



# TR90 M-Bar: Lemon Crisp

TRY THIS SCRUMPTIOUS LEMON CRISP FLAVOUR TODAY!

Your fast-paced lifestyle often has you rushing out the door with no time for a healthy meal. You frequently sacrifice good nutrition for convenience. Well, you don't have to do that anymore.

TR90 M-Bar is a great meal replacement when you are short on time but still want to eat healthy. Delicious and nutritious, this easy on-the-go bar is a convenient way to get all the nutritional requirements of one main meal. Here are other great advantages this mouthwatering lemon crisp bar will provide you:

vitamins and minerals to build a shield for your body  
a meal replacement bar for weight control  
the right amount of proteins that will contribute to the growth and maintenance of muscle mass  
a meal that can be integrated into your busy lifestyle  
no more guesswork  
NETTO WEIGHT 1.77 KG - SIZE 3 BOXES OF 10 LEMON CRISP BARS

## USAGE

Take one bar as a meal replacement, once per day with a large glass of water.

## INGREDIENTS

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; thiamin 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.

## WARNINGS

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. An 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 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. 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. An 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 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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## Typical Nutritional Information

TR90<sup>®</sup> 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)