



# TR90 Complex F

## FOOD SUPPLEMENT WITH BOTANICALS

Whether you enjoy it as part of the TR90 Wellbeing Programme or prefer to take it alone, this botanical food supplement is perfect for daily use.

Each capsule is designed to get you primed and ready for whatever transformation you're looking for. It contains a blend of ingredients including citrus fruit, onion, grape, cayenne pepper, red orange and a green tea extract.

This green tea extract is known to help those who take it feel invigorated, while its tonifying properties can help contribute to your physical wellbeing by protecting your cells against oxidative stress. That means it can help you look and feel good both inside and out!

Delivered in handy capsules, Complex F is an easy and convenient way to get an intake of this wonderful ingredient. Why not pick up a Pharmanex Pillbox and take it with you on the go?

Netto weight 63g - Size 120 capsules

### WHY USE SUPPLEMENTS?

Living a healthy lifestyle comes with a lot of health benefits - unsurprising, right? But how do we do it? It begins by eating right. When we maintain a balanced diet, we provide our bodies with optimum nutrition, helping us perform at our best. It's also hugely important to exercise regularly, and in the right way to meet your body goals.

Whatever those goals are, supporting your balanced diet with targeted botanical dietary supplements can help you reach them.

TR90 Complex F is one such supplement.

### INGREDIENTS

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.) 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.) 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 powder (*Capsicum annum* L.) (50 mg/4 caps.)

### DAILY USAGE

Take one (1) capsule four (4) times per day. Preferably, take 15-20 minutes before meals with a large amount of water.

#### WARNINGS

Do not exceed the recommended daily dose. A food supplement should not be used as a substitute for a varied and balanced diet and healthy lifestyle. Do not use if safety seal is broken, damaged or missing. Keep away from heat and humidity. Keep out of reach of young children. Consult a doctor before using this product if you are pregnant, lactating or under medical treatment.