

PHARMANEX® TRME™ NUSTEADY

MEET TRME NUSTEADY



Shift the odds in your favour for weight wellness success with a specialized supplement that helps your body better balance energy intake, maintain healthy blood glucose levels, and stay feeling full for longer after meals. Using powerful Mulberry Leaf Extract and Guar Gum, TRMe NuSteady targets the carbs found throughout a typical Indian diet to help maintain your daily energy balance. This not only helps you feel more even throughout the day but can also help keep your appetite under control, so you are less tempted to fall for unhealthy snacking. It's a steady hand to help you make positive changes to your diet and keep on track with weight management, no matter what life throws your way.

WHY YOU'LL LOVE IT

- Supports healthy blood glucose levels.
- Helps you have a healthy response to meals by supporting balanced energy through normal metabolism for multiple types of carbohydrates, including both starches and sugars.
- Supports satiety and energy metabolism to help you feel fuller for longer.
- Helps you make positive changes to your diet.
- Delivered in a convenient stickpack that you can take right before your meal—whether at home or on-the-go.

WHAT POWERS IT

- **Mulberry Leaf Extract**—helps provide a healthy response to meals.
- **Guar Gum**—a gentle and well-tolerated source of fibre that comes from guar beans. Supports feelings of fullness and satiety.

HOW TO USE IT

Mix one stickpack with about 175–235 mL of water or your favourite beverage and take once daily before mealtime. May be taken up to twice (2x) daily.

TRY THESE WITH IT

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

LEARN MORE ABOUT IT

How does NuSteady help with appetite control?

NuSteady combines the benefits of Mulberry Leaf Extract with the power of Guar Gum to provide dual-action support for appetite control. Mulberry Leaf Extract helps support a balanced energy response to what you eat, and Guar Gum helps improve feelings of satiety. These two benefits work together to help support appetite control, so that you can make better diet decisions.

How does NuSteady help avoid the energy spike and crash after your meal?

Energy spikes and crashes after a meal are often caused by meals rich in carbohydrates (sugars and starches), resulting in a quick energy spike, followed by a rapid crash as the body works to counteract the spike. NuSteady supports your body's ability to respond to carbohydrates healthily, promoting a balanced, healthy response to what you just ate.

What kind of carbohydrates does NuSteady affect?

NuSteady supports a healthy metabolic response to a variety of carbohydrates—including starches and sugars. Backed by science, its benefits have been demonstrated whether these foods are consumed on their own or as part of a complete meal. Starches come from foods like bread, pasta, and rice, and some of the primary sources of sugar come from sugar-sweetened beverages, baked goods, and desserts.

What are the benefits of Guar Gum in NuSteady?

Guar Gum is a good source of gentle fibre, which helps with satiety (how full you feel and for how long). The Guar Gum in NuSteady is partially hydrolysed, which means it is more soluble and has a more pleasant texture when mixed with water.

When is the best time to take NuSteady?

We recommend you take NuSteady once a day, right before any meal, but you may use it up to twice daily.

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

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WHAT'S IN IT

Supplement facts coming soon.