Participants Reporting Frequent Hunger Fall From 49% to 6% in Four-Week Trilogiii Satiety Study

More than 8 in 10 participants said their hunger, cravings and "food noise" improved while following a plan of smaller or fewer meals

CASTLE ROCK, Colo., Nov. 11, 2026 — About half of participants who rated their hunger in a new study of the dietary supplement system Trilogiii™ said they felt hungry "regularly" or "constantly" when they started. Four weeks later, 6% did.

Triii Therapeutics today announced results from the open-label study of its four-product system, designed to support satiety, the feeling of fullness and satisfaction that can make it easier to eat less. Frequent cravings fell from 48% of participants to 3%, and frequent "food noise," or persistent thoughts about food, fell from 53% to 9%.

The declines came as participants followed an eating plan of smaller or fewer meals, a change that often increases hunger.

"People already know they need to eat healthier and eat less. What usually defeats them is hunger," said Paul R. Myhill, founder and formulator of Triii Therapeutics and lead researcher on the study. "Trilogiii was built to support satiety in three ways and across the hours after a meal, so that eating less can feel easier."

Key four-week results

- **Individual change:** 62% of participants reported less frequent hunger, 75% less frequent cravings and 61% less frequent food noise than when they started
- **No constant hunger, cravings or food noise:** no participant who answered after four weeks reported any of the three "constantly"
- **Rare cravings:** the share who said they "rarely" had cravings rose from 10% to 65%
- **Self-rated improvement:** 85% said their hunger improved, 84% their cravings and 82% their food noise, with the typical participant rating each "twice as good" as when they started

Participants tracked satiety two ways. They rated how often they felt hungry, had cravings or noticed food noise at the start and after four weeks, and each week they wrote down how much each had improved since they began. Both measures showed improvement after four weeks, and the four-week shift in how often participants felt hungry, had cravings or noticed food noise was statistically significant.

Three types of satiety across three time periods

Satiety is not a single signal. Trilogiii combines BIACTIN™, Triii Therapeutics' proprietary fermented protein complex, with an essential-nutrient formula and prebiotic and probiotic support for the gut. Together they are designed to support three types of satiety across

three time periods — minutes, hours, and days to weeks. This three-part design gives Trilogiii its name:

- **Fullness, within minutes.** Glucomannan, a fiber from the starchy tuber of the Asian konjac plant (*Amorphophallus konjac*), is known to absorb water and expand in the stomach, and is designed to promote fullness soon after it is taken.
- **Gut signals, over the hours after a meal.** BIACTIN and prebiotic fibers are designed to support the gut's own satiety hormones. BIACTIN blends fast- and slow-digesting proteins and is designed to extend that signal across three phases: the first hour, the next two hours and the hours after that.
- **Nutrient repletion, over days to weeks.** A formula of 42 essential nutrients is based on the idea that the body keeps seeking food until its nutrient needs are met. BIACTIN and the prebiotic and probiotic ingredients are designed to help deliver those nutrients and support their absorption.

About the study

The study ran from July to December 2025. A total of 395 participants reported four-week results, and all satiety figures come from participants who returned detailed paper study packets (257 participants, ages 22 to 85, in the first four weeks). Participants took the four products daily alongside a flexible eating plan of smaller or fewer whole-food meals emphasizing lean protein and low-carbohydrate vegetables, with support from a private online study group. Packet participants recorded taking about 90% of their daily servings.

Among those who continued for another four or eight weeks, 83% to 91% rated their hunger, cravings and food noise as improved since they began. Reported side effects were mainly digestive symptoms and transitional symptoms, such as headache and fatigue, of the kind that commonly accompany a sharp cut in sugar and refined carbohydrates. Both declined over the four weeks. No participant reported a serious adverse event.

Because the study was open-label, had no comparison group and relied on self-reported results, it was not designed to separate any effects of the products from those of the eating plan, group support or participants' expectations. Triii Therapeutics supplied the products at cost and covered several study costs, and its founder led the study. The study report has not undergone journal peer review.

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.

About Triii Therapeutics

Triii Therapeutics is a Castle Rock, Colorado-based dietary supplement company and the maker of Trilogiii. The company focuses on products for the body's intelligently designed three-in-one or three-phase biological systems.

About Paul R. Myhill, founder and lead researcher

Paul R. Myhill is a named inventor on seven U.S. patents and multiple international patents, with almost 25 years of work in nutraceuticals, primarily nutrigenomics and epigenetics. Companies he founded have generated more than $3 billion in cumulative revenue, and his formulations have been featured in nearly 50 peer-reviewed studies. Earlier in his career, he consulted for clinical dietary programs at major U.S. research hospitals.

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