

mamas[®] FLAT STOMACH tea[™]



COMPANY BACKGROUND

In 2012, Mamas Spices and Herbs was born, which then gave birth to Mamas Flat Stomach Tea in 2015.

Mamas Flat Stomach Tea, initially operating as a wholesale retail brand, expanded into the multi-level marketing space in late 2019, introducing a dynamic distribution model that offers individuals the opportunity to earn passive income through product sales and team-building.

We relaunched a powerful compensation plan on 1 September 2025.



FIT CEO: ***Mikie Monoketsi***

Founder & CEO – Mama's Spices & Herbs | Flat Stomach Tea

Business & Entrepreneurial Profile

- Former call-centre business owner.
- Founded **Mama's Spices & Herbs** in **2012** with her last **R10000**.
- Skilled in market research, product innovation, and sales strategy.
- Researched township health issues to develop healthier herbal seasonings and teas.
- Passionate about empowering through entrepreneurship and wellness products.

Recognition & Features

- CEO of a fast-growing health & wellness brand with distributors across Southern Africa.
- **Featured in:** News24, DRUM, Womandla Foundation, The Citizen, Glamour SA, TeenEntrepreneur, Afternoon Express, Top Billing, Leader.co.za, Entrepreneur Hub SA, and more.
- Pioneered a community-driven business model that transforms consumers into entrepreneurs.
- Recognized for social impact: wheelchair donations, health education, and job creation.

Fitness Enthusiast

- 5 years on YoTv Breakfast show on SABC 1 (Get Fit Segment)



PRODUCTS RANGE

FLAT TUMMY/WEIGHTLOSS

CELLULITE & STRETCHMARKS

CRAVE & APPETITE CONTROL

WELLNESS

SEXUAL AND REPRODUCTIVE HEALTH

SKIN



OUR PRODUCTS

NATURAL

AFFORDABLE

EASY TO INCORPORATE TO YOUR LIFESTYLE

ARE NOT LAXATIVES

CLIENTS OFTEN SEE AND FEEL CHANGES FROM THE FIRST TWO WEEKS.

LOW START-UP, HIGH PROFITS



PRODUCTS

BUSINESS KITS



FST TEAS X12

Buy: R650
Make: R1200



BELLY FAT BURNER COMBO HALF PACK

Buy: R850
Make: R1350



MIXED COMBOS

Buy: R1200
Make: R2150

PRODUCTS

BUSINESS KITS



TUMMY FAT DESTROYER PACKAGE

Buy : R1200
Make : R2000

Selling price
R400



Selling price
R100 each

FST TEAS X48

Buy: R2300
Make: R4800

And many more

COMPENSATION PLAN

Ways of Earning



- **No Joining Fee –**
Get started for free



- **Up to 100% Retail Profits –**
Buy low, sell high, and keep the profits



- **20% Commission from Direct Partners –**
Earn from every purchase by your team



- **Earn Up to 7 Levels Deep –**
Build a team and benefit from long-term residual income



- **Rank-Up Bonuses –**
Earn up to R100,000 for advancing through the ranks



- **Monthly Salary –**
Qualify for a salary of up to R60,000

Ways of Earning



- **International Travel –**
Win fully paid, all-expenses covered travel incentives

R500,000

Car Incentive

Drive your dream car, on us

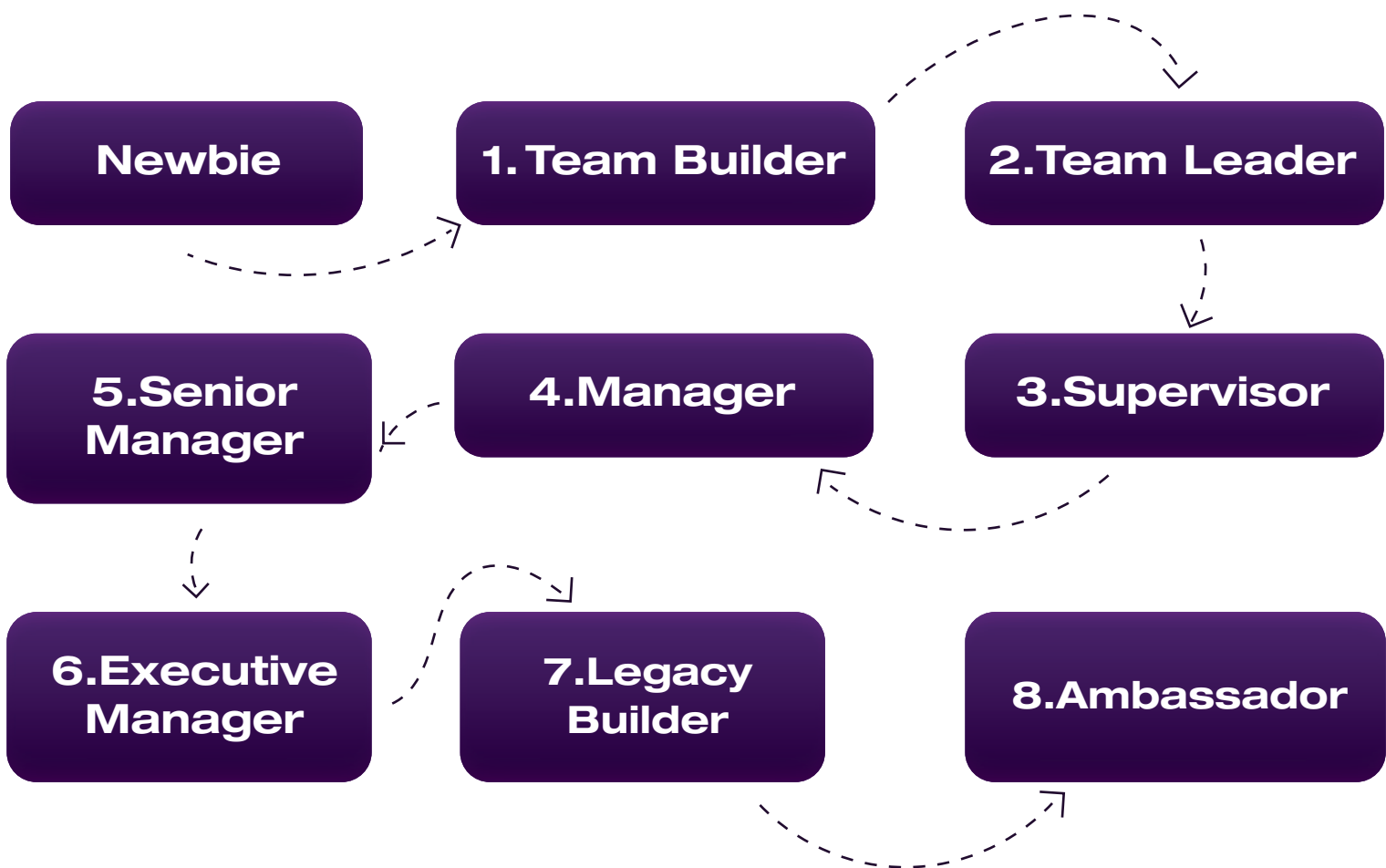


**Cellphone
incentive**



- **Cash Incentives & Prizes –**
Enjoy regular rewards and recognition for your achievements

Ranks(8 in total)



COMP PLAN LAYOUT							
Attain	Attain		Maintain	Rewards			
Rank	Team sales	Team sales that count	Personal sales	Level Based comm	Rank up bonus	Salaries	
Newbie	-	-	R650.00	Level 1 = 20%	-	-	
Team Builder	R6,000.00	Only L1	R650.00	Level 1 = 20%	R1,000.00	-	
Team Leader	R14,000.00	Only L1,L2	R1,200.00	Level 1 = 20% Level 2 = 10%	R1,500.00	-	
Supervisor	R30,000.00	Only L1,L2,L3	R1,950.00	Level 1 = 20% Level 2 = 10% Level 3 = 8%	R3,000.00	-	
Manager	R60,000.00	Only L1,L2,L3,L4	R2,600.00	Level 1 = 20% Level 2 = 10% Level 3 = 8% Level 4 = 5%	R5,000.00	-	
Senior Manager	R120,000.00	Only L1,L2,L3,L4,L5	R3,250.00	Level 1 = 20% Level 2 = 10% Level 3 = 8% Level 4 = 5% Level 5 = 2%	R10,000.00	R10,000.00	+INCENTIVE (Trip)
Executive Manager	R220,000.00	Only L1,L2,L3,L4,L5,L6	R3,900.00	Level 1 = 20% Level 2 = 10% Level 3 = 8% Level 4 = 5% Level 5 = 2% Level 6 = 1%	R25,000.00	R20,000.00	
Legacy Builder	R500,000.00	Only L1,L2,L3,L4,L5,L6, L7	R4,800.00	Level 1 = 20% Level 2 = 10% Level 3 = 8% Level 4 = 5% Level 5 = 2% Level 6 = 1% Level 7 = 0.5%	R50,000.00	R35,000.00	+INCENTIVE (IPhone)
Ambassador	R1,000,000.00 3	Only L1,L2,L3,L4,L5,L6, L7	R6,000.00	Level 1 = 20% Level 2 = 10% Level 3 = 8% Level 4 = 5% Level 5 = 2% Level 6 = 1% Level 7 = 1%	100,000.00	R60,000.00	
	R3 000 000,00 maintained for 4 consecutive months	Only L1,L2,L3,L4,L5,L6, L7		R500 000,00 SUV CAR INCENTIVE			

Newbie

Personal sales

R650 minimum

Commission

Level 1 = 20%

1. Team Builder

Team Sales Target	R 6000 on level 1 only
Personal Sales Target	R650 minimum

***Minimum of 2 active members on level 1**

Rank-Up bonus	R1000
Commission	Level 1 = 20%

2. Team Leader

Team Sales Target	R14000 on levels 1 & 2 combined
Personal Sales Target	R1200

***Minimum of 2 active members on level 1**

Rank-Up bonus	R1500
Commission	Level 1 = 20% Level 2 = 10%

3. Supervisor

Team Sales Target	R30000 on levels 1, 2 & 3 combined
Personal Sales Target	R1950

*Minimum of 2 active members on level 1

Rank-Up bonus	R3000
Commission	Level 1 = 20% Level 2 = 10% Level 3 = 8%

4. Manager

Team Sales Target	R60000 on levels 1, 2, 3, & 4 combined
Personal Sales Target	R2600

*Minimum of 2 active members on level 1

Rank-Up bonus	R5000
Commission	Level 1 = 20% Level 2 = 10% Level 3 = 8% Level 4 = 5%

5. Senior Manager

Team Sales Target	R120000 on levels 1, 2, 3, 4 & 5 combined
Personal Sales Target	R3 250

*Minimum of 2 active members on level 1

Salary	R10 000
Rank-Up Bonus	R10 000
Commission	Level 1 = 20% Level 2 = 10% Level 3 = 8% Level 4 = 5% Level 5 = 2%

6. Executive Manager

Team Sales Target	R220000 on levels 1, 2, 3, 4, 5 & 6 combined
Personal Sales Target	R3 900

*Minimum of 2 active members on level 1

Salary	R20 000
Rank-Up Bonus	R25 000
Commission	Level 1 = 20% Level 2 = 10% Level 3 = 8% Level 4 = 5% Level 5 = 2% Level 6 = 1%

7. Legacy Builder

Team Sales Target	R500000 on levels 1, 2, 3, 4, 5, 6 & 7 combined
Personal Sales Target	R4 800

*Minimum of 2 active members on level 1

Salary	R35 000
Rank-Up Bonus	R50 000
Commission	Level 1 = 20% Level 2 = 10% Level 3 = 8% Level 4 = 5% Level 5 = 2% Level 6 = 1% Level 7 = 0,5%

8. Ambassador

Team Sales Target	R1 000 000 on levels 1,2,3,4,5,6 & 7 combined
Personal Sales Target	R6 000

***Minimum of 2 active members on level 1**

Salary	R60 000
Rank-Up Bonus	R100 000
Commission	Level 1 = 20% Level 2 = 10% Level 3 = 8% Level 4 = 5% Level 5 = 2% Level 6 = 1% Level 7 = 1%

INCENTIVES



COMPENSATION **PLAN**

CRUISE INCENTIVE

Qualify for the MSC Cruise March 2026 (Durban - Mozambique)



COMPENSATION

PLAN

CRUISE INCENTIVE

First 100 people to reach Senior Manager between 1 September 2025 and 31 January 2026 will qualify for the MSC Cruise March 2026 (Durban - Mozambique 🇲🇵)

- All expenses-paid only for direct flights to King Shaka International Airport
- Shuttle costs from King Shaka International Airport to the Durban harbour covered by the company
- Incentive does not include costs from home to the airport and from the airport to home
- Incentive cannot be converted to cash

FSTea
INCENTIVE
2026

WE ARE GOING TO
VIETNAM



MAXIMISE YOUR POTENTIAL™

COMPENSATION PLAN

The first 115 people to reach Legacy Builder rank from
1 September 2025 will receive brand new
iPhone 14



NOTE: Incentive cannot be
converted to cash.



Brand new iPhone 14



NOTE: Incentive cannot be converted to cash.

COMPENSATION PLAN

CAR INCENTIVE



- Get a **VW T-Cross SUV** worth R500 000
- Obtain ownership immediately
- Incentive can be converted to cash of R500 000 only

COMPENSATION PLAN

CAR INCENTIVE



- Maintain **R3 000 000** (three million) Team sales for four consecutive months
- Have 2 Ambassadors in your network (On Level 1)
- Get a **VW T-Cross SUV** worth **R500 000**
- Obtain ownership immediately
- Incentive can be converted to cash of **R500 000** only

HOW TO START YOUR BUSINESS

1

Register for Free

Get a registration link from your sponsor and create your own **Flat Stomach Tea** profile.

2

Activate Your Business

Purchase your starter kit from as little as **R650** to activate your account and begin your business journey.

3

Monthly Maintenance

To remain active and eligible for commissions, maintain your account with any activation kit between the **1st and the last day** of each month.

5

Maintain Your Rank

Keep your account active by meeting your rank-specific monthly maintenance target to continue earning commissions and bonuses

4

Earn Retail Profits

Resell your products and earn instant retail profits from day one.

MONTHLY RANK MAINTENANCE OVERVIEW

Rank	Monthly <i>Personal sales</i>	Monthly <i>Team sales</i>
1. Team Builder	R650	R6000 from level 1 only
2. Team Leader	R1 200	R14 000 from level 1 & 2 combined
3. Supervisor	R1 950	R30 000 from level 1,2 & 3 combined
4. Manager	R2 600	R60 000 from level 1,2,3 & 4 combined
5. Senior Manager	R3 250	R120 000 from level 1,2,3,4 & 5 combined
6. Executive Manager	R3 900	R220 000 from level 1,2,3,4,5 & 6 combined
7. Legacy Builder	R4 800	R500 000 from level 1,2,3,4,5,6 & 7 combined
8. Ambassador	R6 000	R1 000 000 from level 1,2,3,4,5,6 & 7 combined

COURIER:

Collect FOR FREE at the warehouse

R90 Local delivery (Gauteng Only)

R90 Pargo (collection at Clicks and others)

R90 Courier Guy PUDO lockers and

R135 Door delivery

Delivery is between 1-5 business days.

For Collections

Address:

Highway Exchange

Unit 7

5 Kruger Road

Strydom Park

Randburg

2196

Office hours:

Mon to Fri

09h00 - 16h00

+27847632495



COMPENSATION PLAN

Rules and Regulations

1. Payday is on the third of the following month or the next working day if the 3rd falls on a holiday or a weekend.
2. When you rank-up multiple times within a month, you are not required to “top-up” your personal sales target.
3. When you rank multiple times within a month, you receive all rank-up bonuses of achieved ranks.
4. Rank-up Bonuses are once off.
5. To earn a salary, you must maintain both the personal sales and team sales targets of the salary rank in the month.
6. We do not forfeit salaries. You earn the salary that corresponds to achieved team sales for the month. For example, if you were not able to maintain Ambassador targets but your team sales qualify you for a salary on Legacy Builder, you will be credited with Legacy Builder’s salary.
7. Team sales targets exclude personal sales.
8. All products are VAT inclusive.
9. Level-based commissions are calculated excluding VAT.
10. Cut-off for activations is the last day of the month at 22h00.
11. Ensure you provide accurate banking details: provide correct bank account number, account type, and branch code.
12. For courier purposes, ensure that the number you use on the system is for receiving calls. Courier will not be able to get ahold of you for delivery when you put WhatsApp-only contacts.

mamas[®] FLAT STOMACH tea[™]

THANK YOU

