

PHARMANEX®

TRME™ SHAPE SPARK

MEET TRME SHAPE SPARK



Starting a weight management program is hard, but sometimes all you need is an extra spark to help you get going. TRMe Shape Spark is just that—making starting and sticking to your healthier goals more rewarding and manageable. Powered by bioactive ingredients, this unique formula is designed for individuals living in India to provide extra support at the start of your weight management journey and therefore supports your chances for long-term success. The three-part blend (Green Coffee Bean Extract, Green Tea Extract, and Terminalia Chebula

Fruit Extract) focuses on supporting your weight wellness journey via normal fat metabolism and thermogenic activity, which are especially important to your efforts right from the beginning. It's a key spark to help you build and maintain critical momentum as your healthy transformation takes off.

WHY YOU'LL LOVE IT

- Helps provide added support at the beginning of your weight management efforts.
- Supports normal fat metabolism.
- Supports normal thermogenic metabolic activity and contributes to energy metabolism.

WHAT POWERS IT

- **Green Coffee Bean Extract**—an extract of unroasted coffee beans that supports weight management efforts.

- **Green Tea Extract**—a natural source of polyphenols, including EGCG, that supports thermogenic activity.
 - **Terminalia Chebula Fruit Extract**—also known as Haritaki, a traditional botanical with antioxidant properties.
-

HOW TO USE IT

Take four (4) capsules once daily with water before a meal.

TRY THESE WITH IT

- TRMe™ Meal Balance
 - TRMe™ ThermaBoost
 - TRMe™ NuSteady
 - TRMe™ MyVictory
-

LEARN MORE ABOUT IT

What makes Shape Spark different from other products in the TRMe program?

Shape Spark is formulated to provide extra support to the benefits of the program in the first 10 days.

Why should I only take Shape Spark for 10 days?

Shape Spark is formulated to provide added support at the beginning of your weight management journey—this helps motivate you to continue to make lifestyle changes and prepare for long-term success. However, it is safe to use beyond the initial 10 days if desired.

How does Shape Spark support the start of a new healthy diet and lifestyle transformation?

Shape Spark supports healthy weight management by helping to promote normal fat metabolism and thermogenic metabolic activity. This helps give you extra support as you begin your transformation with a new diet and lifestyle that includes regular exercise.

Why is it important to see measurable results from my weight management efforts?

Staying motivated is key to making lifestyle changes that support a sustainable body transformation. When you see early results, you're far more likely to continue with your diet and exercise program and work toward longer-term success as well. But let's be clear—Shape Spark is not a quick-weight-loss gimmick. It's one part of a science-based program. A program that, along with a healthy diet and regular exercise, incorporates psychological principles by helping you see measurable results. This helps you stay motivated to continue to make the right decisions and reach greater, long-term goals.

Do I need to take Shape Spark at a specific time of day or in conjunction with a meal?

Shape Spark should be taken each morning during the first 10 days of the program. It does not need to be taken in conjunction with a meal. If you forget to take it in the morning, or if you simply prefer to take it at a different time of the day, it is suitable to take at any time of the day.

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. Haidari F, Samadi M, Mohammadshahi M, Jalali MT, Engali KA. Energy restriction combined with green coffee bean extract affects serum adipocytokines and the body composition in obese women. Asia Pac J Clin

Nutr. 2017;26(6):1048-1054. doi: 10.6133/apjcn.022017.03. PMID: 28917230.

2. Bagheri R, Rashidlamir A, Ashtary-Larky D, Wong A, Alipour M, Motevalli MS, Chebbi A, Laher I, Zouhal H. Does green tea extract enhance the anti-inflammatory effects of exercise on fat loss? Br J Clin Pharmacol. 2020 Apr;86(4):753-762. doi: 10.1111/bcp.14176. Epub 2020 Feb 4. PMID: 31747468; PMCID: PMC7098875.
3. Dulloo AG, Seydoux J, Girardier L, Chantre P, Vandermander J. Green tea and thermogenesis: interactions between catechin-polyphenols, caffeine and sympathetic activity. Int J Obes Relat Metab Disord. 2000 Feb;24(2):252-8. doi: 10.1038/sj.ijo.0801101. PMID: 10702779.
4. Pingali U, Sukumaran D, Nutalapati C. Effect of an aqueous extract of Terminalia chebula on endothelial dysfunction, systemic inflammation, and lipid profile in type 2 diabetes mellitus: A randomized double-blind, placebo-controlled clinical study. Phytother Res. 2020 Dec;34(12):3226-3235. doi: 10.1002/ptr.6771. Epub 2020 Jul 2. PMID: 32618037.
5. Nigam M, Mishra AP, Adhikari-Devkota A, Dirar AI, Hassan MM, Adhikari A, Belwal T, Devkota HP. Fruits of Terminalia chebula Retz.: A review on traditional uses, bioactive chemical constituents and pharmacological activities. Phytother Res. 2020 Oct;34(10):2518-2533. doi: 10.1002/ptr.6702. Epub 2020 Apr 20. PMID: 32307775.

WHAT'S IN IT

Nutritional Information (Approximate values) Serving Size : 2 capsules (1.28g) (0.64g each capsule) Number of servings per container: 20			
Nutrients	Unit	Amount per Serving (2 Capsules)	% RDA-
Energy	kcal	4.84	0.24
Carbohydrate	g	1.08	-
Total Sugars	g	0.06	-
Added Sugars	g	0.00	0.00
Protein	g	0.02	0.04
Total Fat	g	0.06	0.09
Saturated Fat	g	0.04	0.18
Trans Fat	g	0.00	0.00
Sodium	mg	1.26	0.06
Botanical Extracts			
Green Coffee Seed Extract (standardized with Chlorogenic acid NLT 45%)	mg	200	-
Green Tea Extract (containing polyphenol 30%)	mg	250	-
Terminalia chebula fruit extract	mg	250	-

~%RDA (Recommended Dietary Allowance) calculated per serve (2 capsules) basis 2000 kcal energy for average adult per day and ICMR guidelines, 2020 for Adult Women (Sedentary Work). RDA are within range for Adult Men (Sedentary work) as well.
 - RDA not established.

Ingredients: Green Tea Extract Powder, Terminalia chebula Fruit Extract, Ingredient of capsule shells (INS 464), Green coffee seed (Coffea arabica) standardized extract (NLT 45% Chlorogenic acid), Diluent (INS 460(ii)), Binding agent (INS 462), Anticaking Agent (INS 551), Glidant (INS 553 (iii)), Anti sticking Agent (INS 470 (iii)), Colors (INS 171, INS 124), Binding Agent (INS 407), Color (INS 122), Preservative (INS 261 (ii)), Color (INS 110).

Allergen Information: May contain Milk, Soy and Nuts.
Recommended Usage Level: Take 2 capsules twice daily before meal.

Not for parenteral use. NOT FOR MEDICINAL USE. Not to exceed the recommended daily usage. Product is required to be stored out of reach of children. This product is not intended to treat, cure or prevent any disease, disorder or medical condition. In case of accidental overdose, contact a physician. If on any medications, consult your medical practitioner before consumption. This product is not to be used by pregnant, nursing and lactating women or children under 5 years, adolescents and elderly, except when medically advised by physician or certified dietician or nutrition professional. The product is for oral consumption only. Store below 25° C. Protect from direct sunlight. Keep the container tightly closed.

Manufactured by: **Tirupati Lifesciences Private Limited**
 Nahan Road, Paonta Sahib, Dist. Sirmaur Himachal Pradesh-173 025, India
 Lic. No.: 10012062000165

Marketed by: **Nu Skin India Private Limited**
 Unit 1, Level-7, Wing-B, Satellite Gazebo, Guru Hargovindji Marg, Andheri Ghatkopar Link Road, Chakala, Andheri (E), Mumbai, Maharashtra-400 093, India.
 ©2026 NSE Products, Inc.

fssa Lic. No. 11525997001069
 EPR Registration Certificate Number: B-29016(02346)(EPR-Registration)/25/WM-III
 Plastic Category Type: I

Pharmanex® is a registered trademark licensed under NSE Products, Inc.

BATCH NO:
MFG. DATE:
EXPIRY DATE:
MRP (₹):
(inclusive of all taxes)
USP (₹/CAPSULE):