

# TrimScience™ – TrimScience Protein Shake & Meal Replacement:

*A Delicious Way to Trim Down*



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Avini Health® is addressing the obesity epidemic with the TrimScience™ Bundle. This includes Cell Defender™, Plus Fiber, and the TrimScience™ product of your choice (Coffee, Chocolate, Matcha Tea, or Lemonade).

It all starts with detoxification and the use of Cell Defender™. As the zeolite reduces your body burden, toxins will naturally start to come out of fat storage. This makes all metabolic processes work better – but it also allows the fat to become more labile (easier to burn). Additionally, Plus Fiber, taken before meals, will create a gel fiber matrix in your stomach that gives you a “full” feeling. This allows you to choose to eat less, further aiding weight management. Plus Fiber is also clinically proven to reduce LDL cholesterol, raise HDL cholesterol, help balance blood sugar levels, reduce HbA1c, lower triglycerides, reduce apoB, and improve digestive motility.



The components of TrimScience™ aid in weight management by burning fat (thermogenesis), blocking carbohydrate absorption (alpha-amylase inhibition), preventing the creation of new fat (lipid biosynthesis), appetite suppression (satiety), and systemic detoxification. Other components make weight management easier by preventing the jitteriness usually experienced by coffee drinkers and aiding in mood enhancement to give users a feeling of well-being. All of these together make for a unique weight management and detoxification experience. TrimScience™ provides about 125 mg of caffeine per dose – about the same as a strong cup of coffee. Keep that in mind if you decide to take the product more than once daily. You should also think about timing when using TrimScience™. The product will provide a boost of energy which may interrupt sleep cycles if taken too late in the day.

While these products will certainly aid in healthy weight management and fat burning, we still need to concern ourselves with caloric intake. **HOW MUCH ARE YOU EATING?** We live in a society that “super sizes” everything. As an example: the average size of a can of Coca-Cola in 1959 was 6.5 oz. Now you would think that was *nothing* and feel ripped off unless you got a 32 oz Big Gulp with free refills! Portion sizes at most restaurants have increased steadily over the years to provide customers with a sense of “bargain.” Since many of us were told to “clean our plates” as we were growing up – we now tend to eat too much at every meal.

Americans are eating too much, and they eat foods with high caloric density (too many calories per bite). It seems obvious that it would be healthier to eat a large salad than a few cookies – the salad contains vitamins, minerals, healthy nutrients, and has far fewer calories in an amount of food that will actually fill you up. The cookies have high caloric density – meaning there are many calories in a few bites. They also

lack any beneficial nutrition. One of the abiding realities in the diet world is that caloric restriction always works. Eating fewer calories of healthier foods will always speed up metabolism, allow for fat burning, increase lean muscle mass, and improve overall health.

Avini Health’s TrimScience™ Protein Powder/Meal Replacement Drink Mix provides a healthy, low-calorie meal with 21 g of protein along with a vitamin and mineral blend of 22 essential nutrients. The soy protein isolate and whey protein concentrate are amplified in their utility with the addition of Aminogen®, while the MCT provides healthy fats and the Detoxolite™ zeolite increases nutritional availability.



**Aminogen®**, an advanced enzyme blend, contributes to enhanced protein absorption and reduced protein excretion – giving you the best value from the proteins that you’re taking. It helps speed up digestion while also making the digestive process smoother for those with existing protein digestion issues. By better enabling the digestive process of whey protein and other protein sources, it significantly increases amino acid intake while reducing nitrogen excretion. Retaining higher levels of nitrogen supports muscle growth by raising protein synthesis levels in the body. Aminogen® also helps reduce flatulence, decreasing the gas often experienced from high protein consumption. In simple terms, the addition of Aminogen® allows for easier and smoother digestion of protein, speeding up recovery from exercise and supporting the production of lean muscle tissue.

**MCT oil** (medium-chain triglycerides) is a healthy, absorbable form of fatty acid that provides energy and has been clinically proven to aid in weight management and cognitive function. Adding MCT oil offers a variety of health and performance benefits, making it a versatile supplement for

those looking to enhance fitness, cognition, and overall well-being.

**Increased Energy and Endurance:** MCT oil is rapidly converted into energy, providing a quick, efficient fuel source for your body – ideal for enhancing stamina during workouts and offering a fast energy boost without relying on carbohydrates.

**Weight Management Support:** By promoting fat burning through increased thermogenesis, MCT oil helps the body use stored fat for energy. This supports weight loss goals and is especially helpful for those following low-carb or ketogenic diets by aiding in ketosis maintenance.

**Enhanced Mental Focus:** MCT oil also sharpens cognitive function. By providing a steady source of ketones for brain fuel, it helps improve mental clarity and focus – useful for high-stress situations or when peak performance is needed.

**Detoxolite™:** Avini's micronized and activated clinoptilolite zeolite that detoxifies while improving nutritional absorption and utilization.

Cell Defender™ cleans out the toxins and readies your body for weight loss; Plus Fiber balances sugars and lipids while promoting gut health; TrimScience™ helps manage diet while blocking carbs, burning fat, reducing appetite, blocking fat production, and improving overall metabolic health; and the TrimScience™ Protein Shake/Meal Replacement provides healthy vitamins, minerals, energy, and protein in a low-calorie shake. These four products work in tandem to allow for healthy, consistent weight management.

***The TrimScience™ Bundle  
with the Protein Shake/  
Meal Replacement  
is what you need – for  
healthy weight loss, indeed!***



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