

PROTOCOL SHEET

Core Weight Loss

Two shakes, two meals replaced

The Core protocol is designed to replace two meals a day — or to make those two meals far smaller than normal — while keeping all 40+ Essential Nutrients covered.

93% of Trilogiii Human Study participants chose this shakes-plus-capsules option.*

01 What's in your kit

Codes are printed on every pouch and bottle

 FS Foundation + Stimulation Nutrient-Dense Shake Mix	 BP Bioactive Protein Booster Protein & Satiety Powder	 EN Essential Nutrients Booster 120 Capsules	 CC Calorie Burner / Cell Protector 90 Capsules
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02 Your day, hour by hour

Package directions vary — follow this sheet

 Morning	 Afternoon	 Evening
FS 1 scoop BP 1 scoop CC 3 capsules EN 4 capsules	FS 1 scoop BP 1 scoop Same 12–14 oz shake. Both your CC and EN capsules can be split across the two shakes — take part here instead of all in the morning.	- Never take CC in the evening — it can interrupt sleep. - Finish eating three hours before bed. - Finish your water three hours before bed.

No breakfast? No problem.

If you genuinely don't eat in the morning, shift your first FS + BP shake and your CC and EN capsules to lunchtime and run the same pattern from there.

Watch the caffeine window.

Where you can, avoid caffeine within one hour of your shake, so nothing competes with nutrient absorption.

* Based on a preliminary human study with hundreds of participants. The study used a single-group, start-and-endpoint design and did not necessitate a randomized placebo comparison. Participants used the complete Trilogiii protocol (all four products + lifestyle guidance). Individual results may vary. Full data analysis and publication now pending.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

03 The four things around the shake

The products do their part — these do the rest



Water

Half your body weight, in ounces, daily.

Start with a full glass first thing, ideally with lemon and a pinch of salt. Finish three hours before bed.



Meals

Small meals only — required for two weeks.

Lean protein and low-carb vegetables. No grains, no high-starch foods. Nothing inside three hours of bed.



Movement

30 minutes of dedicated movement, daily.

A walk counts. Movement supports metabolism and helps preserve muscle while you're eating less.



Sleep

Protect the last three hours of your day.

Nothing inside three hours of bed. Poor sleep raises cortisol, which drives next-day appetite and cravings.

04 The first two weeks, and the last

The first two weeks are the protocol

Small meals of lean protein and low-carb vegetables are **required** for the first two weeks — no grains, no high-starch foods, no fruit. This lets the gut microbiome rebalance, cuts sugar exposure, and resets the brain's reward system. After two weeks it becomes a strong recommendation rather than a rule.

If you don't hold the first two weeks, start them again rather than pushing on.

When you reach your goal

Core Weight Loss is built for the active weight-loss phase, not for forever. At your goal it steps down rather than stops: the Calorie Burner / Cell Protector and the Bioactive Protein Booster come out. Your shakes carry on at half the daily scoop, your Essential Nutrients at the full dose. That step down is **Trilogiii Maintenance**.

Step down, don't stop. Scan After your goal below.

05 Easing in

The first days, and how to smooth them

If your stomach is sensitive

- Split **both** your CC and EN capsules across the morning and afternoon shakes rather than taking them all at once.
- Build up to the full 3 CC capsules gradually over three or more days.
- Introduce your BP powder gradually over a few weeks if gut adjustment is significant.

What you may feel in the first week or two

Mild headaches, digestive changes, fatigue, mood shifts, even a skin breakout. These are short-term adjustment effects as your gut rebalances and sugar leaves your system.

They pass — they're signs of good things happening, not signs the protocol isn't working. If anything feels severe or won't settle, talk to your healthcare provider.

06 Scan to go further



Your bundle

Ingredients, FAQs and reorder



The community

Questions answered by people on the same protocol



Where 3.33% goes

Top-line revenue, to World Orphans



After your goal

What to do when you hit your target

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

General guidance for using a dietary supplement — not medical advice. If you are pregnant, nursing, managing a health condition, or taking prescription medication (including GLP-1 therapy), talk with your healthcare provider before starting.