

mamas<sup>®</sup> **FLAT**  
**STOMACH**  
tea<sup>™</sup>



# 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**

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**CELLULITE & STRETCHMARKS**

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**CRAVE & APPETITE CONTROL**

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**WELLNESS**

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**SEXUAL AND REPRODUCTIVE HEALTH**

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**SKIN**



# **OUR PRODUCTS**

**NATURAL**

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**AFFORDABLE**

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**EASY TO INCORPORATE TO YOUR LIFESTYLE**

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**ARE NOT LAXATIVES**

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

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**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**



### **FST TEAS X24**

**Buy: R1300**  
**Make: R2400**

**And many more**

# **COMPENSATION PLAN**

# Ways of Earning

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- **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



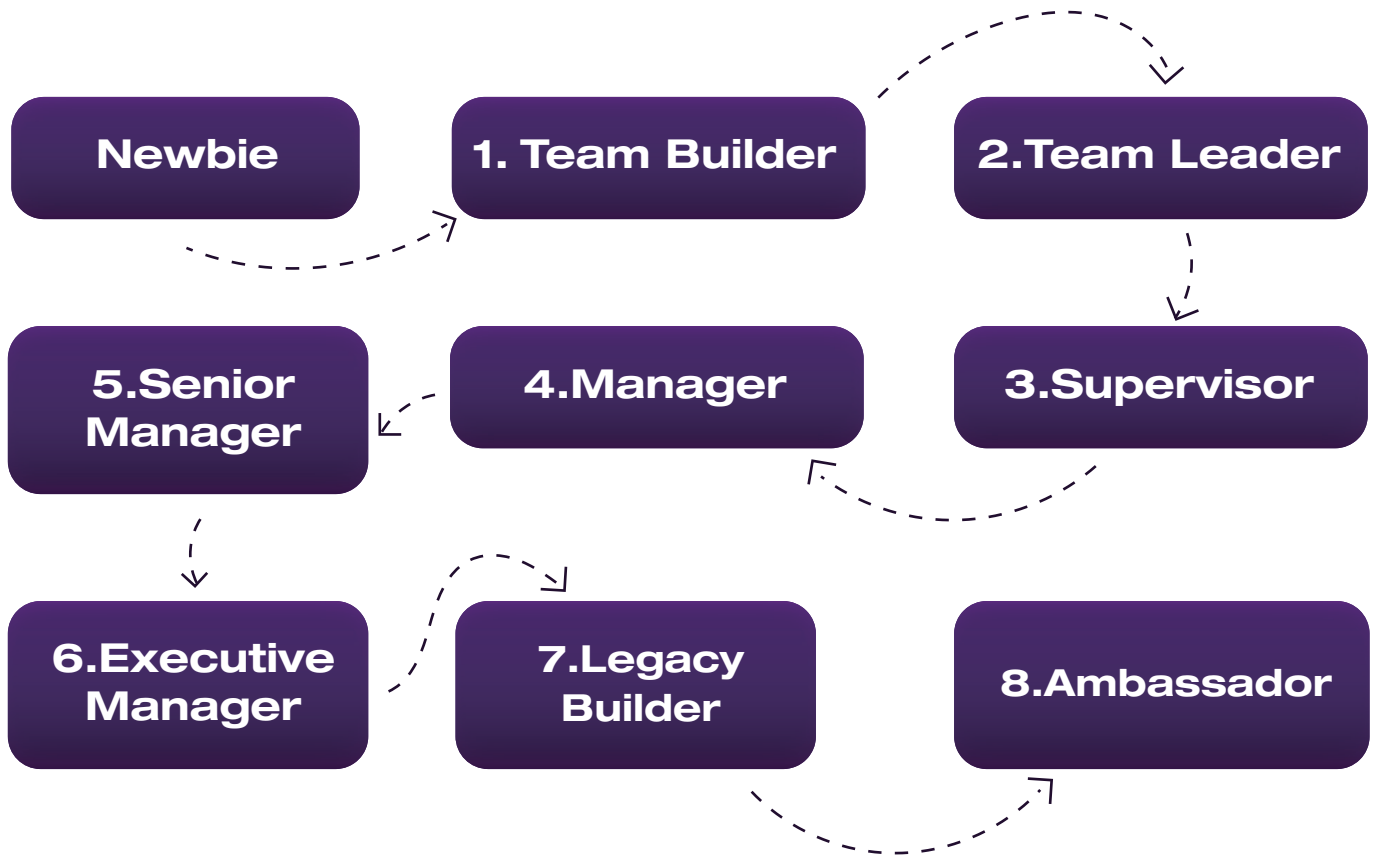
## Cellphone incentive



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

# Ranks(8 in total)

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# COMPENSATION PLAN

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  10 active distributors on level 1	Level 1 = 20% Level 2 = 10% Level 3 = 8% Level 4 = 5% Level 5 = 2%	R10,000.00	R10,000.00	<b>+INCENTIVE (Trip)</b>
Executive Manager	R220,000.00	Only L1,L2,L3,L4,L5,L6	R3,900.00  20 active distributors on level 1	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  30 active distributors on level 1	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	<b>+INCENTIVE (iPhone)</b>
Ambassador	R1,000,000.00	Only L1,L2,L3,L4,L5,L6,L7	R6,000.00  50 active distributors on level 1	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		<b>R500 000,00 SUV CAR INCENTIVE</b>			

# Newbie

**Personal sales**

**R650 minimum**

**Commission**

**Level 1 = 20%**

# 1. Team Builder

<b>Team Sales Target</b>	<b>R 6000 on level 1 only</b>
<b>Personal Sales Target</b>	<b>R650 minimum</b>

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

<b>Rank-Up bonus</b>	<b>R1000</b>
<b>Commission</b>	<b>Level 1 = 20%</b>

## 2. Team Leader

<b>Team Sales Target</b>	<b>R14000 on levels 1 &amp; 2 combined</b>
<b>Personal Sales Target</b>	<b>R1200</b>

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

<b>Rank-Up bonus</b>	<b>R1500</b>
<b>Commission</b>	<b>Level 1 = 20%</b> <b>Level 2 = 10%</b>

## 3. Supervisor

<b>Team Sales Target</b>	<b>R30000 on levels 1, 2 &amp; 3 combined</b>
<b>Personal Sales Target</b>	<b>R1950</b>

\*Minimum of 2 active members on level 1

<b>Rank-Up bonus</b>	<b>R3000</b>
<b>Commission</b>	<b>Level 1 = 20%</b> <b>Level 2 = 10%</b> <b>Level 3 = 8%</b>

## 4. Manager

<b>Team Sales Target</b>	<b>R60000 on levels 1, 2, 3, &amp; 4 combined</b>
<b>Personal Sales Target</b>	<b>R2600</b>

\*Minimum of 2 active members on level 1

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

## 5. Senior Manager

<b>Team Sales Target</b>	<b>R120000 on levels 1, 2, 3, 4 &amp; 5 combined</b>
<b>Personal Sales Target</b>	<b>R3 250</b>

**\*Minimum of 10 active members on level 1**

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

## 6. Executive Manager

<b>Team Sales Target</b>	<b>R220000 on levels 1, 2, 3, 4, 5 &amp; 6 combined</b>
<b>Personal Sales Target</b>	<b>R3 900</b>

**\*Minimum of 20 active members on level 1**

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

## 7. Legacy Builder

<b>Team Sales Target</b>	<b>R500000 on levels 1, 2, 3, 4, 5, 6 &amp; 7 combined</b>
<b>Personal Sales Target</b>	<b>R4 800</b>

**\*Minimum of 30 active members on level 1**

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

## 8. Ambassador

<b>Team Sales Target</b>	<b>R1 000 000 on levels 1,2,3,4,5,6 &amp; 7 combined</b>
<b>Personal Sales Target</b>	<b>R6 000</b>

**\*Minimum of 50 active members on level 1**

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

**INCENTIVES**

A large MSC cruise ship is docked at a port, with its reflection visible in the water. The ship is white with a red and blue stripe and features the MSC logo and name. The background shows a building and a clear sky.

# 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 🇲🇵

A large MSC cruise ship is docked at a harbor, with its reflection visible in the water. The ship is white with blue and red accents. The MSC logo and name are visible on the side. The background shows a cityscape at dusk.

# COMPENSATION PLAN

## CRUISE INCENTIVE

**First 100 people to reach Senior Manager from 1 September 2025  
Will qualify for the MSC Cruise March 2026 (Durban - Mozambique)**

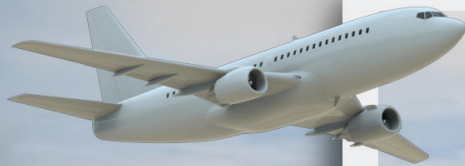
- All expenses-paid only for direct flights to King Shaka International Airport
- Shuttle costs from King Shaka International Airport to the Durban harbour covered by the company
- Incentive does not include costs from home to the airport and from the airport to home
- Incentive cannot be converted to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

**FSTea**  
**INCENTIVE**  
*2026*



**WE ARE GOING TO**

**VIETNAM**



**MAXIMISE YOUR POTENTIAL™**



## Brand new iPhone 14



**NOTE:** Incentive cannot be converted to cash.

# 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.

# 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

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# MONTHLY RANK MAINTENANCE OVERVIEW

<b>Rank</b>	<b>Monthly <i>Personal sales</i></b>	<b>Monthly <i>Team sales</i></b>
<b>1. Team Builder</b>	<b>R650</b>	<b>R6000 from level 1 only</b>
<b>2. Team Leader</b>	<b>R1 200</b>	<b>R14 000 from level 1 &amp; 2 combined</b>
<b>3. Supervisor</b>	<b>R1 950</b>	<b>R30 000 from level 1,2 &amp; 3 combined</b>
<b>4. Manager</b>	<b>R2 600</b>	<b>R60 000 from level 1,2,3 &amp; 4 combined</b>
<b>5. Senior Manager</b>	<b>R3 250</b>	<b>R120 000 from level 1,2,3,4 &amp; 5 combined</b> (10 active distributors on level 1)
<b>6. Executive Manager</b>	<b>R3 900</b>	<b>R220 000 from level 1,2,3,4,5 &amp; 6 combined</b> (20 active distributors on level 1)
<b>7. Legacy Builder</b>	<b>R4 800</b>	<b>R500 000 from level 1,2,3,4,5,6 &amp; 7 combined</b> (30 active distributors on level 1)
<b>8. Ambassador</b>	<b>R6 000</b>	<b>R1 000 000 from level 1,2,3,4,5,6 &amp; 7 combined</b> (50 active distributors on level 1)

# 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



The logo for the Compensation Plan is located in the top right corner. It features the word "COMPENSATION" in white, bold, uppercase letters on a dark purple, rounded rectangular background. Below it, the word "PLAN" is written in green, bold, uppercase letters on a white, rounded rectangular background. A small globe icon is positioned between the two words.

## 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.



# THANK YOU



## QUESTIONS & ANSWERS

### Contact Us

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Website - [www.flatstomachteaco.za](http://www.flatstomachteaco.za)  
Call centre - 010 500 1046