

DO IT FOR
YOURSELF!

EXTREME 1-2-3 QUICKSTART

Kick-start your Weightloss journey in 3 steps with Tony Ferguson
1-2-3 Quickstart.

1. Prepare your mind and body with [Tony's 3-Day Detox](#)

- Take one effervescent tablet in water 3 times a day for 3 days
- Break bad food habits
- Rid your body of unwanted toxins
- Speed up your Weightloss
- Lighten your toxin load by avoiding alcohol and cigarettes
- For more, watch this video on "[Detoxing with Tony Ferguson](#)"



2. Kick-start your Weightloss with [Tony Ferguson Low Carb Shakes](#)

- Mix shake powder with water to serve as a balanced meal replacement
- Variety of delicious flavours
- Formulated to make sure that you feel satisfied for longer
- Great value with the 500g pack



3. Support your Weightloss with [Tony Ferguson Dietary Fibre Capsules](#)

- Take three capsules twice daily from day one of your Weightloss journey
- Contains both soluble and insoluble fibre so it helps to cleanse your bowel while keeping you regular
- Helps to keep you full for longer



Check out the [Start with Tony Ferguson 1-2-3 Quickstart](#) video on [our YouTube channel](#) for more info.

Tony Ferguson 

Contact us for help:
080-SLIMMER / 080-7546637 | www.tonyferguson.co.za
f Tony Ferguson Weightloss South Africa
@TFWeightlossSA | tonyfergusonrsa

Consult your doctor or healthcare professional before embarking on any weightloss journey.

