

PROTOCOL SHEET

Maintenance

You reached your goal. Here's what holds it.

Maintenance is a phase of the protocol, not the end of it. The weight-loss products come out. Your daily nutrient coverage stays, because that is the part that carries forward.

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 when you take it

All three deliver the same one scoop of FS a day. Pick the one that fits your day, and you can switch any time.

OPTION A

Morning

1 scoop of FS with your capsules. The simplest routine, and the easiest to keep.

OPTION B

Split the day

Half a scoop in the morning, half in the afternoon. Spreads it out if a full shake feels like a lot at once.

OPTION C

Midday

1 scoop at lunchtime, in place of a light lunch. Useful on days when midday is when hunger shows up.

03 Your day, hour by hour

Package directions vary — follow this sheet

☀ Morning

FS

1 scoop

On Option A. Half the weight-loss phase amount, because you are not in a deficit now

EN

4 capsules

Full dose, unchanged, whichever timing you pick

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

🕒 Afternoon

- Nothing scheduled unless you split your scoop or moved it to midday.
- No Calorie Burner / Cell Protector and no Bioactive Protein Booster. Those were for the weight-loss phase.

🌙 Evening

- No shake and no capsules in the evening.
- Finish eating **three hours before bed**.
- Finish your water **three hours before bed**.

Keep the water and the movement.

Half your body weight in ounces of water, and 30 minutes of daily movement. These carried the weight-loss phase and they carry this one too.

Don't drop your nutrients.

Without adequate nutrients the body may signal ongoing hunger, which raises the risk of returning to old eating patterns. Daily coverage is the whole point of this phase.

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

Real meals again, built on the same foundation.

Lean protein and vegetables stay the base of the plate. Portions can come up from where they were. 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 Reintroducing food, and holding the line

Reintroducing food

Bring foods back one category at a time and hold each one for about a week before adding the next. Start with low-glycemic fruit and higher-fiber carbohydrates. Leave added sugar and highly processed food until last, if at all, since those are what drove the cravings you spent the last phase clearing.

One change a week means that if something doesn't suit you, you know exactly what it was.

If the scale starts to move back

A few pounds either way is normal fluctuation, not regain. Weigh once a week under the same conditions rather than daily. If the trend holds upward across several weeks, tighten meals back toward lean protein and vegetables first, and give that two weeks before changing anything else.

If you want a full reset, going back to Core Weight Loss for a period is a normal move, not a failure.

"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.