



TR90 Complex C

FOOD SUPPLEMENT WITH BOTANICALS

Whether you enjoy it as part of the TR90 Wellbeing Programme or prefer to take it alone, this sour cherry supplement combines the benefits of tart cherry (*Prunus cerasus*) fruit powder with cocoa and pomegranate.

Delivered in handy capsules, Complex C is an easy and convenient way to get an intake of this wonderful ingredient. No messy stains from juice blended in a hurry, or forcing yourself to drink sour cherry juice twice a day! Simply take it with you on the go and enjoy with a glass of water three times a day, shortly before each meal - why not use your Pharmanex Pillbox to do so?

Think of them as the sweet cherries on top of your daily meals!

Netto weight 52g - Size 00 capsules

WHY USE SUPPLEMENTS?

Living a healthy lifestyle comes with a lot of health benefits - unsurprising, right? But how do we do it? To really live well, we need to make sure we're getting enough sleep time each night, as well as maintaining a balanced diet. This will be filled with functional foods that help provide the calories, minerals and nutrients that we all need for our bodies to make it through the day.

While it's important to remember that supplements should never be used to replace a varied and balanced diet, they can definitely help support one. TR90 Complex C is one such supplement.

WHAT'S INSIDE?

The key ingredient in TR90 Complex C is Montmorency tart cherry (*Prunus cerasus*), also known as sour cherry (*Prunus cerasus*). Just like certain smoothies might begin with cherry juice concentrate, we've included a powdered extract of this awesome fruit in every capsule of Complex C.

DAILY USAGE

Take one (1) capsule three (3) 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 a 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.

INGREDIENTS

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)