

PHARMANEX®

TRME™ THERMABOOST

MEET TRME THERMABOOST



Give your weight management efforts important support with TRMe ThermaBoost. Our unique formula features a clinically studied blend of three ingredients shown to support healthy weight wellness by supporting your resting metabolic rate and thermogenesis. Even when you're asleep, your body is still working hard to keep everything running smoothly. That's called your resting metabolic rate (the calories your body naturally burns via thermogenesis just to keep functioning) and with proper maintenance, this rate can make a big difference in your weight wellness efforts. Plus, as an added benefit, it'll also help you maintain and support metabolically active lean muscle. When your body experiences a calorie deficit, it looks to either fat or muscle to make up the energy difference. Our powerful formula supports your body as it chooses to harness fat more than muscle, helping keep your resting metabolic rate up and your weight management plans on track. Combined with healthy diet and lifestyle changes, all this makes ThermaBoost just the boost you need to succeed.

WHY YOU'LL LOVE IT

- Features clinically studied ingredients shown to support your weight wellness efforts.
- Supports your resting metabolic rate.
- Supports your body's healthy thermogenic effect.
- Helps you maintain and support muscle mass.
- Supports a healthy lifestyle.

WHAT POWERS IT

- **Moringa (Drumstick Leaf), Curry Leaf, and Turmeric**—a clinically studied blend of herbs shown to work together to impact resting metabolic rate and support weight loss efforts when combined with a reduced calorie diet and exercise. It's delivered in an ideal ratio shown to promote measurable weight management results.

HOW TO USE IT

Take two (2) capsules once daily with a meal.

TRY THESE WITH IT

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

LEARN MORE ABOUT IT

How does ThermaBoost support healthy weight wellness?

ThermaBoost supports healthy weight wellness by helping you maintain lean muscle while you lose weight when combined with a reduced-calorie diet and regular exercise. Additionally, ThermaBoost supports your resting metabolic rate and your body's healthy thermogenic effect.

Why is resting metabolic rate important for weight wellness?

Resting metabolic rate (or RMR) is a measure of the energy or calories your body burns at rest to keep you alive. RMR typically comprises anywhere from 50–80% of your daily energy expenditure. So, it's important to have a healthy resting metabolic rate—particularly when you're working on weight wellness. Lower RMR means you burn fewer calories at rest compared to if you have a higher/healthier RMR.

Why is lean muscle important for weight wellness?

Lean muscle is one of the biggest contributors to your RMR. Muscle is a metabolically active tissue, which means it burns calories both when you are active and when your body is at rest. Having more lean muscle increases your RMR, which can aid in weight wellness efforts.

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. Dixit K, Kamath DV, Alluri KV, Davis BA. Efficacy of a novel herbal formulation for weight loss demonstrated in a 16-week randomized, double-blind, placebo-controlled clinical trial with healthy overweight adults. *Diabetes Obes Metab*. 2018 Nov;20(11):2633–2641.
2. Sengupta K, Mishra AT, Rao MK, Sarma KV, Krishnaraju AV, Trimurtulu G. Efficacy and tolerability of a novel herbal formulation for weight management in obese subjects: a randomized double blind placebo controlled clinical study. *Lipids Health Dis*. 2012 Sep 20;11:122.
3. Kundimi S, Kavungala KC, Sinha S, Tayi VNR, Kundurthi NR, Golakoti T, Davis B, Sengupta K. Combined extracts of *Moringa oleifera*, *Murraya koeingii* leaves, and *Curcuma longa* rhizome increases energy expenditure and controls obesity in high-fat diet-fed rats. *Lipids Health Dis*. 2020 Aug 28;19(1):198.
4. Sengupta K, Golakoti T, Chirravuri V, Marasetti A. An Herbal Formula LI85008F Inhibits Lipogenesis in 3T3-L1 Adipocytes. *Food and Nutrition Sciences*. 2011 Oct;2(8):809–817.

WHAT'S IN IT

Supplement facts coming soon.