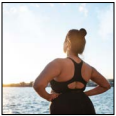


Our Comprehensive Metabolic Health System Reverses Metabolic Dysfunction*

The Reset 5 & 1 Plan Clinical Study At A Glance	The Comparison	What We Measured
<div><p>GOLD STANDARD CLINICAL STUDY DESIGN. Randomized, controlled trial.</p></div> <div><p>STUDY DURATION. 16 weeks with clinic check-ins at 2, 4, 8, 12, and 16 weeks.</p></div> <div><p>STUDY PARTICIPANTS. Generally healthy adults with overweight or obesity (BMI 27-42 kg/m²). Reset 5 & 1 Plan: 65 participants Control group: 66 participants</p></div>	<p>CONTROL GROUP: Self-directed, reduced calorie food-based diet, no coaching</p> <p>VS.</p> <p>RESET 5 & 1 PLAN INTERVENTION GROUP: Structured nutrition meal plan (Reset 5 & 1 Plan) + 1:1 coaching and nutrition support + Habits of Health®</p>	<div><p>BODY WEIGHT</p></div> <div><p>BODY COMPOSITION (DEXA SCAN)</p></div> <div><p>WAIST CIRCUMFERENCE</p></div> <div><p>PROGRAM SATISFACTION & WELL-BEING QUESTIONNAIRE</p></div>

The Reset 5 & 1 Plan Breakthrough Results		
BREAKTHROUGH RESULTS		SO WHAT?
1	VISCERAL FAT REDUCTION. 14% reduction in (bad) visceral fat in just 16 weeks.*	Visceral fat is the bad kind of fat stored deep inside your abdomen, wrapped around your organs. This kind of fat disrupts how your body functions. A 14% reduction in visceral fat is significant enough to lead to meaningful improvements in metabolic health.**
2	LEAN MASS RETENTION. 98% retention of lean mass.*	Lean mass refers to the non-fat, non-bone parts of your body: your muscle, organs, connective tissue, and even water within cells. On average, muscle makes up about 50% of lean mass. Muscle retention is essential for supporting strength, energy, mobility, quality of life, and metabolic health.
3	HEALTHY, QUALITY WEIGHT LOSS. 87% of the weight loss was attributed to the loss of fat mass at 16 weeks. <i>Average weight loss on the Reset 5 & 1 Plan is 12 pounds. Clients are in weight loss, on average, for 12 weeks.</i>	By reducing visceral fat, retaining lean mass, and protecting healthy muscle during weight loss, the Reset 5 & 1 Plan supports healthy, quality weight loss. This means clients aren't just "getting smaller," they're achieving true metabolic health transformation.
4	COACHES ARE FORCE MULTIPLIERS. The group on the Reset 5 & 1 Plan with support of a Trilivy™ coach successfully lost 10x more weight and 17x more fat than the self-directed control group.† <i>Those who participated in ≥75% (17 of 23) coach calls lost twice as much weight as those who participated in fewer calls.</i>	The evidence is clear — structure alone isn't enough. Coaches are the secret sauce. With support and accountability from a coach and community, people are more likely to stay on track, build healthy habits, and achieve significantly greater results.

*In a clinical study, individuals on the Reset 5 & 1 Plan experienced a reduction of 14% visceral fat and 98% of lean mass was retained at 16 weeks. Arterburn LM, Coleman CD, Kiel J, et al. Randomized controlled trial assessing two commercial weight loss programs in adults with overweight or obesity. *Obes Sci Pract.* Feb 2019;5(1):3-14. doi:10.1002/osp4.312

**Cesaro A, et al. Visceral adipose tissue and residual cardiovascular risk: a pathological link and new therapeutic options. *Front Cardiovasc Med.* 2023;10:1187735. doi: 10.3389/fcvm.2023.1187735

†Those on the Reset 5 & 1 Plan with support of a Trilivy™ coach successfully lost 10x more weight and 17x more fat than those who tried to lose weight on their own.