

DO IT FOR
YOURSELF!

CLASSIC SUPPLEMENTS

Tony Ferguson dietary supplements are formulated to support you on your Weightloss journey by addressing Weightloss-related factors such as digestive health, cravings and more.

Here are the answers to some dietary supplement FAQs.

TONY FERGUSON MULTIVITAMIN MINERAL COMPLEX*

How will a multivitamin help me while I am following the Tony Ferguson Classic eating plan?

- While losing weight certain vitamins and minerals are required to transfer the fat from the body's cells into the bloodstream where it can be used for energy by the body.
- If you do not consume adequate amounts of these nutrients this process is not as effective and your Weightloss may be compromised.
- Vitamins and minerals are also essential for the body to convert the foods we eat into energy rather than into fat.

Why choose [Tony Ferguson Multi-Vitamin Mineral Complex](#)?

- **It's Specifically Formulated** to support people who are following the Tony Ferguson eating plans. It is a complete multivitamin that contains the necessary vitamins, minerals and other essential nutrients that your body requires.
- **Sustained Release Nutrients** are delivered over an eight hour period to ensure their best utilisation and absorption by the body. This will lead to energy levels being at an optimum throughout the day!
- **Gluten, lactose, salt, dairy and yeast free.** It does not contain any unnecessary additives.



What is the recommended daily dose?

The adult dosage is one tablet daily, taken in the morning with food.

Watch the "[Do I need the Tony Ferguson Multivitamin](#)" video on [our YouTube channel](#) for more info.

*Always read the label. Use only as directed. Supplements do not replace a balanced diet. Please consult your health care professional prior to using this product if you: are pregnant/breastfeeding; have any medical conditions/taking any medication; or are under the age of 16 years.

Tony Ferguson

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

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TONY FERGUSON CHROMIUM PLUS*

What is Chromium?

Chromium is a trace mineral used by the body for sugar, or glucose, metabolism. It is found in soil and therefore in varying amounts in our foods. Unfortunately due to over-cultivation of our soils or inadequate dietary intake many people do not consume sufficient amounts of this mineral.

How will Chromium help me while I am following the Tony Ferguson Classic eating plan?

- When sugar metabolism is disrupted, we can experience highs and lows in our blood sugar levels. We sometimes experience these as cravings.
- Chromium assists with sugar metabolism and helps the body to maintain normal blood sugar levels which helps to prevent feelings of hunger and cravings.

Why choose [Tony Ferguson Chromium Plus](#)?

- **Special formulation** containing chromium (as picolinate and chromic chloride), Vitamin C and cinnamon to help with sugar metabolism while following your Tony Ferguson Classic eating plan.
- **Added Vitamin C.** Chromium is best absorbed when combined with foods high in Vitamin C. Vitamin C is also a supportive antioxidant.
- **Added Cinnamon** which assists with the action of chromium and is a supportive anti-oxidant.



What is the recommended dose?

The adult dosage is one tablet daily, taken with the meal prior to when you are likely to experience cravings.

Watch the "[Cravings and Tony Ferguson Chromium](#)" video on [our YouTube channel](#) for more info.

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Tony Ferguson Dietary Fibre*

What is dietary fibre?

Dietary fibre comes from the thick cell wall of plants and is an indigestible complex carbohydrate. Fibre is divided into two general categories, soluble (found in beans, oats, and fruits) and insoluble (found in vegetables, whole grains, and fruit skins). Each form has different benefits and both soluble and insoluble fibres should be included in the diet.

How will Fibre help me while I am following the Tony Ferguson Classic eating plan?

- **Maintaining Regularity:** A change in diet can affect bowel behaviour. Fibre helps to restore and maintain regularity. This is especially beneficial when following a reduced carbohydrate eating plan. The body can store between 2-5kg of waste and this can reflect on the scale!
- **Satiety (Feeling Full):** Water soluble fibre also swells and increases the bulk in the stomach helping you to feel fuller for longer therefore, acting as an appetite suppressant.
- **Bowel Health:** Various health conditions have been linked to an unhealthy digestive tract. Tony Ferguson Fibre assists in maintaining digestive health.

Why choose [Tony Ferguson Dietary Fibre](#)?

The Tony Ferguson Dietary Fibre is a combination of Psyllium Husk, Oat Fibre, Oat Bran and Slippery Elm. Its benefits include:

- **A combination of Insoluble and Soluble Fibre:** Tony Ferguson Fibre contains both forms which provide bulking, binding and cleansing properties.
- **Slippery Elm:** Slippery Elm is a herb known for its soothing effects and may assist with some of the symptoms of Irritable Bowel Syndrome, such as bloating and flatulence**.



How much Fibre do I need?

The World Health Organisation (WHO) recommends a minimum of 25 grams of total dietary fibre daily. They concluded that dietary fibre was the only dietary component that had "Convincing Evidence" showing a protective effect against weight gain and obesity (WHO 2003)†.

Notes for using Tony Ferguson Dietary Fibre:

- Do not exceed more than the maximum dose of six teaspoons per day.
- We recommend you take any dietary fibre supplement, including the Tony Ferguson Dietary Fibre, 2 hours apart from any other supplements or medications and with sufficient water.

Watch the "[Why fibre is essential](#)" video on [our YouTube channel](#) for more info.

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**If symptoms persist see your healthcare professional.

†"Diet, Nutrition and the Prevention of Chronic Diseases", Report of a Joint WHO/FAO Expert Consultation, Technical Report Series 916.

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