

您是以下其中一族嗎? Everyone wants a fit body but it is extremely hard. Are you one of the below?

每個人都對自己的體態有所追求,但達到目標體態卻十分困難。





控制食慾、擺脫零食誘惑











為以上族群踢走塑身煩惱,迎來事半功倍的專屬塑身旅程! TRME® helps target keep fit obstacles for the above groups and welcomes a personalized fit journey!

TRME® 健康自訂塑身計劃

Tired of trying one-size-fits-all weight management solutions? "TRME®" is a personalized approach, by combining supplement, 333+ diet and regular exercise, to flexibly meeting your unique needs for weight management and lifestyle transformation.

厭倦了千篇一律的體型管理方案?個人化「TRME®健康自訂塑身計劃」透過結合產品、333+ 飲食及定期運動,

減脂 塑形

維持肌肉 自己掌控,

成就您的 最佳狀態! TAKE CONTROL & BE THE BEST OF ME!

彈性地配合個人需要,以管理體重及達致更健康生活模式。



要為健康塑身提供完善支援,只需自由配搭TRME產品,即享以專有

ageLOC® 科技及 Nu Skin 6S 品質措施認證的安全、高效

全面塑身體驗,輕鬆獲得理想體態! To support a healthy weight management, freely mix & match TRME $^{\circ}$ products to get ideal shape which supported by proprietary ageLOC $^{\circ}$ technology and Nu Skin 6S quality

process of safe and effective fit experience. FIT WITH TRME®

💉 2 星期快速見效*

改善靜態代謝率



SMART WIN

纖燃





M-SHAKE

豐富優質蛋白質、

維他命、礦物質及纖維 Rich, High-quality Protein,

Vitamins, Minerals & Fibre

Achieve measurable results in 2 weeks



塑營奶昔

提供產熱效果

Provide a thermogenic effect

滿足日常蛋白質需求,有助維持肌肉量 ロータ man Contribute to daily protein needs to help support lean muscle 幫助支持塑身目標同時補充足夠營養 (4) (X) Help support weight management goals while provide well-rounded nutrition



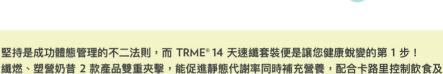
ongoing success.

MYEDGE

桑葉萃取物

(4) CE







營養增肌

減脂塑形



M-SHAKE

支持控制食慾、幫助減少肌餓感 Support appetite control and help reduce feeling of hunger

> 草本配方 (葡萄柚、瓜拉那種子、血橙、甜橙萃取物) Herbs Blend

(Grapefruit, Guarana seed, Orange)

定期運動,有效於 14 天快速、健康地帶來看得見的塑身成效,並為後續塑身計劃打好基礎。 Persistency is the golden rule of a successful weight management, and TRME* 14 Days Starter Kit is the powerful first step of your FIT transformation! The 2 products, SmartWin & M-Shake, work together to improve RMR while provide sufficient nutrition. It is a quick and healthy way to achieve measurable results in 14 days with reduced-calorie diet and regular exercise, plus prepare your body for



輕鬆戒口

 IR

瓜爾膠、鉻 Mulberry Leaf Extract, Guar Gum, Chromium

Improve resting metabolic rate 提供產熱效果 Provide a thermogenic effect 減脂同時塑身*

Shaping and supporting fat loss

提升靜態代謝率



LEAN-S

擺脫零食誘惑、減少吃零食的頻率 Leap over snacking hurdles and help snack less frequently

纖維有助提供持續飽足感

獨立包裝方便隨時隨地服用 Individual stick for taking anytime anywhere

Support a sustained feeling of fullness and satiety with fiber





Extreme dieting is not the trend anymore!

番紅花柱頭萃取物、 減少飢餓感 維他命 D3、維他命 B6 Saffron Stigma Extract, Vitamin D3, Vitamin B6 * 需配合卡路里控制膳食及定期運動 When combined with a reduced-calorie diet and regular e #形控及適食控將於 2023 年上旬推出 LEAN-S and SNACK WIN will be launched early 2023



減輕壓力、保持積極心態 Reduce stress and improve feelings of well-being



Only balanced nutrition can support a sustainable weight management program.

按 333+ 飲食計劃調整每餐食物比例以攝 取均衡營養,同時應盡量避免進食高油、 高鹽、高糖、高熱量及加工食物。

Adjust your meals according to the 333+ eating plan, at the same time avoid eating processed food and food high in oil, salt, sugar, calories.



五穀根莖類



優質蛋白質

A healthy body is the key to future well-being! Merge workout into lifestyle for fit and self-confidence. 輕等強度運動 Low Intensity Exercises

彈性運動 ACTIVE LIFESTYLE

擁有健康體魄才可以走更遠的路! 將運動融入生活,輕鬆修身同時展現自信美。

中等強度運動 Moderate Intensity Exercises





每星期進行 5 次、每次 30 分鐘運動,有助鍛鍊肌肉,減少脂肪積聚,塑造更理想體態。 Regular exercise for 30 minutes, 5 times per week helps train-up muscle while reduce fat accumulation for ideal shape.

球類活動

REVEAL THE SMART ME 利用 IoT 大數據,打造 TRME® 個人化健康體重管理計劃,掌控塑身進程。

 $Personalized\ TRME^{\circ}\ health\ weight\ management\ journey\ with\ loT\ technology\ and\ get\ control\ of\ your\ fitness\ progress.$



