



**EAT CARBS,**  
*Lose Weight!*

# Trim® Carb Revolution™

## Eat Carbs, Lose Weight!

**3 Flexible phases - no calorie counting, label reading or point collecting.**

Trim® Carb Revolution™ is the cutting-edge fitness and weight management program that resets your body's fat burning hormones and accelerates your metabolic drive.

Carb Revolution™ utilizes the science of carbohydrate cycling and intermittent fasting along with consumption of high protein, healthy fats, and Trim® Nutrition nutraceuticals. There is no calorie counting, label reading or point collecting required, making the program easy to follow and maintain.

Carb Revolution™ is divided into 3 flexible phases, which are interchangeable: Phase I (Detox), Phase II (Leaning), Phase III (Maintenance).

The goal is to reach your optimal weight and fitness level. Follow the Carb Revolution™ algorithm that funnels you through the necessary program phases that ends with the ultimate fitness-based phase called the Max Cutter Phase.

## CHOOSE BETWEEN:

**The 7-Day Detox:** low carb phase that prepares your body for carb balancing.

**The 30-Day Program:** introduces carb cycling by incorporating carb reloading days after the first week.

## YOUR KIT INCLUDES

Your Carb Revolution™ Kit includes a complete supply (7-Day or 30-Day depending on the program you choose) of Trim® Nutrition supplements and protein shakes to help reduce inflammation, manage energy, ensure proper intake of nutrients and protein, and improve metabolism and hormone function.

- **Trim® Nutrition Multi-Packs** include a daily dose of Trim® Thermal 5, Trim® Fat Burner and Trim® PowerCell.
- **Trim® Fuel Protein Shakes** are perfect for weight loss or general nutrition, and tastes great! One scoop of Trim® Fuel Protein Shakes provides 24 grams of the highest quality protein, is low calorie, contains less than 2 grams of carbohydrates, and is fortified with minerals, vitamins, amino acids, and antioxidants.
- **Mini Trim® Energy Shot** delivers sustained energy with no crash. Each shot is power-packed with 12 vitamins, 4 minerals, 9 amino acids, 16 super herbs, and small amount of caffeine from natural coffee beans.

## CARB CYCLING, INTERMITTENT FASTING & HEALTHY FATS

### Your body needs carbs—the right carbs, in the right quantities, at the right times.

For the last two decades, eliminating fats and carbohydrates has become a focus of many fad diets; however, it has also resulted in many failed attempts to lose weight and achieve optimal fitness. Your body needs carbohydrates, but improperly consuming them can result in excess carbohydrates being stored as fat.

The solution is not to eliminate carbs, but rather eat the right ones in the right quantities and at the right times.

The Carb Revolution™ program uses carbohydrate cycling to keep these important macronutrients in your diet. Carb cycling is the practice of consuming varying quantities of carbohydrates at specific days and times. These strategic carbohydrate days combined with high protein, good fats, and specific dietary supplements contribute to an accelerated metabolic state while preserving lean muscle mass. That means you lose excess fat safely and effectively.

### Intermittent Fasting: it's not a diet, it's a way of scheduling your meals.

This program uses intermittent fasting, which is currently one of the world's most popular health and fitness trends. Research supports that fasting can increase fat oxidation, reduce body weight, and accelerate fat loss. During periods of fasting your body's level of blood glucose significantly decreases. This lowers insulin release, resulting in increased fatty acid oxidation and fat burning. Intermittent fasting has several effects on hormones that can result in appetite control, optimized fat burning and reduced inflammation.

### Healthy Fats: sufficient amounts in the right form is essential for several functions of the body and mind.

Healthy fats help bolster the immune system, enhance brain function, reduce cardiovascular disease, increase energy and performance, and is a key factor in regulating body weight. You also need fat to absorb several antioxidants; fat-soluble vitamins A, D, E and K; and to aid in the formation of hormones.

**Trim**®  
Carb Revolution™

