

FULL INGREDIENT DISCLOSURE

Product Ingredients

Every ingredient in every Trilogiii product, exactly as it appears on the label.

This sheet lists the complete contents of each Trilogiii product, together with its directions for use and allergen statement. It is the same information printed on the packaging, collected in one place so you can read it before you buy.

BEFORE YOU BEGIN

If you take any medication, or have or suspect a medical condition, consult your physician before using these products. This is particularly important if you take medication for a heart condition or blood pressure. Keep out of reach of children.

What's in this sheet

**Foundation + Stimulation (FS) Nutrient-Dense Shakes**

Nutrient-dense shake mix — chocolate or vanilla. 15 servings.

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**Bioactive Protein Booster (BP)**

BIACTIN protein + prebiotic fiber booster. 30 servings.

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**Essential Nutrients Booster (EN)**

Foundational Element capsules. 30 servings.

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**Calorie Burner / Cell Protector (CC)**

Thermogenesis, cell protection, DPP-4 inhibition, and NAD+ support. 30 servings.

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FS

Foundation + Stimulation (FS) Nutrient-Dense Shakes

Nutrient-dense shake mix — chocolate or vanilla. 15 servings.

BIACTIN Proprietary Protein Complex

A three-protein complex of Cultured Milk Protein Concentrate (proprietary fermentation), Whey Protein Isolate, and Hydrolyzed Collagen (from Bovine), designed to help deliver Essential Nutrients and stimulate the secretion of beneficial gut hormones — including the satiety hormones GLP-1, GLP-2, PYY, CCK, and GIP.

14 Essential Vitamins (plus Choline)

Vitamin A (Retinyl Palmitate), Vitamin C (Ascorbic Acid), Vitamin D (Cholecalciferol), Vitamin E (d-Alpha Tocopherol Acetate), Vitamin K (Vitamin K1 from Phylloquinone), Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Vitamin B6 (Pyridoxine HCl), Folate, Vitamin B12 (Cyanocobalamin), Biotin, Pantothenic Acid (D-calcium Pantothenate), Choline (Choline Bitartrate).

14 Essential Minerals

Calcium (Calcium Lactate, Calcium Phosphate, Calcium Citrate), Iron, Phosphorus, Iodine (Potassium Iodide), Magnesium (Magnesium Malate), Zinc (Zinc Citrate), Copper, Selenium (L-Selenomethionine), Manganese (Manganese Sulfate), Chromium (Chromium Chloride), Molybdenum (Molybdenum Glycinate Chelate), Chloride, Sodium, Potassium (Potassium Citrate, Potassium Phosphate).

12 Essential Amino Acids + 6 Additional

Arginine, Cysteine, Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan, Tyrosine, Valine — plus Alanine, Aspartic Acid, Proline, Glutamic Acid, Glycine, Serine.

2 Essential Fatty Acids

Omega-3 (Alpha-Linolenic Acid), Omega-6 (Linoleic Acid).

Prebiotics / Probiotics

Organic Inulin Powder plus nine probiotic strains: Lactocaseibacillus rhamnosus, Lactiplantibacillus plantarum, Lactocaseibacillus casei, Bifidobacterium lactis, Bifidobacterium bifidum, Bifidobacterium longum, Lactobacillus helveticus, Ligilactobacillus salivarius, and Lactobacillus acidophilus (standardized to contain 2% beta-glucan).

Only the Good Stuff

Non-GMO, gluten-free, soy-free. No artificial colors, flavors, sweeteners, or preservatives. Sweetened with natural flavors, Stevia Leaf Extract, sunflower creamer, and sea salt.

DIRECTIONS

Add 2 scoops to 12–14 oz of water in a blender bottle. Shake vigorously and enjoy immediately. For best results, do not consume caffeine within one hour of taking. Following the Core or Boost protocol instead? Split into 1 scoop per shake, twice daily, alongside your Bioactive Protein Booster (BP) — see your protocol page for exact dosing.

ALLERGEN STATEMENT

Contains milk. Manufactured on equipment which processes products containing milk, eggs, soybeans, wheat, shellfish, fish oil, tree nuts, and peanut flavor.



BP

Bioactive Protein Booster (BP)

BIACTIN protein + prebiotic fiber booster. 30 servings.

BIACTIN Proprietary Protein Complex

Cultured Milk Protein Concentrate (proprietary fermentation), Whey Protein Isolate, and Hydrolyzed Collagen (from Bovine), designed to help deliver Essential Nutrients and stimulate the secretion of beneficial gut hormones — including the satiety hormones GLP-1, GLP-2, PYY, CCK, and GIP.

Inulin Prebiotic Fiber

A soluble dietary fiber fermented by beneficial gut bacteria into short-chain fatty acids (butyrate, acetate, propionate), which stimulate the gut's L-cells to release satiety hormones including GLP-1, PYY, CCK, and leptin.

Glucomannan Prebiotic Fiber

A soluble prebiotic fiber from the konjac plant that feeds beneficial gut bacteria while increasing satiety and fullness.

Flaxseed Prebiotic Fiber

Supports overall gut microbiome balance, and is also a source of omega fatty acids, protein, and antioxidants.

High-Amylose Resistant Starch

A prebiotic that supports a healthy gut microbiome and stimulates the release of GLP-1 and PYY.

Medium-Chain Triglycerides (MCT)

Supports fullness and a healthy gut microbiome, and is quickly converted into ketones the body can use as an alternate energy source.

Only the Good Stuff

Non-GMO, gluten-free, soy-free. No artificial colors, flavors, sweeteners, or preservatives.

DIRECTIONS

Add 2 scoops to 12–14 oz water, or 1 scoop alongside an FS shake. Consume immediately as it will start to thicken right away. Following the Core or Boost protocol instead? Split into 1–2 scoops per shake, twice daily, alongside your FS Shake — see your protocol page for exact dosing.

ALLERGEN STATEMENT

Contains milk. Manufactured on equipment which processes products containing milk, eggs, soybeans, wheat, shellfish, fish oil, tree nuts, and peanut flavor.



EN

Essential Nutrients Booster (EN)

Foundational Element capsules. 30 servings.

14 Essential Vitamins (plus Choline)

Vitamin A (Retinyl Palmitate), Vitamin C (Ascorbic Acid), Vitamin D (Cholecalciferol), Vitamin E (d-Alpha Tocopheryl Acetate), Vitamin K (Vitamin K2 Menaquinone-7), Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin (Niacinamide), Vitamin B6 (Pyridoxine HCl), Folate (Folic Acid), Vitamin B12 (Methylcobalamin), Biotin, Pantothenic Acid (D-calcium Pantothenate), Choline (Choline Bitartrate).

14 Essential Minerals

Calcium (Calcium Carbonate), Iron, Phosphorus, Iodine (Potassium Iodide), Magnesium (Magnesium Malate), Zinc (Zinc Citrate), Copper (Copper Bisglycinate Chelate), Selenium (Selenium Glycinate Chelate), Manganese (Manganese Bisglycinate Chelate), Chromium (Chromium Amino Acid Chelate), Molybdenum (Molybdenum Glycinate Chelate), Chloride, Sodium, Potassium (Potassium Chloride).

12 Essential Amino Acids

Arginine, Cysteine, Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan, Tyrosine, Valine.

2 Essential Fatty Acids (Omegas)

Omega-3 (ALA Alpha-Linolenic Acid & DHA Docosahexaenoic Acid), Omega-6 (Linoleic Acid).

Additional Antioxidants

Lutein, Lycopene.

Other Ingredients

Vegetable capsule (Hydroxypropyl methylcellulose), Bamboo Extract.

Only the Good Stuff

Non-GMO, gluten-free, soy-free. No artificial colors, flavors, sweeteners, or preservatives.

DIRECTIONS

Take four capsules daily, preferably with a Trilogiii FS Shake or BP mix. For best results, do not consume caffeine within one hour of taking.

ALLERGEN STATEMENT

Manufactured on equipment which processes products containing milk, eggs, soybeans, wheat, shellfish, fish oil, tree nuts, and peanut flavor.



CC

Calorie Burner / Cell Protector (CC)

Thermogenesis, cell protection, DPP-4 inhibition, and NAD+ support. 30 servings.

Responsible Thermogenesis

Increases metabolic rate to burn more fat — paired with a cellular defense and repair formula that upregulates the body's catalytic antioxidant system to neutralize the free radicals that faster metabolism produces, and helps reduce inflammation.

NAD+ Support

Increases NAD+ (nicotinamide adenine dinucleotide) levels, supporting cellular energy production, DNA repair, and overall cellular health.

DPP-4 Inhibition

Includes a blend of natural DPP-4 inhibitors that help the body's own GLP-1 stay active longer.

Proprietary Blend (2,390mg per 3 capsules)

Berberine HCl, Ginger Root Extract (5% gingerols), L-Carnitine, Conjugated Linoleic Acid, Coleus Forskohlii Root Extract, Green Tea Leaf Extract (50% EGCG), Holy Basil Leaf Extract, Grains of Paradise Seed Extract, Carnosic Acid (Rosemary Extract), Milk Thistle Fruit Extract (80% Silymarin), Pterostilbene, Quercetin Dihydrate, Synephrine (Bitter Orange) fruit, Ashwagandha Root Extract, Cayenne Pepper Extract, Yohimbe Extract.

Caffeine Content

A trace amount (about half a milligram) from the green tea extract used for EGCG cellular protection — not included as a stimulant. Equivalent to less than half a teaspoon of coffee; the product is still classified as stimulant-free.

Only the Good Stuff

Non-GMO, gluten-free, soy-free. No artificial colors, flavors, sweeteners, or preservatives.

DIRECTIONS

Take three capsules daily, preferably with a Trilogiii Foundation + Stimulation (FS) Shake or with the Bioactive Protein Booster (BP). Do not take in the evening — it could interrupt sleep. This product contains synephrine and yohimbe — consult your healthcare provider before use if you have a heart condition, high blood pressure, anxiety disorder, or are taking prescription medications (including MAOIs), or if you are pregnant or nursing.

ALLERGEN STATEMENT

Contains synephrine (bitter orange) and yohimbe. Manufactured on equipment which processes products containing milk, eggs, soybeans, wheat, shellfish, fish oil, tree nuts, and peanut flavor.