



TR90® M-BAR CHOCOLATE

CHOOSE WHAT FITS YOU BEST!

**Product format: 1 box contains 10 bars of 1 flavour.
Available per 1 box or 3 boxes.**



THE TR90® CONCEPT

Introducing TR90, a wellbeing programme to build a better you. Simple and intelligent, TR90 empowers and enables you to reach your goals of a healthy lifestyle by targeting the daily habits that stand between you and your objectives.

By combining meal replacements and food supplements with adapted fitness tips and healthy eating advice, the programme offers you assistance to unlock your body's potential. It's about discovering what is good for you and redefining your lifestyle habits through the way you eat, move, and live.

MEET TR90® M-BARS

With busy days of balancing family, work, social events and errands, it's hard to find the time or energy for healthy eating while always on the go. Given the demands of today's lifestyle, we could all use a helping hand to ensure we take care of this well-balanced healthy lifestyle and diet.

That's where the TR90 M-Bars can come in handy as a convenient way to enjoy a complete and tasty meal replacement. These delicious, on-the-go meal replacement bars make it easy to include them in your daily lifestyle to keep your weight under control. But remember that to stay healthy throughout your life, you always need to maintain an adequate daily fluid intake, do regular physical exercise, and have a varied and balanced diet.

Get off to a good start: try this tasty bar available in chocolate flavour.

WHY YOU WILL LOVE IT

As part of the TR90 Wellbeing programme, the TR90 M-Bars can help you achieve a healthy lifestyle:

- As a meal replacement, one TR90 M-Bar offers your body at least **30% of the nutrient reference values** for vitamins and minerals, and contains carbohydrates, proteins, and fats.
- It contains **14 g of protein per bar, which can contribute to growth and maintenance of muscle mass.**
- It's **vegan***, **high in fibre** and **low in sugar**, with only 1 g of sugar per bar.
- It's convenient and **ready to eat on-the-go** and can be easily integrated into your lifestyle.
- It can replace one of your main daily meals to help you maintain your weight after weight loss or two meals if your goal is to lose weight. It should be a part of an energy-restricted diet that must contain other food.

HOW TO USE IT

For weight maintenance after weight loss:

One (1) bar replaces one (1) meal. Eat one bar per day with a large glass of water to replace one main meal in an energy-restricted diet that must contain other food.

For weight loss:

One (1) bar replaces one (1) meal. Replace two of your main daily meals in an energy-restricted diet that must contain other food. Eat the bars with a large glass of water.

INGREDIENTS

Chickpea flour, soluble fibre obtained from beetroot, **soy** protein, humectants: maltitol syrup, glycerol and sorbitol syrup, dark chocolate with sweetener (10%) (cocoa paste, sweetener: maltitol, cocoa butter, emulsifier: lecithin (**soy**), natural vanilla flavouring), pea protein, minerals (potassium phosphate, calcium carbonate, sodium phosphate, magnesium carbonate, ferric pyrophosphate, zinc citrate, copper gluconate, manganese sulphate, sodium selenite, potassium iodide), starch, sunfloweroil, cocoabutter, flavourings, acacia fibre, slivered cocoa beans, natural flavouring, salt, stabiliser: calcium carbonate, vitamins (vitamin C, vitamin E, vitamin B3 (niacin), vitamin A, vitamin B5 (pantothenic acid), vitamin B8 (biotin), vitamin B6, vitamin B12, vitamin D, vitamin B2 (riboflavin), vitamin K, vitamin B1 (thiamin), vitamin B9 (folic acid)), maltodextrin, emulsifier: **soy** lecithin, sweetener: sucralose.

Allergy advise: for allergens, see ingredient in **bold**. *May contain traces of: cereals containing gluten and products thereof, milk and products thereof (including lactose), eggs and products thereof, peanuts and products thereof, nuts and products thereof, and sulphur dioxide and sulphites.*

** The TR90 M-Bar Chocolate does not contain ingredients of animal origin. There may be an unintended presence of non-vegan substances used as processing aids or present in the manufacturing facility.*

WHAT'S IN IT

Nutrition declaration Portion size: 59 g	Per		
	100 g	59 g	
Energy	1457 kJ / 349 kcal	858 kJ / 206 kcal	
Fat, of which	12 g	6.8 g	
- Saturates	3.5 g	2.1 g	
- Linoleic acid (in form of glycerides)	1.6 g	1 g	
Carbohydrate, of which	32 g	19 g	
- Sugars	1.7 g	1 g	
Fibre	19 g	11 g	
Protein	24 g	14 g	
Salt, of which	1.6 g	0.93 g	
- Sodium	0.63 g	0.37 g	
			% DRI*
Potassium	936 mg	552 mg	27.6 %
Manganese	1.6 mg	0.68 mg	34 %
Copper	0.87 mg	0.51 mg	51 %
Selenium	29 µg	20 µg	36.4 %
Calcium	422 mg	249 mg	31.1 %
Phosphorus	721 mg	425 mg	60.7 %
Iron	11 mg	6.6 mg	47.1 %
Magnesium	207 mg	122 mg	32.5 %
Zinc	5.5 mg	3.2 mg	32 %
Iodine	77.2 µg	50 µg	33.3 %
Vitamin A	407 µg	240 µg	30 %
Vitamin D	2.6 µg	1.5 µg	30 %
Vitamin E	6.1 mg	3.6 mg	30 %
Vitamin C	41 mg	24 mg	30 %
Vitamin B1	0.56 mg	0.33 mg	30 %
Vitamin B2	0.72 mg	0.42 mg	30 %
Vitamin B3 (Niacin)	8.1 mg	4.8 mg	30 %
Vitamin B6	1.1 mg	0.7 mg	47.1 %
Vitamin B9 (folic acid)	112 µg	66 µg	33 %
Vitamin B12	1.28 µg	0.76 µg	30.2 %
Vitamin B8 (biotin)	25 µg	15 µg	30.2 %
Vitamin B5 (pantothenic acid)	3.1 mg	2 mg	33.3 %
Vitamin K1	38 µg	23 µg	30 %

*DRI: Daily Reference Intake (adults).

WARNINGS

It is important to follow the instructions for use and to maintain an adequate daily fluid intake, a varied and balanced diet and a healthy lifestyle. An excessive consumption of the product may produce 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. Store in a cool dry place. Consult a doctor before using this product if you are pregnant, lactating or under medical treatment.

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 version of this document, in the respective national language(s).

LEARN MORE ABOUT IT

Can I take the TR90 M-bars without other TR90 products?

Yes, you can enjoy the benefits of a meal replacement to maintain or lose weight without taking other TR90 products. However, remember that the TR90 M-Bars are part of the TR90 Wellbeing programme, which is composed of food supplements, a guide with eating plans, and an active lifestyle. This TR90 Wellbeing programme can help you achieve your personal objective of transforming your lifestyle in 90 days. If you want to maintain this transformation after completing the programme, we recommend that you continue enjoying the TR90 M-Bars, taking part in sports and following healthy recipes and the TR90 eating plan.

When can I eat TR90 M-Bars?

Feel free to replace any of your main meals with one TR90 M-Bar.

Are the TR90 M-Bars gluten-free?

Unfortunately, we cannot guarantee that TR90 M-Bars have the gluten level below 20ppm and can thus be claimed gluten-free due to potential trace elements from the production line.

Can the TR90 M-Bars be consumed by people below 18 years of age?

The TR90 M-Bars should be consumed only by adults (people at the age of 18 and above) as meal replacement in an energy-restricted diet that must contain other food.

COMPLEMENTARY PRODUCTS

TR90 Wellbeing programme: a playful wellbeing programme to build a better you. Simple and intelligent, TR90 empowers and enables you to reach your goals of a healthy lifestyle by targeting the daily habits that stand between you and your objectives.

LifePak+: a food supplement with vitamins, minerals and botanical extracts.

JVi: a beverage source of vitamin C, consisting of a blend of 12 fruits and vegetables.

R²: R² Day offers a delicious blend of ingredients such as *Cordyceps sinensis*, pomegranate and *Panax ginseng*. Ginseng helps with the following aspects of vitality: improving physical performance and maintaining mental wellbeing. R² Night contains selenium that helps protect cells against oxidative stress.



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