

AGELOC® TRME® TRIMSHAKE

Tired of trying one-size-fits-all weight management “solutions” that just leave you feeling frustrated? TRMe helps you uncover your unique nuances—helping you crack your personal code to unlock your winning combination. It’s designed to support your transformation to a healthier lifestyle with supplements, shakes, diet and exercise recommendations. With personalization that transcends the standard, TRMe helps make weight wellness work for you.

TRMe—the uniquely you system that simply fits.

MEET TRIMSHAKE

When your body feels nourished, you feel happy. But, when you’re trying to transform your body and nourishment is lacking, you can feel off. TrimShake is a high protein nutritious shake with great tasting sources of the high-quality protein that your muscles need. It delivers a well-rounded variety of key macro and micronutrients that helps you stay the course on your weight management journey. It also helps to reduce your food cravings while helping you feel fuller longer by producing a feeling of satiety.

Packaged in ready-to-go sachets with three different flavor options (Vanilla, Chocolate and Mocha), TrimShake is a delicious, easy, and convenient way to help meet your body’s core nutritional needs so that you can stick to your weight management goals. Just shake it and get at it.

WHY YOU’LL LOVE IT

- Helps you meet your daily optimal protein needs while managing your caloric intake.
- Clinical studies suggest that incorporating sufficient amount of protein as part of a healthy diet and exercise plan can help improve weight management efforts.
- Provides a nutritious blend of high-quality protein, fats, carbohydrates, vitamins and minerals, and fiber.
- Contributes to your daily protein needs. When consumed in adequate amounts, protein is known to help support lean muscle.
- Helps you feel fuller longer by producing a feeling of satiety.
- Helps reduce your food cravings.
- Contains many essential amino acids, including Leucine.



- Features ingredients that are supported by gene expression science.
- Formulated free from artificial flavors, sweeteners, and preservatives.

WHAT POWERS IT

- Whey Protein—a quality source of protein packed with all essential amino acids. It contains Leucine, a branched-chain amino acid that has been shown to play a role in supporting muscle protein synthesis in your body.
- Vitamins and Minerals—essential for a more nutritious shake that you can use to replace one meal a day.
- Fiber and Fats—important macronutrients included for a well-rounded formula.

HOW TO USE IT

Add one (1) packet of TrimShake to eight (8) ounces (235 mL) of cold water or skimmed milk. Blend or shake vigorously.

*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.

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LEARN MORE ABOUT IT

How does TrimShake support healthy weight management?

TrimShake is a delicious, convenient shake with essential macro and micronutrients. The macronutrients include protein, carbohydrates, and fats, while the micronutrients include vitamins and minerals. TrimShake makes it easy for you to get the nutrients you need without opting for more high-calorie or unhealthy options. Clinical studies suggest that incorporating sufficient amount of protein as part of a healthy diet and exercise plan can support weight management efforts.

How does TrimShake fit into the ageLOC TRMe eating plan?

Each TrimShake serving is designed to fill 1 serving of protein and 1 serving of carbohydrate recommended as part of the ageLOC TRMe eating plan. The shakes contribute to daily protein intake, which helps promote satiety and support lean muscle mass. For best result, replace your heaviest meal of the day with it.

Can I take TrimShake after the 90 days?

We recommend that you continue to incorporate the ageLOC TRMe eating plan as part of your lifestyle even after you reach your goals. You can use TrimShake as a protein source with any meal to ensure that you continue to get adequate protein throughout the day to help support metabolically active lean tissues.

Can I take TrimShake even if I'm not interested in weight management?

Yes. You can use TrimShake anytime as a nutritious snack drink or to add more protein to your diet.

Why are diet and exercise important parts of the TRMe System?

There is no magic pill when it comes to weight wellness. To achieve results, you need to combine TRMe products with healthy, sustainable habits, including a balanced diet and regular exercise. TRMe is designed to help you make those important changes as you work toward your weight management goals.

Does TrimShake follow the 6S Quality Process?

Yes. Nu Skin's 6S Quality Process is an exclusive process we use to carefully maintain stringent quality, efficacy, and safety controls through each and every stage of development and manufacturing. It involves a set of highly integrated activities, multiple layers of scientific testing, and an extraordinary attention to detail to ensure unsurpassed results that meet the highest standards and comply with all relevant government requirements.

SCIENCE THAT SUPPORTS IT

1. Astbury NM, Piernas C, Hartmann-Boyce J, Lapworth S, Aveyard P, Jebb SA. A systematic review and meta-analysis of the effectiveness of meal replacements for weight loss. *Obes Rev.* 2019 Apr;20(4):569–587.
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4. Layman DK, Evans EM, Erickson D, Seyler J, Weber J, Bagshaw D, Griel A, Psota T, Kris-Etherton P. A moderate-protein diet produces sustained weight loss and long-term changes in body composition and blood lipids in obese adults. *J Nutr.* 2009 Mar;139(3):514–21

