietary intake corresponded to a 6% decrease in body fat**. (22)

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