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**FOR IMMEDIATE RELEASE**

**Brent Agin M.D. Shares His Cutting-Edge Lean Lifestyle Program: Trim® Carb Revolution™ - Where Nutrition, Exercise and Science Meet**

*The Trim® Carb Revolution™ program combines the science of carb cycling, intermittent fasting and resistance training, with the consumption of high protein, healthy fats and Trim® Nutrition nutraceuticals.*

**Clearwater, FL (May 29, 2018)**— Brent Agin, M.D., CEO and founding physician at [Trim® Nutrition Inc.](http://TrimNutrition.com) - a company that develops, manufactures and sells high performance health and wellness products - has developed [Trim® Carb Revolution™](http://TrimCarbRevolution.com), a cutting-edge fitness and weight management program designed to reset the body's fat burning hormones and accelerate metabolic drive. The program utilizes the science of carbohydrate cycling, intermittent fasting and resistance training along with the consumption of high protein, healthy fats, and Trim® nutraceuticals.

"We created the Trim® Carb Revolution™ program after discovering the perfect combination of nutrition, exercise and science," said Dr. Agin, who developed the program with Jamie Tripp, ARNP-C, who both recommend the program to their patients at the [Metabolix Wellness Center](http://MetabolixWellnessCenter.com) in Clearwater, FL. "By adopting the foundational principles of the program into my daily life, I feel better than ever, both mentally and physically. The life-changing results we've seen with our patients who follow the program have been incredible."

Carb cycling is the practice of consuming varying quantities of carbohydrates at specific days and times. By [timing carbohydrate intake](#) to when it provides maximum benefit and excluding carbs when they're not needed, it [results](#) in an accelerated metabolic state while preserving lean muscle mass.<sup>(1)(2)</sup>

Intermittent fasting for 12 – 16 hours a day increases fat oxidation, reduces body weight and accelerates fat loss. During fasting periods, the body's level of [blood glucose significantly decreases](#), which lowers insulin release, resulting in increased fatty acid oxidation and fat burning. Intermittent fasting also positively affects [hormones](#), genes and molecular structures in the body resulting in appetite control, optimized fat burning and reduced inflammation which helps [prevent disease](#) and [increases longevity](#).<sup>(3)(4)(5)(6)</sup>

The Trim® Carb Revolution™ program is divided into four, interchangeable phases: Detox, Leaning, Maintenance and Lean 4 Life. Remaining in the Lean 4 Life phase is the ultimate goal

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of the program, which is specifically engineered to sustainably maintain the results achieved while going through the other phases.

Each Trim® Carb Revolution™ Kit includes detailed program instructions, and a 7 – 30 day supply 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® SuperBurn™](#) provides fat burning and weight loss support and helps active individuals achieve a keto-adapted state without a ketogenic diet. Created for people looking to lose fat, increase lean muscle mass and improve athletic performance, Trim® SuperBurn™ contains a potent combination of nutrients, including beta hydroxybutyrate (BHB), for enhanced metabolic efficiency, improved cognitive function, sustained energy, enhanced athletic performance and appetite suppression.
- [Trim® Fuel Protein Shakes](#) are low calorie, low sugar and fortified with minerals, vitamins, amino acids, and antioxidants. Available in Apple Cinnamon, Chocolate and Vanilla flavors, each scoop contains 24 grams of whey protein isolate to satisfy hunger and help control cravings.
- [Mini Trim® Energy Shots](#) deliver sustained energy with no crash. Each shot is power-packed with 12 vitamins, 4 minerals, 12 amino acids, 15 super herbs, and a small amount of caffeine from natural coffee beans.

Trim® Carb Revolution™ retails for \$79.95 for a 7-Day Detox program kit and \$199.95 for a 4-Week program kit, and is available online at [TrimNutrition.com](http://TrimNutrition.com), and in select retail locations. All Trim® Nutrition supplements include a 60-day money-back guarantee. All Trim® Nutrition products are manufactured in the USA with Guaranteed Purity and Potency in accordance with Good Manufacturing Practices (GMP), among the highest standards in the world.

**About Trim® Nutrition, Inc.**

*Health and Wellness Products Created By People Who Care*

Trim® Nutrition's product line includes vitamins, supplements and protein shakes manufactured in CGMP facilities and proprietary nutrient injections compounded in a certified licensed pharmacy using the highest quality ingredients. Headquartered in Clearwater, Florida, Trim® Nutrition's clinical staff of physicians, pharmacists, registered nurses, and research and development specialists are dedicated to the mission of Making Bodies Better™. Visit [TrimNutrition.com](http://TrimNutrition.com). Trim® Nutrition Social: [Facebook](#), Twitter [@trimnutrition](#), [Instagram](#) and [YouTube](#).

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