



TenaZ Dysfunctional Weight Loss Challenge 2025/26

Official Rules & Terms

1. Challenge Overview

The TenaZ Dysfunctional Weight Loss Challenge ("Challenge") runs from 1 October 2025, until 1 October 2026. Participants may register and join at any time until 1 September 2026. All final submissions (measurements, photos, videos, and stories) must be received no later than 23:59 on 1 October 2026. No late entries or submissions will be accepted. All dates and times are South African Standard Time (SAST, UTC+2).

The winner will be announced on or about 7 October 2026 (subject to verification) and will receive R50 000 (fifty-thousand-rand) cash and the TenaZ Floating Trophy. All prizes are subject to verification and final approval by TenaZ. TenaZ reserves the right to extend this date if additional verification or judging requires more time.

2. Eligibility

- Open to all residents of South Africa:
 - Adults aged 18–96.
 - Minors aged 8–17 (with parental/guardian consent).
 - Prizes for minors will be awarded to the parent/guardian on their behalf.
 - Families, friends, and workgroups may enter. Each group member must register individually. Groups may submit joint photos/videos. If a group entry is selected as winner, the prize will be split equally among registered group members. All members share the same responsibilities (content submissions, media participation, maintaining results). Group composition is

By registering for the TenaZ Dysfunctional Weight Loss Challenge, you acknowledge that you have read, understood, and agree to these Official Rules & Terms.

© TenaZ International Diet Clinic (Pty) Ltd — All Rights Reserved.

locked after first submission unless TenaZ approves a change in writing.

- Participants must be in good health. If unsure, please consult a doctor before entering.

To qualify, participants must enter by purchasing a TenaZ Dysfunctional Pack (verified by TenaZ). Each participant must use the Dysfunctional Pack for a minimum of one (1) month during their participation (within the first month they participate in the Challenge) to establish a baseline and support imbalance correction. Thereafter, participants may continue with other TenaZ packs/products or with the NODIET Method alone, provided they remain active in the Challenge.

3. Registration & Submissions

All you need is your scale, your phone, and your TenaZ products.

Registration is open from 1 October 2025 until 1 September 2026. Entries submitted after 1 September 2026 will not be accepted.

To participate, each entrant must:

1. Complete the official TenaZ Evaluation Form.
2. Purchase at least one TenaZ Dysfunctional Pack per participant (verified by TenaZ). You must use this pack for a minimum of one month during the Challenge.
3. Submit photos (Intro/Before, Progress, and Final/After):
 - a. Guidelines: Photos must be taken vertically, in good lighting, with a tidy background or a plain wall, wearing the same/similar clothing each time, avoid filters or editing, do not crop out the face or the body.
 - b. Minimum image resolution: 1080p (1920×1080). Accepted formats: .jpg/.jpeg/.png.
 - c. Disclaimer: By submitting, you consent that photos may be used for TV, social media, and promotional purposes.
 - d. You warrant you own the content and that it does not infringe any third-party rights (including music, logos, artwork, or identifiable third parties without consent). Participants agree to indemnify TenaZ against any claims arising from third-party rights infringement in submitted content.

- e. All submitted photos must be timestamped (digital date/time visible on the file) OR include a clear same-day indicator, such as a current newspaper or a handwritten note with the date visible in the photo.
- f. Full body: front, side, back.
- g. Face: front, side.
- h. On the scale with weight reading visible.
- 4. Submit videos (Intro/Before, Progress, and Final/After):
 - a. Guidelines: Record horizontally, 30–60 seconds, in good lighting with a tidy background or a plain wall, and clear sound and answer the prompts listed below, avoid filters or editing, do not crop out the face or the body.
 - b. Minimum video resolution: 1080p at 24–30fps. Accepted formats: .mp4/.mov. No music or third-party audio unless you own the rights.
 - c. Disclaimer: By submitting, you consent that videos may be used for TV, social media, and promotional purposes.
 - d. You warrant you own the content and that it does not infringe any third-party rights (including music, logos, artwork, or identifiable third parties without consent). Participants agree to indemnify TenaZ against any claims arising from third-party rights infringement in submitted content.
 - e. All submitted videos must be timestamped (digital date/time metadata) OR include a clear same-day indicator, such as a current newspaper or a handwritten note with the date visible in the recording.
 - f. Intro/Before video - include:
 - i. Name & Surname,
 - ii. Age,
 - iii. Where you are from,
 - iv. Why you joined the TenaZ Dysfunctional Weight Loss Challenge,
 - v. What you want to achieve (your life dream),
 - vi. How will you know you succeeded.
 - g. Progress video(s) - include:
 - i. How you are feeling,
 - ii. Your progress so far,
 - iii. What has changed,

- iv. How you are using TenaZ and applying the NODIET Method or your chosen eating plan.
- h. Final/After video (must be submitted by 1 October 2026) - include:
 - i. How do you feel now,
 - ii. Did you achieve your goals,
 - iii. How has your life changed.
5. Follow weigh-in guidelines:
 - a. Weigh in the morning, after the bathroom, before eating/drinking.
 - b. Use a flat, hard surface for the scale.
 - c. Wear minimal or similar clothing each time.
6. Submit extra content (optional but encouraged):
 - a. Testimonials and reviews.
 - b. Google Review = FREE Detox product.
 - c. Social media posts tagging TenaZ may earn bonus rewards.
7. Submissions must be uploaded via the TenaZ Challenge Portal on the website, emailed to diethotline@tenaz.co.za, or sent via WhatsApp to an official TenaZ team member. Only submissions received through these channels will be accepted.

Note: Entry is only valid once all the above requirements are completed and confirmed by TenaZ.

4. Verification

- Participants must use their own scale at home and provide photos/videos as outlined.
- TenaZ may request additional verification, such as:
 - Live video call weigh-in.
 - Timestamped proof.
 - In-clinic check (if practical).
- Failure to provide verification when requested will result in disqualification.
- Submissions suspected of manipulation (such as edited, filtered, or altered photos/videos) may be rejected or disqualified at TenaZ's discretion.
- AI-generated or AI-altered images/videos are prohibited.
- Scale photos must show the scale display clearly and, where possible, the date/time indicator (or include a same-day timestamped selfie holding the scale reading).

By registering for the TenaZ Dysfunctional Weight Loss Challenge, you acknowledge that you have read, understood, and agree to these Official Rules & Terms.

© TenaZ International Diet Clinic (Pty) Ltd — All Rights Reserved.

- TenaZ reserves the right to reject any photo/video submissions without a visible or verifiable timestamp or date indicator.

5. Judging Criteria

- The winner is chosen based on:
 - Greatest transformation (weight or visible change), OR
 - Most inspiring story of how TenaZ changed their life.
- Special recognition prizes may be awarded at TenaZ's discretion.
- TenaZ's decision is final and binding; no correspondence will be entered into regarding judging or results, except where required by law.

6. Winner Selection, Media & Maintenance

- The winner will be announced on 7 October 2026 (subject to verification) on official TenaZ channels (website, social media, email, radio, and TV).
- TenaZ reserves the right to extend the announcement date if verification requires more time.
- Winner must:
 - Participate in all reasonable promotional activities as determined by TenaZ, including but not limited to TV, radio, social media, interviews, and photoshoots.
 - Allow their story, photos & videos to be shared.
 - Commit to maintaining their transformation for at least 6 months post-Challenge, with follow-up if requested.
 - If the winner refuses, the prize may be awarded to the next qualifying participant.
- TenaZ will attempt contact via email/SMS/WhatsApp up to three (3) times over seven (7) days. Failure to respond will result in forfeiture and selection of an alternate.

7. Prize

- The total prize is R50 000 (fifty-thousand-rand), paid via EFT into a South African bank account in the winner's name.
- If the winner does not provide valid bank details within 7 days of notification, the prize may be forfeited and awarded to the next qualifying participant.

- Proof of identity (ID document) will be required before the prize payment to verify eligibility. The winner's bank account name must match their South African ID.
- The prize will be paid in two instalments:
 - R25 000 (twenty-five-thousand-rand) once the winner has submitted all required final photos, videos, and measurements as outlined in these Rules; and
 - R25 000 (twenty-five-thousand-rand) once the winner has successfully participated in the required media activities, including but not limited to TV, radio, interviews, and any additional photoshoots arranged by TenaZ.
- Failure to fulfil these obligations will result in the withholding of the outstanding instalment, which will be forfeited and may be reassigned at TenaZ's discretion.
- All prize payments remain subject to successful verification of compliance with these Rules, including product use, content submission, and health declarations.
- The TenaZ Floating Trophy remains the property of TenaZ and must be returned before the next Challenge.
- The Floating Trophy must be kept in good condition. Loss or damage may be charged to the winner at TenaZ's reasonable repair/replacement cost.
- If the advertised prize is unavailable, TenaZ reserves the right to substitute it with a prize of equal or greater value.
- Any applicable taxes on the prize are the sole responsibility of the winner.

8. Disclaimer

- TenaZ reserves the right to amend the competition rules, deadlines, or processes if required.
- Participation is voluntary and at own risk. TenaZ is not liable for injury, illness, or adverse effects.
- By entering, participants consent to the use of their name, photos, videos, and story for TenaZ marketing without further compensation.
- TenaZ is not responsible for delays, changes, or cancellations caused by events beyond its reasonable control, including but not limited to pandemics, natural disasters, strikes, or technical failures.

By registering for the TenaZ Dysfunctional Weight Loss Challenge, you acknowledge that you have read, understood, and agree to these Official Rules & Terms.

© TenaZ International Diet Clinic (Pty) Ltd — All Rights Reserved.

- TenaZ reserves the right to suspend, postpone, or cancel the Challenge if circumstances beyond its control make continuation impractical or unlawful. No refunds or compensation will be provided in such circumstances.
- Participants indemnify and hold harmless TenaZ, its directors, employees, and affiliates from any claims, damages, or expenses arising from participation in the Challenge, use of TenaZ products, or reliance on advice provided.
- TenaZ's total liability, whether in contract, delict, or otherwise, arising out of or in connection with this Challenge, shall not exceed the value of the products purchased by the participant. TenaZ shall not be liable for any indirect, consequential, or punitive damages.
- The Challenge is not recommended for persons who are pregnant or breastfeeding, or with medical conditions contra-indicated for weight-loss products, unless cleared by a medical professional.

9. Disqualification & Withdrawal

- Participants may be disqualified from the Challenge if they:
 - Provide false or misleading information, photos, or videos;
 - Fail to complete or submit all the required Evaluation Form, photos, or videos;
 - Refuse or fail to provide additional verification when requested;
 - Fail to use TenaZ products during the Challenge. The NODIET Method is the official recommended eating plan, but participants may adapt their eating approach provided they remain consistent and committed to the Challenge;
 - Fail to complete the minimum one-month use of the Dysfunctional Pack during the Challenge;
 - Fail to participate in required media activities if selected as winner;
 - Engage in behaviour that damages the reputation of TenaZ or the Challenge.
 - Failure to comply with the Consumer Protection Act or POPIA may also result in disqualification.
 - Use of illegal or prescription-only weight-loss substances without a valid prescription, or evidence of unsafe/extreme practices or procedures undertaken during the Challenge.

- Submission of obscene, offensive, or unlawful content, or content featuring third parties (including minors) without their consent.
- TenaZ reserves the right to disqualify participants at its sole discretion.
- Participants may withdraw from the Challenge at any time by providing written notice to TenaZ.
- Withdrawn participants forfeit any right to prizes, recognition, or refunds.
- Content (including photos, videos, and testimonials) already submitted remains the property of TenaZ. By submitting content, participants grant TenaZ an irrevocable, perpetual, royalty-free, worldwide license to use, reproduce, adapt, publish, or distribute such content in any media, for marketing or promotional purposes.
- If a participant withdraws after being announced as a finalist or winner, TenaZ reserves the right to award the prize to the next qualifying participant.
- No refunds will be issued for purchased products under any circumstances.

10. Data & Privacy

All personal data, photos, and videos submitted will be stored securely and used only for the purposes of the Challenge and TenaZ marketing. Data will not be sold or shared with third parties, in accordance with South Africa's POPIA regulations. This Challenge is a promotional competition in terms of Section 36 of the Consumer Protection Act. No entry fee is charged beyond the purchase of qualifying products.

Promoter Details:

This Challenge is promoted by TenaZ International Diet Clinic (Pty) Ltd, Registration Number 2025/337483/07, with registered address at 5 Hluluwe Rd, Sandton, Gauteng, 2191.

Contact: +27 63 062 1888 | Email: admin@tenaz.co.za

11. Health Disclaimer

- Participation is voluntary. TenaZ products and advice are not a substitute for medical treatment. Always follow your doctor's guidance before starting any weight loss plan.

By registering for the TenaZ Dysfunctional Weight Loss Challenge, you acknowledge that you have read, understood, and agree to these Official Rules & Terms.

© TenaZ International Diet Clinic (Pty) Ltd — All Rights Reserved.

- By entering, participants acknowledge that TenaZ products are supplements, not medicines, and accept responsibility for ensuring their suitability for their personal health condition.
- By entering, participants release TenaZ from liability for any medical conditions arising during the Challenge, except where prohibited by law.

12. No Results Guarantee

Results may vary. No results are guaranteed. Success depends on individual factors including adherence to the NODIET Method, use of TenaZ products, lifestyle, and personal commitment.

13. Governing Law & Jurisdiction

This Agreement is governed by the laws of South Africa. Any disputes arising under or in connection with this Agreement shall be subject to the exclusive jurisdiction of South African courts.

14. Acceptance of Terms

By entering the TenaZ Dysfunctional Weight Loss Challenge 2025/26, participants confirm that they have read, understood, and agree to be bound by these Official Rules & Terms & Conditions. Entry into the Challenge constitutes full acceptance of all terms, conditions, and obligations contained herein. Where a participant is under the age of 18, consent from a parent or legal guardian is required, and the parent/guardian accepts these terms on the minor's behalf. Where a participant is under 18, the parent/guardian confirms they have read and accepted these terms, consent to the minor's participation, and accept responsibility for the minor's compliance. Prizes for minors will be paid to the parent/guardian on behalf of the minor. Participation is voluntary, at the participant's own risk, and subject to the disclaimers set out in these Rules. By registering online or submitting your entry, you provide electronic acceptance of this Agreement, which is legally binding under South African law.