

Trilivy: Overview for Healthcare Providers

TRILIVY'S METABOLIC HEALTH SYSTEM COMBINES SCIENCE-BACKED PLANS AND PRODUCTS, PERSONALIZED COACHING, AND HEALTHY HABIT CREATION TO ADDRESS METABOLIC DYSFUNCTION. OUR CLINICALLY PROVEN TRILIVY RESET PLANS REVERSE METABOLIC DYSFUNCTION BY REDUCING VISCERAL FAT, RETAINING LEAN MASS, AND PROTECTING HEALTHY MUSCLE.*

The Three-Phase Metabolic Health System

Trilivy utilizes a phased approach to guide individuals from healthy, quality weight loss to long-term vitality.



PHASE 1: RESET

Reverse metabolic dysfunction*, reset the body's metabolism, achieve healthy, quality weight loss, and build the foundation for lasting health.

PHASE 2: REFINE

Minimize weight regain while improving metabolic flexibility and refining body composition.

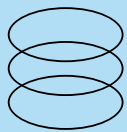
PHASE 3: RENEW

Optimize metabolic health and support healthspan for long-term vitality.

*In a clinical study, individuals on the Trilivy Reset Plans experienced a reduction of 14% visceral fat and 97 to 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

The Three-Part Delivery Model

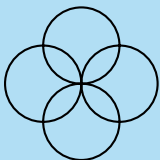
Across every phase of the journey, our three-part delivery model personalizes support — an approach that helps improve metabolic health and body composition. **This looks like:**



SCIENCE & PRODUCTS:

Nutrition on a mission.

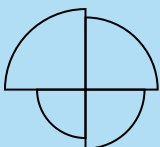
Clinically developed, science-backed products designed to optimize metabolic health at every stage of the journey.



COACH & COMMUNITY:

Human support that multiplies success.

A dedicated coach network and supportive community that guide, motivate, and hold clients accountable throughout their transformation.



HABITS OF HEALTH® TRANSFORMATIONAL SYSTEM:

Evidence-based framework for lifestyle changes.

A proven behavioral framework that empowers lasting lifestyle change – turning healthy choices into lifelong habits.



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Nutrition Facts

7 servings per container
Serving size 1 sachet (31g)

Amount per serving
Calories 110

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **2%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg **0%**

Sodium 400mg **17%**

Total Carbohydrate 14g **5%**

Dietary Fiber 4g **15%**

Total Sugars 3g

Includes 1g Added Sugars **1%**

Protein 11g **20%**

Vitamin D 10mcg 50% • Calcium 210mg 15%

Iron 6.1mg 35% • Potassium 490mg 10%

Vitamin A 250mcg 30% • Vitamin C 21mg 25%

Vitamin E 3mg 20% • Vitamin K 24mcg 20%

Thiamin 0.29mg 25% • Riboflavin 0.3mg 25%

Niacin 4mg 25% • Vitamin B₆ 0.36mg 20%

Folate 100mcg DFE 25% • Vitamin B₁₂ 0.48mcg 20%

(55mcg folic acid)

Biotin 6mcg 20% • Pantothenic Acid 1mg 20%

Phosphorus 150mg 10% • Iodine 36mcg 25%

Magnesium 130mg 30% • Zinc 2.8mg 25%

Selenium 11mcg 20% • Copper 0.33mg 35%

Manganese 1.1mg 50% • Chromium 45.6mcg 130%

Molybdenum 9mcg 20% • Choline 20mg 4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Trilivy Reset Fuelings

Reset Fuelings are nutritionally interchangeable, calorie- and carbohydrate-controlled, nutrient-dense meal replacements, each scientifically formulated with:

- + **High-quality protein**, which helps retain lean mass.
- + **Fiber & probiotics** to support digestive health as part of a balanced diet and healthy lifestyle.
- + **Essential micronutrients** (fortified with 20% of the daily value for 20 vitamins and minerals).
- + **MetaVantage Technology™**: a proprietary formula designed to support metabolic health.
 - > The MetaVantage Reset Formula features clinically studied ingredients — including a postbiotic*, chromium picolinate, and choline. The MetaVantage Reset Formula further supports metabolic health by helping reduce waist circumference*, while also supporting normal fat metabolism and healthy insulin function.
- + **No colors, flavors or sweeteners** from artificial sources.

*Pedret, A., R.M. Valls, L. Calderon-Perez, et al. Effects of daily consumption of the probiotic *Bifidobacterium animalis* subsp. *lactis* CECT 8145 on anthropometric adiposity biomarkers in abdominally obese subjects: a randomized controlled trial. *Int J Obes (Lond)*. 2019;43(9):1863- 1868. doi: 10.1038/s41366-018-0220-0.

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Lean & Green™ Meals

Lean & Green meals are self-prepared, whole-food meals that bring structure to the plate, helping individuals fuel their body with the right combination of lean protein, non-starchy vegetables, and healthy fat, while practicing the habit of healthy eating.



Trilivy Essential Amino Acids

Trilivy Essential Amino Acids (EAAs) are a clinically studied combination of essential amino acids with approximately a 4:1:1 ratio of branched-chain amino acids. Each serving contains 10 grams of EAAs, including an optimal 3.5 grams of leucine and 5.3 grams of BCAAs to help support healthy muscle, aid in post-exercise muscle recovery and activate muscle protein synthesis.* We recommend EAAs for those who are participating in regular physical activity.



Trilivy Whey Protein

Trilivy Whey Protein can be used for post-workout recovery* or as part of an individual's protein balanced meal plan any time of the day. Each serving delivers 24g of high-quality protein, and supports muscle protein synthesis.

Note: Trilivy's Whey Protein is not recommended for use while following any of the Reset Plans. It was not designed to fit within the nutritional guardrails of the Reset Plans.

**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.*



ASCEND Fuelings

Conveniently interchangeable, portion-controlled products such as bars, shakes, straws, and pancakes that offer 20g or more of high-quality protein, 5–10g of fiber, and calcium to support bone health.

Note: The ASCEND Fuelings have a different nutritional profile than Reset Fuelings and therefore, should not be consumed during the Reset phase of the journey. For more information about ASCEND Fuelings, [click here](#).



ASCEND Daily Nutrients Pack

A high-quality, once-daily supplement pack that includes 100% daily value for 21 vitamins and minerals to support whole body health; including immune health, metabolism and cellular energy and omega-3s, formulated with DHA & EPA, to support brain health, eye health, and heart health.*

Note: The Daily Nutrients Pack is not recommended while on the Reset Plans as the Reset Fuelings are fortified with vitamins and minerals.

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Lean & Green+ Meals

A Lean & Green+ meal is made up of a variety of appropriately portioned, nutrient-dense food groups, including fruit, vegetables, protein, whole grains, dairy, and healthy fats. Lean & Green+ meals are used on the Optimization Plan. For more information, [click here](#).

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How does the Trilivy metabolic health system work?

For most, it starts with healthy, quality weight loss using Trilivy's proprietary plans and products. Trilivy offers several meal plan options.

TRILIVY MEAL PLAN OPTIONS WITH ESTIMATED DAILY MACRONUTRIENT BREAKDOWN & KEY CONSIDERATIONS

Plan Averages	Meal Plan Components	Calories	Total Fat (g)	Carb (g)	Protein (g)	Considerations*
Reset 5 & 1 Plan	• 5 Reset Fuelings • 1 Lean & Green™ Meal	800–1,000	20–30	80–100	80–120	• 18 years or older • ≥15 lbs to lose • 45 minutes or less of light to moderate physical activity per day most days**
Reset 5 & 1 ACTIVE Plan**	• 5 Reset Fuelings • 1 Lean & Green™ Meal • 1-2 servings of Trilivy Essential Amino Acids	800–1,000	20–30	80–100	80–120	• 18 years or older • ≥15 lbs to lose • 45 minutes or less of light to moderate physical activity per day most days**
Reset 4 & 2 ACTIVE Plan**	• 4 Reset Fuelings • 2 Lean & Green Meals • 1-2 servings of Trilivy Essential Amino Acids	1,100–1,300	30–45	85–100	120–150	• Approximately 60 minutes of moderate exercise most days** • More food choice flexibility • Type 2 diabetes, uncontrolled blood glucose and/or >100 lbs to lose • Type 1 diabetes and are closely monitored by healthcare provider • Are 65 years or older and not regularly active • <15 lbs to lose or >100lbs to lose
Trilivy 5 & 2 & 2 Plan	• 5 Reset Fuelings • 2 Lean & Green Meals • 2 Healthy Snacks†	1,300–1,500	30–45	110–130	140–170	• Type 2 diabetes • Type 1 diabetes and are closely monitored by healthcare provider • Are 65 years or older and not regularly active • Exercise more than 45 minutes per day** • >100 lbs to lose • Wish to incorporate all food groups into their meal plan
Optimization Plan	• 2 ASCEND Fuelings • 2 Lean & Green+ Meals • Varied number of Healthy Exchanges† (Based on daily calorie needs) • 1 Ascend Daily Nutrients Pack ‡	1,200–2,400+ (based on daily calorie needs)	20–30% % of calories	45–50% % of calories	30–35% % of calories	• For individuals who are ready to move from the Reset phase to Refine phase • Designed to minimize weight regain while continuing to build healthy habits • Personalized plan that encourages a variety of nutritious foods from all food groups • Aim for 60 minutes of physical activity most days of the week.**

*These considerations can help guide individuals to the meal plan best suited for their needs and lifestyle. Refer to Trilivy's medical disclaimer at the end of this document.

**To help retain lean muscle mass, we recommend individuals incorporate a strength training routine that includes all of the major muscle groups 2-3 times a week.

†A healthy snack is a serving of fruit, low-fat dairy, starch, a Trilivy Snack, or Trilivy Essential Amino Acids (EAAs). Healthy Exchanges are portion-controlled whole foods, such as fruit, starch, and dairy, Trilivy Whey Protein and Trilivy EAAs.

‡ Consult your healthcare provider for personalized nutrition guidance and if starting any dietary supplements.

Other Specialty Plans

- Nursing Mothers Plan
- Gout Plan
- Teen Plans

For more information on any of these plans, please refer to [Trilivy's Specialty Plan Guide](#).

More information about medical conditions, medications, and other medical considerations can be found at ClientSupport.TrilivyHealth.com. You may also contact the Trilivy Nutrition Support Team available via email at NutritionSupport@medifastinc.com or via webchat on Coach Support HQ and Client Support HQ.

Medication Disclaimer

Before starting a weight loss and metabolic health program, talk with your patient about the program and any medications or dietary supplements they are using, especially:

- Lithium
- Diuretics
- Coumadin (Warfarin)
- Medications for Diabetes
- Medications for Weight Loss
- Medications for High Blood Pressure
- Medications for Thyroid Conditions

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MEDICAL DISCLAIMER:

The Company ("We") recommends that you consult your healthcare provider prior to starting and during any weight loss or metabolic health program. Do NOT use any Trilivy™ Program, Plans, Products or Kits if you are pregnant or under the age of 13.

Before starting a weight loss or metabolic health program, talk with your healthcare provider about the Trilivy Program, Plans, Products, and Kits as appropriate, and about any dietary supplements or medications you are using, especially Coumadin (Warfarin), lithium, diuretics, or medications for weight loss, diabetes, high blood pressure or thyroid conditions. Do not utilize any Trilivy Program, Plans, Products or Kits until you are cleared by your healthcare provider if you have or have had a serious illness (e.g. cardiovascular disease including heart attack, diabetes, cancer, thyroid disease, liver, or kidney disease, eating disorders such as anorexia or bulimia), or any other condition requiring medical care or that may be affected by weight loss.

The Trilivy for Teens Plan is the only Trilivy Plan appropriate for teens (13 to 17 years of age). The Reset 5 & 1 Plan and Reset 5 & 1 Active Plan are NOT appropriate for teens, sedentary older adults (65 years and older), nursing mothers, people with gout, individuals with Type 1 diabetes, and those who exercise more than 45 minutes per day or participate in high intensity activity – if you fall into one of these categories, please consult your healthcare provider, refer to Trilivyhealth.com and talk with your Trilivy coach about other Trilivy Plans that may be appropriate. For special medical or dietary needs, including food allergies or decreased appetite with weight loss medications, refer to our program information online, consult your healthcare provider and talk to your Trilivy coach. Do not consume a Trilivy product if you are allergic to any of the product's ingredients, which are listed on the product packaging and on the Trilivy website.

We recommend drinking 64 ounces of water each day. Consult with your healthcare provider prior to changing the amount of water you drink as it can affect certain health conditions and medications.

Before taking any dietary supplement or changing your dietary intake, or starting a weight loss, metabolic health or exercise program, we recommend consulting with your healthcare provider first, especially prior to starting any Trilivy Reset Active Plans or ASCEND™ Daily Nutrients Pack. Clients should seek professional support for specific exercise program prescriptions. The Reset 5 & 1 Active Plan is not appropriate for those who exercise more than 45 minutes per day or participate in high intensity activity. Trilivy Essential Amino Acid Blend, Trilivy Whey Protein and ASCEND™ Daily Nutrients Pack (Multivitamin-mineral supplement and Omega-3 supplement) products are not recommended for individuals under 18 years of age.

NOTE: Rapid weight loss may cause gallstones or gallbladder disease, temporary hair thinning, or muscle loss in some people. While adjusting to the intake of a lower calorie level and dietary changes, some people may experience dizziness, lightheadedness, headache, fatigue, or gastrointestinal disturbances (such as abdominal pain, bloating, gas, constipation, diarrhea, or nausea). Consult your healthcare provider for further guidance on these or any other health concerns. Seek immediate medical attention if you experience muscle cramps, tingling, numbness, confusion, or rapid/irregular heartbeat as these may be a sign of a more serious health condition.

For avoidance of doubt, the Trilivy Program, Plans, Products and Kits are not labeled, advertised, or promoted for any specific medical purpose, i.e. treatment or prevention, implied or otherwise, of any disease or disorder, including its related conditions.

The Trilivy Program, Plans, Products and Kits, and any of its materials and/or information do not in any way constitute medical advice or substitute for medical treatment. Prescriptions must be provided by a licensed healthcare professional. Trilivy does not prescribe or dispense medications. As individuals may have different responses to dietary products and dietary supplements, or changes in diet, consult with your healthcare provider regarding any medical concerns.

For more information and/or questions about the plans and products, contact our Nutrition Support Team available via email at NutritionSupport@medifastinc.com or via webchat on Coach Support HQ and Client Support HQ.