

PHARMANEX® TRME™ MYVICTORY

MEET TRME MYVICTORY



Maintaining a healthy lifestyle isn't easy—there are all sorts of things that get in the way, including life, work, responsibilities, and stress. And when you're stressed, emotional snacking can seem like an easy fix. That's why TRMe MyVictory takes the extraordinary step of supporting your actual mood. The goal is to help you stay positive even during stressful times and instead keep focused on eating healthy, exercising often, and feeling right. It's truly your emotional balance ally to support the big weight wellness victory you're working so hard on.

WHY YOU'LL LOVE IT

- Supports healthy mood, relaxation, vitality, and emotional and mental wellbeing.
- Supports mindful and healthy eating habits, including during times of occasional stress.
- Features a clinically supported ingredient shown to support your weight wellness efforts.

WHAT POWERS IT

- **Ashwagandha Extract**—an herb that supports mindful eating, including during times of occasional stress.
- **Saffron Extract**—a spice that supports emotional and mental wellbeing.
- **Vitamin D₃**—an essential vitamin linked to mood and cognitive health.
- **Vitamin B₆**—an essential vitamin that helps support neuronal function and mood.

HOW TO USE IT

Take one (1) capsule once daily with a meal.

TRY THESE WITH IT

- TRMe™ Meal Balance
- TRMe™ Shape Spark
- TRMe™ ThermaBoost
- TRMe™ NuSteady

LEARN MORE ABOUT IT

How does MyVictory support healthy weight wellness efforts?

MyVictory focuses on emotional and mental wellbeing that can impact weight wellness. Mood and stress can both influence your behaviour, so supporting these factors can be important for success with any long-term weight management goals.

Why is stress such a big deal when trying to manage your weight?

When your body is stressed, it can impact your hunger and even the types of foods you crave, which can be detrimental to weight wellness.

Is MyVictory for both men and women?

Yes! MyVictory is formulated for anyone who wants support for stress or snacking. It helps provide important mental support during your weight management journey.

Why are diet and exercise important parts of the TRMe System?

There is no magic pill when it comes to weight wellness. To achieve results, you need to combine TRMe products with healthy, sustainable habits, including a balanced diet and regular exercise. TRMe is designed to help you make those important changes as you work toward your weight management goals.

Should I use the entire TRMe Weight Management System together to see the best results?

We believe that most consumers will get the most benefits from using all our TRMe products together along with our simple yet effective exercise and eating plan. TRMe is a complete, holistic weight management program designed to

address many of the common stumbling blocks that inevitably come up when pursuing a healthier lifestyle. You'll certainly also benefit, however, from using fewer products for just what you consider your specific needs and goals.

SCIENCE THAT SUPPORTS IT

1. Choudhary D, Bhattacharyya S, Joshi K. Body Weight Management in Adults Under Chronic Stress Through Treatment With Ashwagandha Root Extract: A Double-Blind, Randomized, Placebo-Controlled Trial. *Journal of Evidence-Based Complementary & Alternative Medicine*. 2016;22(1):96-106. doi:10.1177/2156587216641830
 2. Salve J, Pate S, Debnath K, et al. (December 25, 2019) Adaptogenic and Anxiolytic Effects of Ashwagandha Root Extract in Healthy Adults: A Double-blind, Randomized, Placebo-controlled Clinical Study. *Cureus* 11(12): e6466. doi:10.7759/cureus.6466
 3. Mazidi M, Shemshian M, Mousavi SH, Norouzy A, Kermani T, Moghiman T, Sadeghi A, Mokhber N, Ghayour-Mobarhan M, Ferns GA. A double-blind, randomized and placebo-controlled trial of Saffron (*Crocus sativus* L.) in the treatment of anxiety and depression. *J Complement Integr Med*. 2016 Jun 1;13(2):195-9. doi: 10.1515/jcim-2015-0043. PMID: 27101556. Murphy PK, Wagner CL. Vitamin D and mood disorders among women: an integrative review. *J Midwifery Womens Health*. 2008 Sep– Oct;53(5):440–6.
 4. Annweiler C, Fantino B, Gautier J, Beaudenon M, Thiery S, Beauchet O. Cognitive effects of vitamin D supplementation in older outpatients visiting a memory clinic: a pre-post study. *J Am Geriatr Soc*. 2012 Apr;60(4):793–5.
 5. Spinneker A, Sola R, Lemmen V, Castillo MJ, Pietrzik K, González-Gross M. Vitamin B6 status, deficiency and its consequences--an overview. *Nutr Hosp*. 2007 Jan-Feb;22(1):7–24.
-

WHAT'S IN IT

Supplement facts coming soon.