



TR90 30-Day Kit – Lemon

YOUR (SHORT-TERM) TRANSFORMATION STARTS HERE

Are you looking to get in shape for your next holiday? Do you want to shake up your workout in preparation for an upcoming sports event? Or would you just like to give TR90 a try before making a long-term commitment to the full 90-day programme? If you said yes to any of those questions, then this 30-day weight management programme is the one for you.

Introducing the TR90 30-Day Kit, a playful wellbeing programme designed to build a better you.

TR90 empowers and enables you to reach your short-term weight management goals in just 30 days. How? By targeting the daily habits that stand between you and your objectives. You'll get ready to shun those unnecessary extra calories by managing your calory intake. You'll optimise your diet with botanical food supplements that are the perfect match for some tasty meal planning.

WHAT'S INSIDE?

This kit contains the following:

- 1 x TR90 JS
- 1 x TR90 Complex C
- 1 x TR90 Complex F
- 30 x TR90 M-Bars Lemon Crisp.

SIZE/NETTO WEIGHT

- TR90 JS:** 1 box – 15 sachets (37 g)
- TR90 Complex F:** 1 bottle – 120 capsules (63 g)
- TR90 Complex C:** 1 bottle – 90 capsules (52 g)
- TR90 M-Bars:** 1 Chocolate M-Bar (60 g) & 1 Lemon Crisp M-Bar (59 g)

DAILY USAGE

TR90 JS: Take 1 sachet mixed in a glass of water or favourite low-calorie beverage for the first 15 days of the programme.

TR90 Complex C: Take 1 capsule 3 times per day during the 30 days of the programme. Preferably take 15-20 minutes before meals with a large amount of water.

TR90 Complex F: Take 1 capsule 4 times per day during the 30 days of the programme. Preferably take 15-20 minutes before meals with a large amount of water.

TR90 M-Bars: Take one bar as a meal replacement, once per day with a large glass of water during the 30 days of the programme.

WARNINGS

For TR90 JS, Complex C and Complex F: Do not exceed the recommended daily dose. A food supplement should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Do not use if product integrity is affected. Keep out of reach of young children. Consult a doctor before using this product if you are pregnant, lactating or under medical treatment. Keep away from heat and humidity.

For TR90 M-Bars: It is important to follow the instructions for use. Maintain an adequate daily fluid intake and a varied and balanced diet and a healthy lifestyle. Excessive consumption of the product could induce laxative effects. This product is useful for the intended use only as part of an energy-restricted diet: other foodstuffs should be a necessary part of such a diet. Do not use if the foil integrity is compromised. Consult a doctor before using this product if you are pregnant, lactating or under medical treatment. Store in a dry place between 16°C and 18°C.



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INGREDIENTS

TR90 JS:

Prickly pear cactus fruit extract (*Opuntia ficus-indica* L. Mill.) (2000 mg/sachet), saffron stigma extract (*Crocus sativus* L.) (177 mg/ sachet), pomegranate fruit extract (*Punica granatum* L.) (150 mg/sachet), red orange fruit extract (*Citrus sinensis* L. var. osbeck) (125 mg/sachet)

TR90 COMPLEX C:

Cocoa bean powder (*Theobroma cacao* L.) (750 mg/3 caps.), tart cherry fruit powder (*Prunus cerasus* L.) (300 mg/3 caps.), capsule (gelatine), pomegranate fruit extract (*Punica granatum* L.) (250 mg/3 caps.), bulking agent (microcrystalline cellulose), anti-caking agents (fatty acids, silicon dioxide).

TR90 COMPLEX F:

Grape fruit extract (*Vitis vinifera* L.) (400 mg/4 caps.), capsule (gelatine), green tea leaf extract (*Camelia sinensis* L. kuntze) (300 mg/4 caps.), onion bulb extract (*Allium cepa* L.) (250 mg/4 caps.), red orange fruit extract (*Citrus sinensis* L. var. osbeck) (250 mg/4 caps.), citrus fruit extract (200 mg/4 caps.): [lemon (*Citrus limon* L. burm. f.) (40 mg/4 caps.), orange (*Citrus sinensis* L. var. osbeck) (120 mg/4 caps.), mandarin (*Citrus reticulata* blanco) (20 mg/4 caps.), grapefruit (*Citrus x paradisi* macfad) (20 mg/4 caps.)], bulking agent (microcrystalline cellulose), anti-caking agents (fatty acids, silicon dioxide), cayenne pepper fruit powder (*Capsicum annum* L.) (50 mg/4 caps).

TR90 LEMON CRISP M-BARS:

White coating (sugar, vegetable fats (coconut, palm kernel, palm, shea), skimmed milk powder, emulsifier: soy lecithins, vanilla flavouring); glucose fructose syrup; milk proteins; soy proteins; fructo-oligosaccharides; rice flour; potassium salts of orthophosphoric acid; calcium carbonate; magnesium carbonate; sodium salts of orthophosphoric acid; ferrous sulphate; zinc citrate; cupric gluconate; manganese sulphate; potassium iodide; sodium selenite; sunflower oil; fructose syrup; fructose; stabiliser: glycerol; maltodextrin; barley malt extract (gluten); glucose syrup; lemon juice powder (0,55%); lemon flavouring with other flavourings; L-ascorbic acid; D-alpha-tocopheryl acetate; nicotinamide; retinyl acetate; D-biotin; D-pantothenate, calcium; cholecalciferol; cyanocobalamin; riboflavin; pyridoxine hydrochloride; phytomenadione; thiamine hydrochloride; pteroylmonoglutamic acid; salt; emulsifier: soy lecithin and sucrose esters of fatty acids, antioxidant: alphanatocopherol

Allergy advice: For allergens, including cereals containing gluten, see ingredients in bold.

Contains traces of the following allergens: eggs, peanuts, nuts (almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, Macadamia nuts or Queensland nuts) and products thereof, sulphur dioxide or sulphites.



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Typical Nutritional Information

TR90® M-Bar- Lemon



	Per 100 g	Per single serving 1 bar of 59 g	NRV* per single Serving
Energy (kJ)	1694	1000	
Protein (g)	26	15	
Total carbohydrates (g):	44	26	
of which Glycaemic carbohydrates (g)	38.8	22.9	
of which total sugar (g)	30	18	
Dietary fibre (g) #	5,2	3,1	
Fat (g):	13	7,7	
of which Saturated fat (g)	7,4	4,4	
Total Sodium (mg)	0,45	0,27	
Vitamin A (µg)	630	372	47%
Vitamin D (µg)	4,1	2,4	48%
Vitamin E (mg TE)	9,8	5,8	48%
Vitamin K (µg)	49,2	29	24%
Vitamin C (mg)	65	38	48%
Thiamin (mg)	0,87	0,51	46%
Riboflavin (mg)	1,2	0,71	51%
Niacin (mg)	14	8.3	52%
Vitamin B6 (mg)	1,2	0,71	51%
Folic acid (µg)	158	93,2	47%
Vitamin B12 (µg)	2,1	1,2	48%
Biotin (µg)	41	24	48%
Pantothenic acid (mg)	4.8	2.8	47%
Calcium (mg)	407	240	30%
Phosphorus (mg)	580	342	49%
Potassium (mg)	848	500	25%
Iron (mg)	12	7,1	51%
Zinc (mg)	7,9	4,7	47%
Copper (mg)	0,79	0,47	47%
Iodine (µg)	120	70.8	47%
Selenium (µg)	44	26	47%
Magnesium (mg)	191	113	30%
Manganese (mg)	1,7	1,0	50%

*NRV: Nutrient Reference Value

as per Prosky test method (AOAC 985.29)