

# TRIMION AFRICA™

## Intermittent Fasting System™

Controlled Energy Framework™

- Use a structured 16:8 approach if appropriate for lifestyle and goals.
- Use black coffee or water during fasting windows.
- Break fast with protein-focused meals.
- Avoid binge eating during feeding windows.
- Maintain hydration consistently.

CATEGORY	DETAIL
Framework	Intermittent Fasting System™
Brand	TRIMION AFRICA™
Positioning	Premium Lifestyle & Discipline System™
WhatsApp	061 118 5978

Fine Print: This framework is intended for general wellness, discipline, lifestyle and educational purposes only. It does not replace professional medical, nutritional, psychological or fitness guidance. Results vary based on consistency, health status, nutrition, sleep, recovery and individual response. Always seek qualified professional advice where appropriate.