



TR90®

TR90 WEIGHT MANAGEMENT PROGRAMME

by Nu Skin

Nicola Massieu-Cowlard reviews TR90 and transforms her body in 90 days

Marketed as a weight management programme and not a diet, TR90 focuses on redefining your body. TR90 is a weight management programme that unifies mind and body – for a better looking you. We need our core muscle mass to maintain our Base Metabolic Rate (BMR) whilst in a rested state. Many diets result in huge amounts of muscle mass being lost, which encourages poor BMR and the weight piling on when people return to normal eating, thus contributing to the Yo-Yo effect.

TR90 is based on scientific advancements. This unique product breakthrough targets both internal and external sources of weight management, which is what attracted me to the programme.

TR90 is extremely effective. I found the supplements worked brilliantly. I really felt that my muscle mass was supported by the TR90 programme. Proteins are present in the TR90 M-Bars and proteins contribute to the growth and maintenance of muscle mass. There are 90 meal replacement bars plus a guide that includes an eating plan, exercises and a 90-day diary. Oh, and a tape measure to ensure you keep a log of your body transformation!

The results? I achieved the goal that I set for myself; I am delighted, and would recommend this to everyone.

The reviews provided herewith are a resumé of our experiences. For further information on any of these programmes, please visit the websites as detailed.

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