

PROTOCOL SHEET

Daily Essentials

Your everyday nutrient foundation

Get all 40+ Essential Nutrients each day in a form your body recognizes as food. For general health and everyday wellness, or as a GLP-1 companion regimen.

01 What's in your kit

Codes are printed on every pouch and bottle



FS

Foundation + Stimulation
Nutrient-Dense Shake Mix



EN

Essential Nutrients Booster
120 Capsules

02 Choose your shake pattern

Both patterns deliver the same daily amount of FS. Pick the one that fits your day — you can switch any time.

PATTERN A

One shake a day

2 scoops of FS in the morning. Simplest routine, richer and sweeter shake.

PATTERN B

Two shakes a day

1 scoop of FS in the morning, 1 scoop in the afternoon. Less sweet, and spreads your nutrients across the day.

03 Your day, hour by hour

Package directions vary — follow this sheet

☀ Morning

FS

2 scoops
On Pattern A. If you're on Pattern B, take 1 scoop here and 1 in the afternoon.

EN

4 capsules
With your shake

Mix with water to taste, and drink alongside your capsules.

🕒 Afternoon

FS

1 scoop
Pattern B only — your second shake

On Pattern B you may also split your EN capsules across the two shakes if your stomach is sensitive.

🌙 Evening

- No shake and no capsules in the evening.
- 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 shake and your EN capsules to lunchtime and run the same pattern from there.

Watch the caffeine window.

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

04 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

Smaller meals, strongly recommended.

Eat as needed, but smaller. Lean protein and low-carb vegetables first. 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.

05 Easing in

The first days, and how to smooth them

If your stomach is sensitive

- On Pattern B, split your 4 EN capsules — 2 with your morning shake, 2 with your afternoon shake.
- Take capsules with the shake, never on an empty stomach.

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.

“When you get all your daily Essential Nutrients, good things happen. When you don't get all your daily Essential Nutrients, bad things happen.”

A TRILOGIII MANTRA

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



Health Affiliate

Earn 30% on a new customer's first qualifying purchase

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.