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# Marine Omega

## FOOD SUPPLEMENTS. FOR A STRONG NUTRITIONAL FOUNDATION

Marine Omega is a food supplement rich in omega-3 fatty acids, containing Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA), which provides 1,400 mg/day of omega-3 fatty acids with krill and fish oil.

EPA and DHA contribute to the normal function of the heart. In addition, DHA contributes to maintenance of normal brain function and normal vision.

Netto Weight 193g - Size 120 softgels

### DAILY USAGE

Take two (2) softgels twice daily with food and drink.

### INGREDIENTS

Fish oil (21% omega-3 fatty acids), Softgel (Gelatin, Humectant: Glycerol, Flavouring: Vanillin), Lipid extract from the crustacean Antarctic Krill Euphausia superba, Antioxidant: Tocopherol-rich extract.



# LifePak®+



## FOOD SUPPLEMENT WITH VITAMINS, MINERALS AND BOTANICAL EXTRACTS

Staying healthy throughout one's life begins with eating right. There is a growing number of scientific evidence demonstrating the health benefits of specific nutrients.

A healthy diet needs to have a balance of macronutrients (fats, proteins and carbohydrates) and micronutrients (vitamins and minerals) to meet the needs for human nutrition.

LifePak+ will bring you a significant amount of the required vitamins and minerals that will target nine important functions of your body:

- Iodine contributes to the normal production of thyroid hormones and normal thyroid function.
- Zinc and Iodine contribute to normal cognitive function.
- Vitamin C, Vitamin E, Selenium, Copper and Zinc contribute to the protection of cells from oxidative stress.
- Vitamin A, Vitamin B2, Zinc contribute to the maintenance of normal vision.
- Vitamin B3, B5, B6, B12, Vitamin C, Biotin and Magnesium contribute to the normal energy-yielding metabolism.
- Selenium, Zinc, Copper, Vitamin A, Vitamin B6, B12, Vitamin C, Vitamin D contribute to the normal function of the immune system.
- Vitamin B1 contributes to the normal function of the heart.
- Magnesium, Zinc, Manganese and Calcium contribute to the maintenance of normal bones.
- Zinc, Iodine, Biotin, Vitamin A and Vitamins B3 contribute the maintenance of normal skin.

Netto Weight 230 g / Size 60 sachets (with 4 tablets)

### DAILY USAGE

Take the content of one (1) sachet daily with 250 ml of liquid with your meal..

### 9 FUNCTIONS IN ONE FORMULA

- 1 Contribute to normal cognitive function.
- 2 Contribute to the maintenance of normal skin.
- 3 Contribute to the protection of cells from oxidative stress.
- 4 Contribute to the maintenance of normal bones.
- 5 Contribute to the maintenance of normal vision.
- 6 Contribute to normal blood clotting.
- 7 Contribute to the normal function of the immune system.
- 8 Contribute to normal energy-yielding metabolism.
- 9 Contribute to the normal thyroid function.

### INGREDIENTS

Magnesium salts of citric acid, Bulking agent: Microcrystalline cellulose, Calcium salts of citric acid, Calcium carbonate, Calcium salts of orthophosphoric acid, Calcium-L-ascorbate, Onion bulb extract (*Allium cepa* L.), Bulking agents (Cross-linked sodium carboxy methyl cellulose, Sodium carboxy methyl cellulose), Anti-caking agents (Fatty acids, Magnesium salts of fatty acids, Silicon dioxide), Zinc bisglycinate, Citrus fruit extract [Lemon (*Citrus limon* (L.) Burm. f.), Orange (*Citrus sinensis* (L.) Osbeck), Mandarin (*Citrus reticulata* Blanco), Grapefruit (*Citrus x paradisi* Macfad.)], Nicotinamide, Dextrin, Grape seed extract (*Vitis vinifera* L.), D-alpha-tocopheryl acid succinate, Manganese bisglycinate, Copper bisglycinate, D-pantothenate, calcium, Sodium molybdate, Dextrose, Emulsifier: Lecithins (**Soy**), Lycopene, Chromium (III ) chloride, Beta-carotene, Pyridoxine hydrochloride, Sodium selenate, Sodium selenite, Riboflavin, Thiamin mononitrate, Lutein, Potassium iodide, Stabiliser: Sodium citrates, Zeaxanthin, Retinyl palmitate, Folic acid, D-biotin, Phytomenadione, Cholecalciferol, Cyanocobalamin.



# LifePak®+



## FOOD SUPPLEMENT WITH VITAMINS, MINERALS AND BOTANICAL EXTRACTS

### INGREDIENTS (QUANTITIES PER DAILY DOSE)

Ingredienser (mængde per daglig dosis) / Ingredients (quantities per daily dose) / Ingredientes (cantidades por dosis diaria) / Składniki (ilość w dziennej porcji)	Pr. 4 tabletter / Per 4 tablets / Por 4 comprimidos / W 4 tabletkach	% RI*/IR*/RWS*
Vitamin A / Vitamina A / Vitamina A	698 µg RE DA 1498 µg RE	87% DA 187%
heraf / of which / de los cuales / w tym Beta-caroten / Beta-carotene / Beta-caroteno / Beta-karoten	400 µg RE DA 1200 µg RE	
Vitamin D / Vitamina D / Vitamina D	5 µg	100%
Vitamin E / Vitamina E / Vitamina E	12 mg TE	100%
Vitamin K / Vitamina K / Vitamina K	25 µg	33%
Vitamin C / Vitamina C / Vitamina C	80 mg	100%
Vitamin B1 / Vitamina B1 / Vitamina B1	1,1 mg	100%
Vitamin B2 / Vitamina B2 / Vitamina B2	1,3 mg	93%
Niacin / Niacina / Niacyna	16 mg	100%
Vitamin B6 / Vitamina B6 / Vitamina B6	1,4 mg	100%
Folsyre / Folic acid / Ácido fólico / Kwas foliowy	200 µg	100%
Vitamin B12 / Vitamina B12 / Vitamina B12	2,4 µg	96%
Biotin / Biotina / Biotyna	45 µg	90%
Pantothenic acid / Pantothenic acid / Ácido pantoténico / Kwas pantotenowy	5 mg	83%
Calcium / Calcio / Wapń	250 mg	31%
Magnesium / Magnesio / Magnez	125 mg	33%
Mangan / Manganese / Manganese / Mangan	1 mg	50%
Zink / Zinc / Cynk	7,5 mg	75%
Kobber / Copper / Cobre / Miedź	0,5 mg	50%
Selen / Selenium / Selenio / Selen	50 µg	91%
Chrom / Chromium / Cromo / Chrom	25 µg	62%
Molybden / Molybdenum / Molibdeno / Molibden	45 µg	90%
Jod / Iodine / Yodo / Jod	45 µg	30%
Citrusfruit extract / Citrus fruit extract / Extracto de cítricos / Wyciąg z owoców cytrusowych:	25 mg	
Citrus limon (L.) Burm. f.	5 mg	
Citrus sinensis (L.) Osbeck	15 mg	
Citrus reticulata Blanco	2,5 mg	
Citrus x paradisi Macfad.	2,5 mg	
Vitis vinifera L.	12,5 mg	
Lycopene / Lycopene / Licopeno / Likopen	3,5 mg	
Allium cepa L.	85 mg	
Lutein / Luteína / Luteína	1 mg	
Zeaxanthin / Zeaxantina / Zeaxantina	0.5 mg	



JVi®



NUTRIENT-RICH BEVERAGE. TRY JVi AND POUR YOURSELF SOME “JOIE DE VIVRE”!

**JVi is a beverage that brings you a savoury blend of 12 fruits and vegetables**, carefully selected to indulge your taste buds and satisfy your needs. Because when Europe's finest fruits and vegetables unite with the imperial fruits wolfberry, sea buckthorn and acerola, it's you who eventually reaps the rewards.

Partner up with JVi to reinforce your oxidative protection and to help your skin maintain its natural radiance. Packing so much good into one convenient beverage, JVi is your ideal ally for a healthy diet and lifestyle:

- This orange coloured beverage contains carotenoids and is rich in vitamin C, which contributes to the protection of cells from oxidative stress, the normal function of the immune system and normal collagen formation for the normal function of skin
- Skin Carotenoid Score-certified thanks to the carotenoids naturally present in JVi.

## USAGE

Shake well before use. Drink 60 ml with morning and evening meals.

## WARNINGS

Keep away from heat, humidity and light. Refrigerate up to 14 days after opening. Do not use if the screw cap is broken, damaged or missing. It is important to have a varied and balanced diet, and a healthy lifestyle

## INGREDIENTS

Water; Juice from concentrate: White grape (5%), Carrot (5%), Sea buckthorn berry, Tomato (4%), Pear (4%), Apple, Acerola, Watermelon, Red grape, Wolfberry (1%), Mango; Olive oil; Natural flavouring; Acidity regulator (Citric acid); Thickeners (Pectin, Xanthan gum); Preservative (Sodium benzoate).



# Pharmanex Tëgreen

## THE BENEFITS OF GREEN TEA

We all love a good cup of tea. We've consumed green tea for centuries, after all, and it's an important part of cultures across the globe.

Those who drink it have long believed in the benefits of green tea. We wanted to try it for ourselves, so we've included an extract taken from the *Camellia sinensis* plant in every Tëgreen capsule. Adding this green tea extract to your diet can help to protect your cells and tissues from oxidative stress caused by free radicals and support their natural defences\*.

### The story of free radicals and antioxidants.

Free radicals are unstable molecules. They can occur naturally in the body or because of exposure to things like pollution, stress, cigarette smoke, and toxins. They're mostly known for inducing oxidative stress, where each molecule tries to regain a lost electron by stealing one from its neighbour, which can affect cells and tissue.

Antioxidants, such as those found in our green tea extract, help prevent this by kindly donating one of their own electrons to the cause without becoming free radicals themselves.

*Please note that some European Member States may have additional specificities that are linked to their national legislation. If applicable, you will find these in the country-specific Webpage, in the respective national language.*

\*evaluation of health claim pending.

Netto Weight 11g / Size 30 capsules

### DAILY USAGE

Take one (1) capsule in the morning with food and drink.

#### WARNINGS

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 safety seal is broken, damaged or missing. Keep away from heat and humidity. Keep out of reach of young children. Consult a doctor before using this product if you are pregnant, lactating or under medical treatment.

### INGREDIENTS

Green tea leaf extract (*Camellia sinensis* (L.) Kuntze) (69% - 250 mg/capsule), Capsule (Gelatine), Bulking agent: Microcrystalline cellulose, Anti-caking agents (Fatty acids, Silicon dioxide), Calcium L-ascorbate (3.3 mg/capsule – 3.75% RI\*)

\*RI: Reference intakes





# R<sup>2</sup>



## ARE YOU READY TO FEEL RECHARGED AND REFRESHED?

This holiday, make sure you look fresh and vibrant for all the upcoming festivities by taking **R<sup>2</sup>** every day.

**R<sup>2</sup> Day** contains a blend of key ingredients such as Cordyceps sinensis, pomegranate and Panax ginseng, which increase physical performance, help maintain mental capacities and good sexual relations. **R<sup>2</sup> Night** contains selenium, which contributes to the protection of cells from oxidative stress.

Get ready to feel refreshed and recharged to take control of a new day.

### INGREDIENTS

#### R<sup>2</sup> Night

Grape seed extract (*Vitis vinifera* L.) (210,5 mg/2capsules), Capsule (Gelatin), Red orange fruit extract (*Citrus sinensis* (L.) Osbeck) (125 mg/ 2 capsules), Broccoli seed extract (*Brassica oleracea* L.) (115.4mg/2capsules), Bulking agent: Microcrystalline cellulose, Anti-caking agents: (Fatty acids, Silicon dioxide), Sodium selenite (15 µg/2capsules – 27% RDA).

#### R<sup>2</sup> Day

Cordyceps sinensis (B.) Sacc mycelia (2 g/6 capsules), Bulking agent: Microcrystalline cellulose, Anti-caking agents: (Fatty acids, Silicon dioxide), Capsule (Gelatine, Colour: Titaniumdioxide ), Pomegranate fruit extract (*Punica granatum* L.) (170 mg/6 capsules), Panax ginseng C.A. Meyer root extract (100 mg/6 capsules of which 8mg ginsenosides).

May contain soy

### DAILY USAGE

Take two (2) capsules of  
**R<sup>2</sup> Night** in the evening.

Take six (6) capsules of **R<sup>2</sup> Day** in the morning.

#### WARNINGS

Do not exceed the recommended daily dose. A food supplement should not be used as a substitute for a varied and balanced diet and healthy lifestyle. Do not use if safety seal is broken, damaged or missing. Keep away from heat and humidity. Keep out of reach of young children. Consult a doctor before using this product if you are pregnant, lactating or under medical treatment.



# Bone Formula



## VITAMINS AND MINERALS TO BUILD AND MAINTAIN OUR BONE FORMATION

You need calcium to strengthen your bones and vitamin D to help your body absorb calcium.

Research shows that vitamin D can provide nutritional benefits in addition to your diet.

We need vitamins and minerals to build and maintain our bone formation.

And this is where our Bone Formula comes in. It contains vitamin D, which contributes to normal absorption of calcium and phosphorus, vitamin K2 and minerals such as calcium, which contributes to the maintenance of normal bones.

This complex blend of vitamins and minerals will provide you all the nutrients you need to develop and maintain normal bones.

Netto Weight 135g

### BENEFITS

- Provides a comprehensive blend of vitamins and minerals to help maintain proper bone structure and function.
- Features high levels of vitamin D and vitamin K2 that work in synergy to enable efficient use of calcium for bone health.
- Rich in calcium, magnesium and zinc, which contributes to the maintenance of normal bones.
- Delivers manganese, which focuses on the normal formation of connective tissue contributing to the maintenance of normal bones.
- High in vitamin C contributing to normal collagen formation for the normal function of bones.

### DAILY USAGE

Take three (3) capsules twice daily with food and drink.

### WARNINGS

Do not exceed the stated recommended daily dose. A varied and balanced diet and a healthy lifestyle are important. A food supplement should not be used as a substitute for a varied diet. Do not use if safety seal is broken, damaged or missing. Store out of reach of young children. Keep away from heat and humidity. Consult a doctor before using this product if you are pregnant, lactating or under medical treatment.

### INGREDIENTS

Calcium carbonate/Magnesium carbonate, Magnesium salts of citric acid, Capsule (Gelatin, Water), Magnesium bisglycinate, Calcium malate, Calcium-L-ascorbate, Bulking agent: Cross-linked sodium carboxy methyl cellulose, Anti-caking agent: Fatty acids, Zinc gluconate, Menaquinone, Anti-caking agent: Silicon dioxide, Manganese bisglycinate, Bulking agent: Microcrystalline cellulose, Cholecalciferol, Cupric gluconate.

**Nutrients**  
(quantities per recommended daily consumption) **Per 6 capsules**

		% RI*
Vitamin D	10 µg	200%
Vitamin K2	45 µg	60%
Vitamin C	100 mg	125%
Calcium	501 mg	63%
Magnesium	272 mg	73%
Manganese	1 mg	50%
Zinc	5 mg	50%
Copper	0,5 mg	50%

\*RI: Reference Intake





# Pharmanex Pro-B



## FOOD SUPPLEMENT WITH LACTOBACILLUS FERMENTUM PCC

Lactobacillus Fermentum (PCC®) is considered to be a hardy bacteria that is able to survive in low pH balance environment like our gastrointestinal tract. This supplement contains 2 billion of these live bacteria in a capsule for your gut flora.

Netto Weight 10g  
Size 30 capsules

### DAILY USAGE

Take one capsule daily with food and drinks.

#### WARNINGS

Do not exceed the stated recommended daily dose. A varied and balanced diet and a healthy lifestyle are important. A food supplement should not be used as a substitute for a varied diet. Do not use if safety seal is broken, damaged or missing. Store out of reach of young children. Consult a doctor before using this product if you are pregnant, lactating or under medical treatment.

Pharmanex® Pro-B™ may be stored at room temperature, away from heat, light and humidity. If possible, storage under 20°C is recommended.

### INGREDIENTS

Bulking agent: Microcrystalline cellulose, Lactobacillus fermentum PCC 30 - 90 mg (min. 2 B cfu/caps.), Capsule (Hydroxypropyl methylcellulose, Carrageenan, Potassium chloride), Anti-caking agent: Fatty acids, Silicon dioxide.



# CordyMax Cs-4

## FOOD SUPPLEMENT WITH CORDYCEPS MUSHROOM

CordyMax Cs-4 is a proprietary, standardised extract of *Cordyceps sinensis* mushroom that helps to tone the body, protect the liver and the kidneys.

Our exclusive CordyMax Cs-4 formula is recognised in Mainland China as the fermented cordyceps mushroom product, offering interesting benefits. Over 15 years of extensive scientific research resulted in this Cs-4 strain. In fact, CordyMax Cs-4 has been placed under intellectual property protection and can boast being the first strain recognised by the Chinese government.

CordyMax Cs-4 is manufactured according to the Pharmanex 6S Quality Process and is standardised by High Performance Liquid Chromatography (HPLC) - an instrument used to determine the chemical makeup of any sample - to guarantee potency and consistent results of active ingredients.

Netto Weight 74g  
Size 120 capsules

### DAILY USAGE

Take two (2) capsules twice daily with food and drink.

#### WARNINGS

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 safety seal is broken, damaged or missing. Keep away from heat and humidity. Keep out of reach of young children. Consult a doctor before using this product if you are pregnant, lactating or under medical treatment.

### INGREDIENTS

*Cordyceps sinensis* (Berk.) Sacc. mycelia (85% - 2100 mg/4 caps.), Capsule (Gelatine). May contain **soy**.



# BioGinkgo 27/7

## FOOD SUPPLEMENT WITH GINKGO LEAF EXTRACT

If you feel you have been slightly forgetful lately, *Ginkgo Biloba* extract, present in BioGinkgo, will help you to maintain a good cognitive function while helping to protect your cells and tissues from oxidative stress.

Netto Weight 17g  
Size 60 tablets

### DAILY USAGE

Take one (1) tablet twice daily with food and drink..

#### WARNINGS

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 safety seal is broken, damaged or missing. Keep away from heat and humidity. Keep out of reach of young children. Consult a doctor before using this product if you are pregnant, lactating or taking anti-platelet drugs (e.g. aspirin), anticoagulants, antithrombotics or are under medical treatment. Discontinue the use of this product two weeks prior to surgery.

### INGREDIENTS

Dextrose, *Ginkgo biloba* L. leaf extract (22% - 120 mg/2 tablets), Spirulina, Bulking agent: Microcrystalline cellulose, Maltodextrin, Bulking agent: Cross-linked sodium carboxy methyl cellulose, Colour: Riboflavins, Anti-caking agents (Silicon dioxide, Magnesium salts of fatty acids), Bulking agent: Sodium carboxy methyl cellulose, Dextrin, Emulsifier: Lecithins (**Soy**), Stabiliser: Sodium citrates, Glazing agent: Methyl cellulose, Glycer



# FlexCrème



## FOOD SUPPLEMENT WITH GINKGO LEAF EXTRACT

FlexCrème™ contains a proprietary mixture of cetylated fatty acid esters including Cetyl Tallowate. It is refreshing, easy to apply and is quickly absorbed by the skin.

SIZE 60 ML

### BENEFITS

- Easy to apply and is absorbed by the skin quickly
- May also improve the skin's elasticity and tonus.
- Soothing and refreshing effect of Menthol.

### USAGE

For adults and children 12 years of age and older. Simply rub this quick absorbing cream onto the skin and experience its refreshing effect. Do not apply to wounds or damaged skin.

### INGREDIENTS

Aqua, Cetyl Tallowate, Glycerin, Cetearyl Olivat, Olea Europaea Fruit Oil, Sorbitan Olivat, Mentha Piperita Oil, Tocopheryl Acetate, L-Menthol, Cyclopentasiloxane, Cyclohexasiloxane, Canola Oil, Sodium Polyacrylate, Xanthan Gum, Tocopherol, Phenoxyethanol, Chlorphenesin, Limonene, Linalool.



# ReishiMax GLp

## FOOD SUPPLEMENT WITH REISHI MUSHROOM EXTRACT

Part of the body's complex immune system includes a formidable arsenal of cells called Natural Killer Cells. These cells recognise a seemingly infinite number of organisms considered as foreign to the body and directly attack and destroy them. They also destroy damaged or compromised cells that occur naturally within the body as part of the cellular regeneration process.

Reishi is a wood-rotting fungus occurring as a shelf-like form on the sides of trees and stumps. In old Chinese texts, Reishi is a highly praised mushroom. For more than 2000 years, the people of Asia have utilised the benefits of the rare, deep forest Reishi mushroom.

ReishiMax GLp is standardised to 6% triterpenes and 13.5% polysaccharides

Netto weight 37g

Size 60 capsules

### DAILY USAGE

Take one (1) capsule twice daily with food and drink.

### WARNINGS

Do not exceed the recommended daily dose. A food supplement should not be used as a substitute for a varied and balanced diet and healthy lifestyle. Do not use if safety seal is broken, damaged or missing. Keep away from heat and humidity. Keep out of reach of young children. Consult a doctor before using this product if you are pregnant, lactating or under medical treatment.

### INGREDIENTS

Reishi mushroom extract (*Ganoderma lucidum*) (82% - 1 g/2 caps.), Capsule (Gelatine), Anti-caking agent: Fatty acids



# TR90 Lemon 90-Day Kit



## YOUR TRANSFORMATION STARTS HERE

TR90 is a 90-day weight management programme that will unify your mind and body to help you achieve a better looking you.

This innovative programme will empower you to reach your goals by targeting the sources that stand between you and your ideal body shape.

Based on exclusive science that helps you stay motivated as you work towards your goal of unlocking your body's full potential.

### WHAT'S INSIDE?

- 3 months' supply of TR90 food supplements: 1 TR90 JS, 3 TR90 Complex C and 3 TR90 Complex F
- 1 month's supply of TR90 meal replacement bars (30 TR90 M-Bars Lemon Crisps), plus a voucher offering a 15% discount on 2 packs of TR90 M-Bars (30 units/pack)
- 1 TR90 Programme Guide
- 1 Transformation Journal with 1 TR90 pen
- 1 Multilayer Pill Box

### SIZE

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 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.





# TR90 Lemon 90-Day Kit



**YOUR TRANSFORMATION STARTS HERE**

## 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 annuum* 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.



# TR90 Lemon 90-Day Kit



YOUR TRANSFORMATION STARTS HERE

## 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)



# 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.



# TR90 30-Day Kit – Lemon

YOUR (SHORT-TERM) TRANSFORMATION STARTS HERE

## 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.



# TR90 30-Day Kit – Lemon

YOUR (SHORT-TERM) TRANSFORMATION STARTS HERE

## 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)





# TR90 Complex F

## FOOD SUPPLEMENT WITH BOTANICALS

Whether you enjoy it as part of the TR90 Wellbeing Programme or prefer to take it alone, this botanical food supplement is perfect for daily use.

Each capsule is designed to get you primed and ready for whatever transformation you're looking for. It contains a blend of ingredients including citrus fruit, onion, grape, cayenne pepper, red orange and a green tea extract.

This green tea extract is known to help those who take it feel invigorated, while its tonifying properties can help contribute to your physical wellbeing by protecting your cells against oxidative stress. That means it can help you look and feel good both inside and out!

Delivered in handy capsules, Complex F is an easy and convenient way to get an intake of this wonderful ingredient. Why not pick up a Pharmanex Pillbox and take it with you on the go?

Netto weight 63g - Size 120 capsules

### WHY USE SUPPLEMENTS?

Living a healthy lifestyle comes with a lot of health benefits - unsurprising, right? But how do we do it? It begins by eating right. When we maintain a balanced diet, we provide our bodies with optimum nutrition, helping us perform at our best. It's also hugely important to exercise regularly, and in the right way to meet your body goals.

Whatever those goals are, supporting your balanced diet with targeted botanical dietary supplements can help you reach them.

TR90 Complex F is one such supplement.

### INGREDIENTS

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.) 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.) 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 powder (*Capsicum annuum* L.) (50 mg/4 caps.)

### DAILY USAGE

Take one (1) capsule four (4) times per day. Preferably, take 15-20 minutes before meals with a large amount of water.

#### WARNINGS

Do not exceed the recommended daily dose. A food supplement should not be used as a substitute for a varied and balanced diet and healthy lifestyle. Do not use if safety seal is broken, damaged or missing. Keep away from heat and humidity. Keep out of reach of young children. Consult a doctor before using this product if you are pregnant, lactating or under medical treatment.





# TR90 Complex C

## FOOD SUPPLEMENT WITH BOTANICALS

Whether you enjoy it as part of the TR90 Wellbeing Programme or prefer to take it alone, this sour cherry supplement combines the benefits of tart cherry (*Prunus cerasus*) fruit powder with cocoa and pomegranate.

Delivered in handy capsules, Complex C is an easy and convenient way to get an intake of this wonderful ingredient. No messy stains from juice blended in a hurry, or forcing yourself to drink sour cherry juice twice a day! Simply take it with you on the go and enjoy with a glass of water three times a day, shortly before each meal - why not use your Pharmanex Pillbox to do so?

Think of them as the sweet cherries on top of your daily meals!

Netto weight 52g - Size 00 capsules

### WHY USE SUPPLEMENTS?

Living a healthy lifestyle comes with a lot of health benefits - unsurprising, right? But how do we do it? To really live well, we need to make sure we're getting enough sleep time each night, as well as maintaining a balanced diet. This will be filled with functional foods that help provide the calories, minerals and nutrients that we all need for our bodies to make it through the day.

While it's important to remember that supplements should never be used to replace a varied and balanced diet, they can definitely help support one. TR90 Complex C is one such supplement.

### WHAT'S INSIDE?

The key ingredient in TR90 Complex C is Montmorency tart cherry (*Prunus cerasus*), also known as sour cherry (*Prunus cerasus*). Just like certain smoothies might begin with cherry juice concentrate, we've included a powdered extract of this awesome fruit in every capsule of Complex C.

### DAILY USAGE

Take one (1) capsule three (3) times per day. Preferably, take 15-20 minutes before meals with a large amount of water.

#### WARNINGS

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 safety seal is broken, damaged or missing. Keep away from heat and humidity. Keep out of reach of young children. Consult a doctor before using this product if you are pregnant, lactating or under medical treatment.

### INGREDIENTS

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 V-Shake Start Up kit

## THE PRO-PLANET PROTEIN

### The Pro-Planet Protein

Discover TR90 V-Shakes: the vegan-friendly protein shake the whole planet can enjoy. These delicious shakes are high in protein and contain no artificial colours or preservatives, making them an ideal way to help beginners, pros and gym bros achieve their fitness goals.

Enjoy them on their own or as part of the TR90 Wellbeing Programme!

### This kit contains the following:

Vanilla TR90 V-Shake - Chocolate TR90 V-Shake - Pharmanex Shaker Bottle

### WHAT'S INSIDE?

Whether you prefer vanilla or chocolate, the things that really matter stay the same. Each serving of the V-Shakes contains 19 grams of protein, sourced from pea and brown rice, and is lactose-free, gluten-free, and soy-free - fantastic for a high-protein snack, a pre-workout or post-workout supplement, or as part of a healthy breakfast.

### IS IT SUITABLE FOR ME?

We all need protein, and supplementing a balanced diet with protein shakes can help make sure we get it. The TR90 V-Shakes are suitable for everyone - athletes, those looking to build some muscle mass, and even those over 65 who just want to keep up with the kids!

### USAGE INSTRUCTIONS

Mix 25 g of TR90 V-Shake powder with 500 ml of cold water and consume before or after exercise. Remember to fill the shaker with liquid first, then add the protein powder and shake well for 20-30 seconds. If you do not have a scoop, 25 g is equal to approximately two tablespoons.

### INGREDIENTS

#### TR90 V-Shake - CHOCOLATE:

Pea Protein Powder (61%)\*, Brown Rice Protein Powder (31%)\*, Fat Reduced Cocoa Powder, Natural Flavouring, Sweetener: Steviol glycosides

\*protein content 80%

#### TR90 V-Shake - VANILLA:

Pea Protein Powder (63%)\*, Brown Rice Protein Powder(31%)\*, Natural Vanilla Flavouring, Sweetener: Steviol glycosides

\*protein content 80%



# TR90 V-Shake Start Up kit

## THE PRO-PLANET PROTEIN

### NUTRITIONAL DECLARATION

#### TR90 V-Shake – Chocolate

Nutritional Information

Serving Size: 25 g

Servings per Container: 20

	Per 100 g	%RI*	Per 25 g	%RI*
Energy	1616kJ 386 kcal	19%	404 kJ 97 kcal	5%
Fat	4.9 g	7%	1.2 g	2%
Of which saturates	1.3 g	7%	0.3 g	2%
Carbohydrate	5.6 g	2%	1.4 g	1%
Of which sugars	0 g	0%	0 g	0%
Fibre	2.5 g		0.6 g	
Protein	74 g	148%	19 g	38%
Salt	1.5 g	25%	0.4 g	7%

(\*) Daily reference intake for an adult (8400 kJ/2000 kcal).

#### TR90® V-Shake – Vanilla

Nutritional Information

Serving Size: 25 g

Servings per Container: 20

	Per 100 g	%RI*	Per 25 g	%RI*
Energy	1616kJ 386 kcal	19%	404 kJ 97 kcal	5%
Fat	4.6 g	7%	1.1 g	2%
Of which saturates	1.1 g	7%	0.3 g	2%
Carbohydrate	5.3 g	2 %	1.3 g	1%
Of which sugars	0 g	0%	0 g	0%
Fibre	1.4 g		0.3 g	
Protein	76 g	151%	19 g	38%
Salt	1.6 g	27%	0.4 g	7%

(\*) Daily reference intake for an adult (8400 kJ/2000 kcal).



# TR90® JS



## BRINGING THE EXOTIC TOUCH TO START YOUR DAY!

TR90® JS is a product composed solely of 100% natural ingredients such as prickly pear cactus, red orange, pomegranate and saffron.

These exotics botanicals are harvested with great care in the Mediterranean and Californian regions, and create the perfect drink for your morning routine.

JS is part of the TR90® weight management programme; a 90-day programme that will help you achieve a healthier looking you, proposing meal replacement bars and fitness methods based on exclusive science.

NETTO WEIGHT 37g  
SIZE 15 SACHETS

### DAILY USAGE

Mix one (1) sachet of powder in a glass of 250 ml water or favourite beverage. Drink each morning for the first 15 days of the TR90® programme.

#### WARNINGS

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

### INGREDIENTS

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.) Osbeck) (125 mg/sachet)



# 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: alfatocopherol

**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.



# TR90 M-Bar: Lemon Crisp

TRY THIS SCRUMPTIOUS LEMON CRISP FLAVOUR TODAY!

## 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)