

ageLOC

TRME

BODY BALANCE SYSTEM

M-BAR CHOCOLATE

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



Body balance refers to the state of equilibrium between one's healthy habits, lifestyle, and well-being. It involves finding the right mix that supports your overall health. That's where ageLOC TRME comes in - a system that empowers you to customise your journey by giving you a self-tailored, flexible experience. To support you and help you make the right decisions for your journey, we offer you a range of food supplements as well as a TRME body balance guide, but you get to decide which to use according to your goals and balance. No matter what your objectives and intentions are, within this system you can find something for yourself and adapt your plan to your unique journey. ageLOC TRME can support your body balance efforts, no matter how big or small they are. Join the community today and discover the beauty of our integrated wellness approach.

MEET TRME 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 TRME 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 TRME Body Balance System, the TRME M-Bars can help you achieve a healthy lifestyle:

- As a meal replacement, one TRME 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**.
- 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 advice: 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.**

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

*The TRME 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.

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

When can I eat TRME M-Bars?

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

Are the TRME M-Bars gluten-free?

Unfortunately, we cannot guarantee that TRME 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 TRME M-Bars be consumed by people below 18 years of age?

The TRME 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.