

TR90[®]

**Transform your life
in 90 days**

 PHARMANEX[®]





Over a
THIRD of
the EU adult
population is
now
overweight



High Pressure

A 'perfect' body
shape =

YOUTH BEAUTY SUCCESS



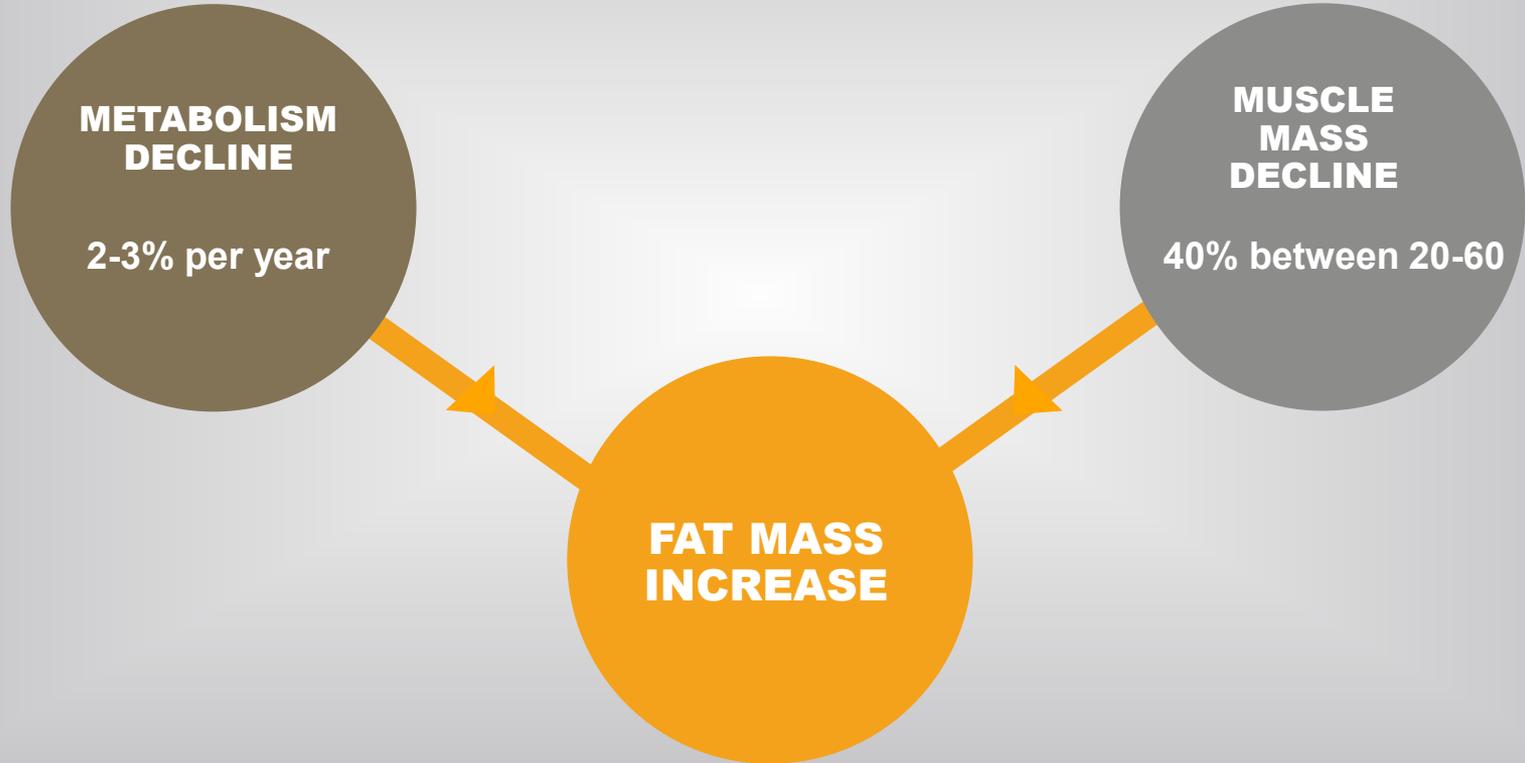


ONE IN FIVE EUROPEAN

tries to lose weight by following a diet
at least once every two years.

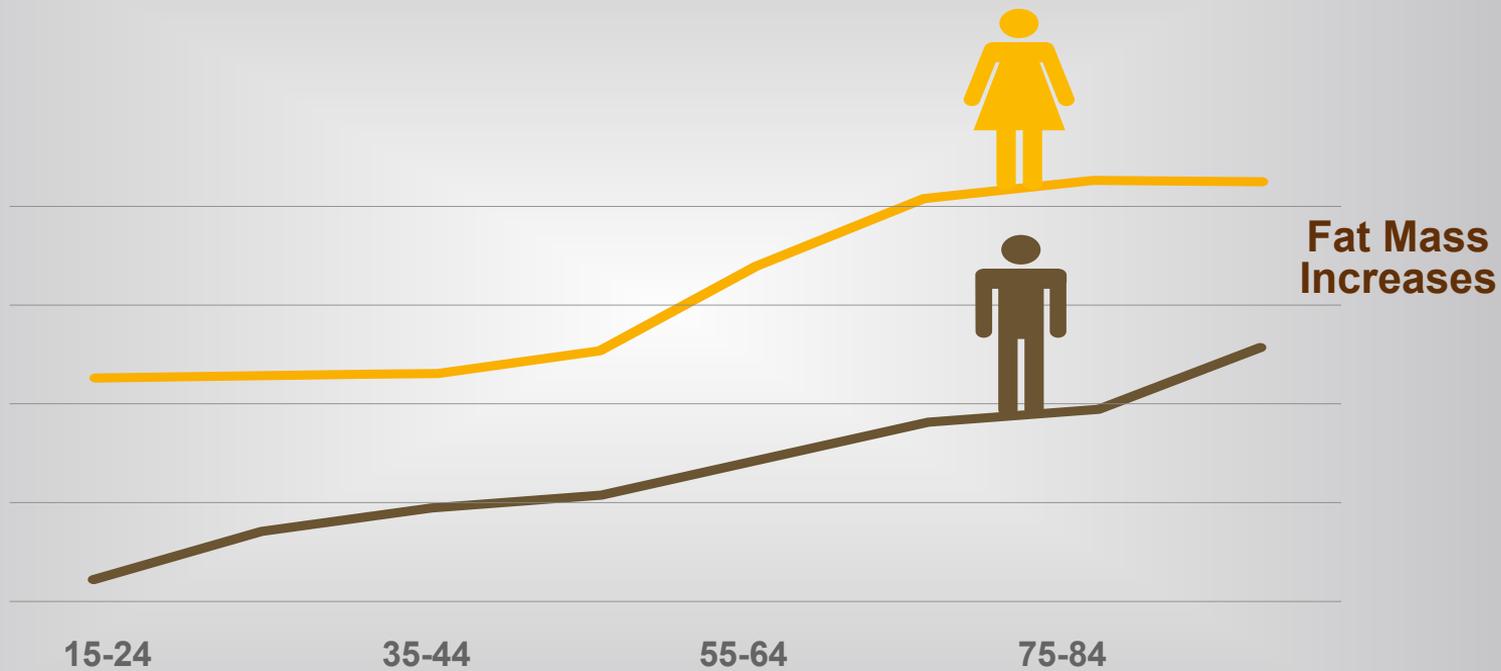
AGEING & BODY ENGINE

Overweight, not just about bad food & lack of sports





Ageing Body



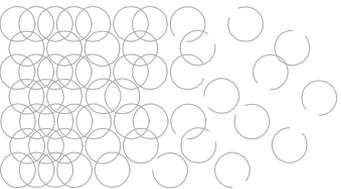
Introducing the TR90[®] Programme

Food
Supplements

Eating Plan
Meal
Replacement
Bar

Exercise





Our solution

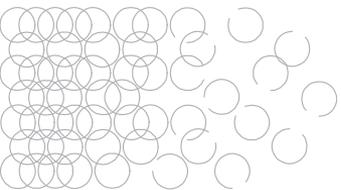


TR90® DESIGNED TO TARGET THREE IMPORTANT WEIGHT MANAGEMENT PILLARS

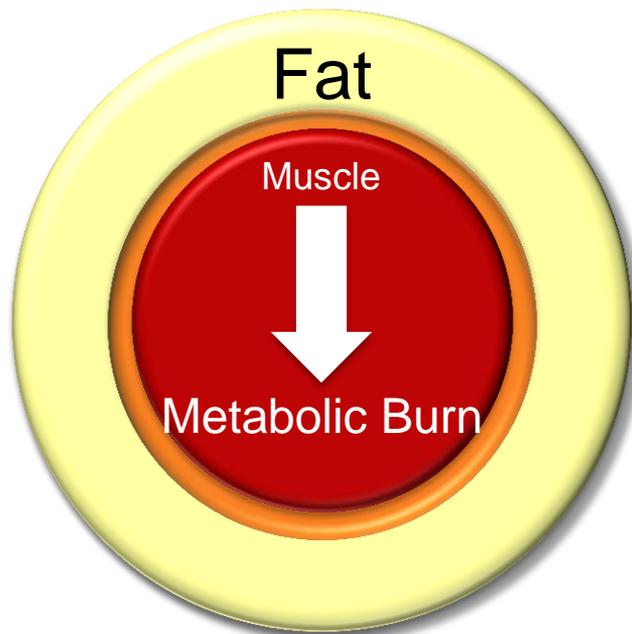
Metabolism

Lean Muscle

Willpower

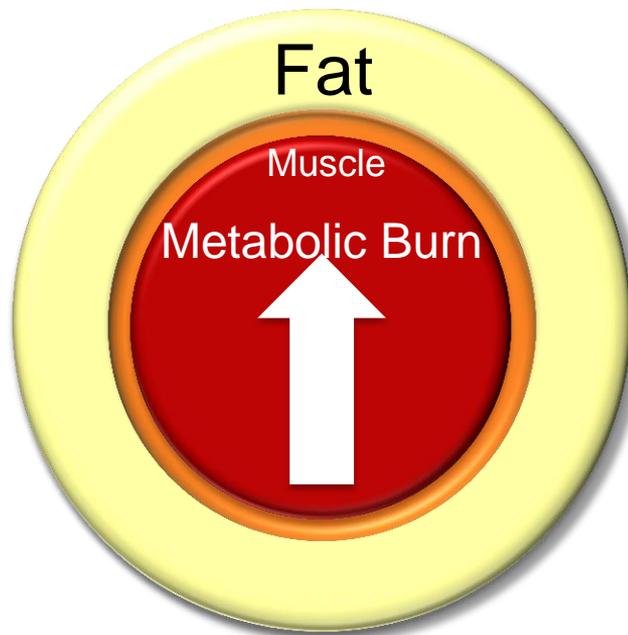


Traditional programmes
lose lean muscle mass

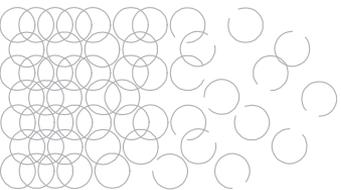


Metabolic burn = rate at which body burns calories at rest

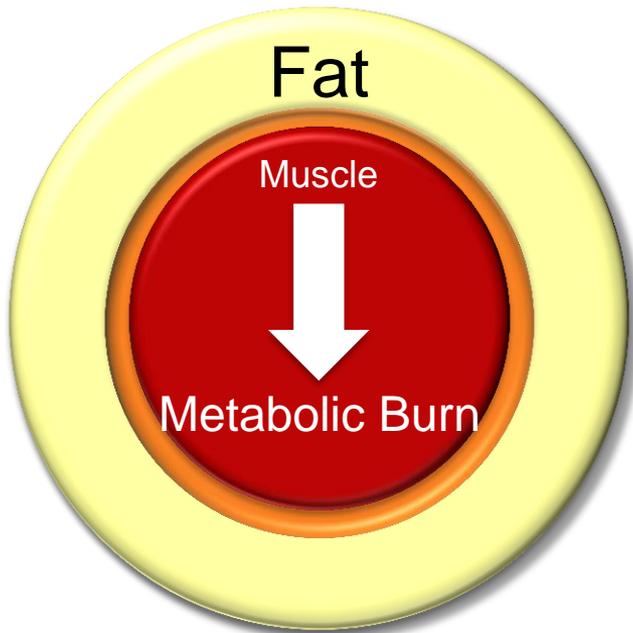
TR90® maintain muscle mass*



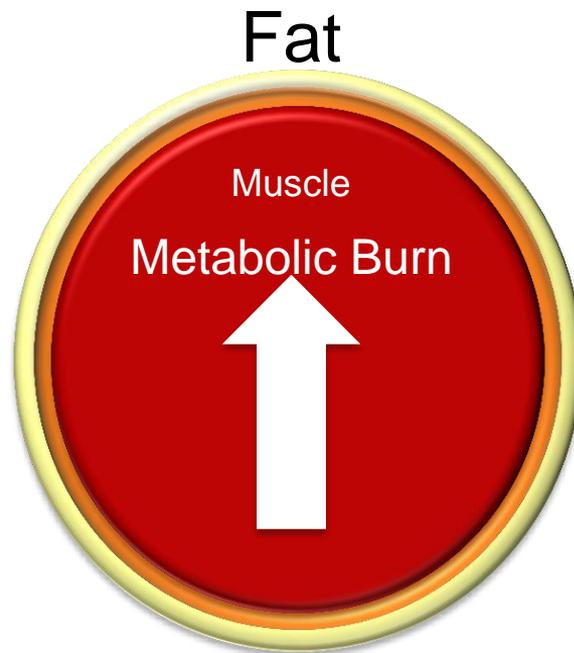
*Proteins contribute to the maintenance of muscle mass

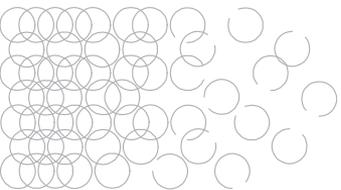


Traditional programmes
lose lean muscle

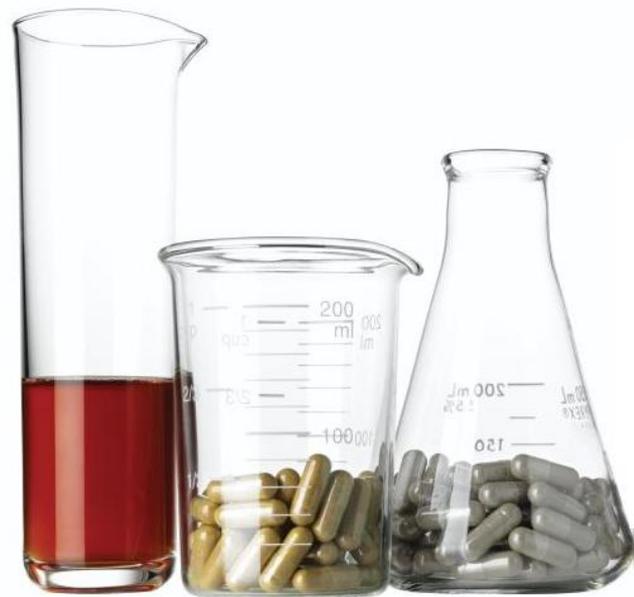


TR90[®] maintain muscle mass*



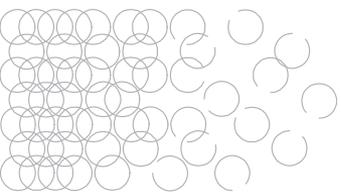


TR90[®] food supplements



THE TR90[®] PROGRAMME

At the core of the programme are the newest members of the Pharmanex family.



TR90® food supplements

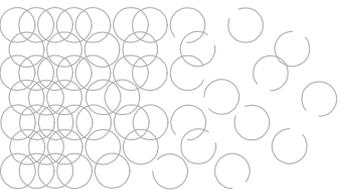


TR90® JS: Get that 2-week boost

The perfect push to get you primed for success. By rebalancing your body, you can experience all the motivation that comes along with a better looking body shape.

Take for first 15 days of programme to help you achieve your goals.





TR90[®] food supplements

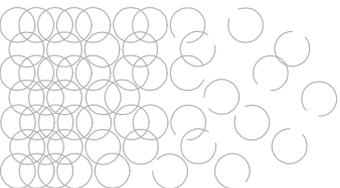


TR90[®] **Complex F:** Rev up your body's system

A great way to rev up your body system!
With the perfect blend of ingredients, get ready to feel a transformation.

Take one capsule four times per day, preferably 15-20 minutes before your meal during 90 days.





TR90[®] food supplements

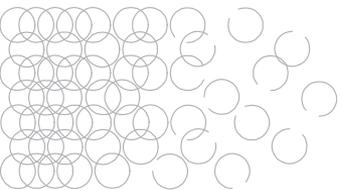


TR90[®] Complex C: the willpower you need for this transformational journey.

This product will help strengthen your willpower while you are on your journey!

Take one capsule four times per day, preferably 15-20 minutes before your meal during 90 days.



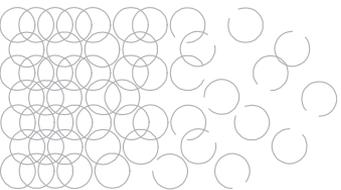


TR90[®] supporting material



- ✓ TR90[®] Programme Guide
- ✓ Quick-View Guide
- ✓ Transformation Journal



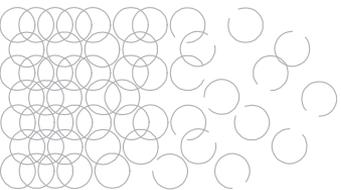


TR90[®] eating plan



BUILD proteins	FUEL carbs	PROTECT vitamins, minerals & fibres
5 portions	1 portion	4 portions
Chicken, Fish	Rice Pasta	Fruits Vegetables
1 TR90[®] M-Bar		





TR90® M-Bar



Meal Replacement

**Removes
guesswork**

Easy on-the-go



**Build up & maintain
muscle mass**

Exercise **let's get moving**



High
intensity

Medium
intensity

Low
intensity



A woman with blonde hair, wearing a white polo shirt and light-colored shorts, is captured in a dynamic pose on a golf course. She is balancing on her right leg, with her left leg kicked high and her arms raised above her head, hands clasped together. The background features a long, straight row of tall, manicured trees under a clear blue sky.

TR90[®]

**GET READY TO
TRANSFORM YOUR
LIFE**