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 C: 1 bottle – 120 capsules (63 g)
TR90 Complex F: 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.
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-oligosacharides; rice flour; potassium salts of orthophosphoric acid; calcium 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: alphatocopherol

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.