



TR90 30-Day

YOUR (SHORT-TERM) TRANSFORMATION STARTS HERE

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