Trimion

L-carnitine, green tea and green coffee extracts, caffeine and L-theanine · 60 capsules

INDICATION

Adults who are overweight and want nutritional support for weight management, alongside a reduced-calorie diet and regular physical activity.

4.7%
more energy used over 24 hours with catechins and caffeine (4)

1.4 kg
more weight lost than on caffeine alone (2)

2.1 kg
less fat mass with L-carnitine (5)

2 caps
once daily, with breakfast

01 COMPOSITION AND DOSE

L-carnitine L-tartrate	**500 mg**
Green tea extract	**300 mg**
Green coffee bean extract	**200 mg**
Caffeine (natural)	**160 mg**
L-theanine	**100 mg**
Black pepper extract (piperine)	**5 mg**

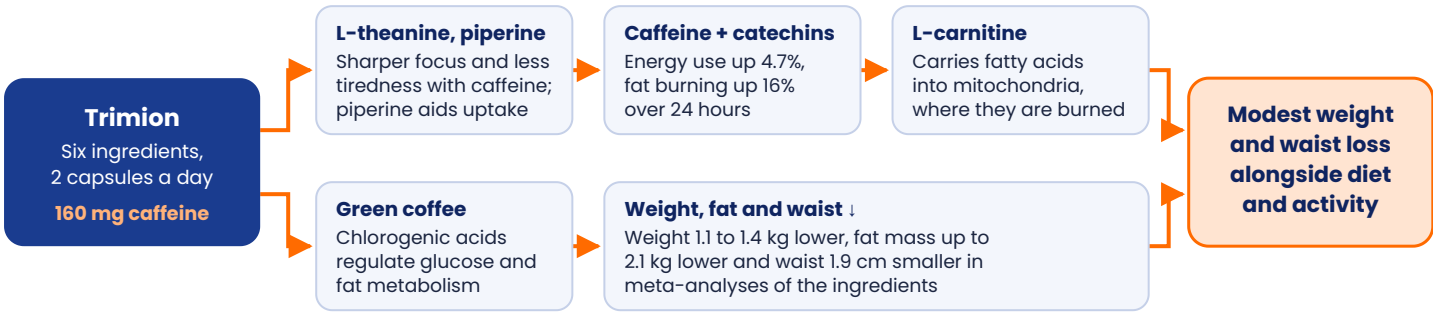
Amounts are per daily dose of 2 capsules. **Dose:** 2 capsules once daily in the morning; 60 capsules last 30 days. The label directs 30 minutes before a meal; as green tea extract should not be taken on an empty stomach, advise taking it with breakfast.

HOW IT WORKS

Caffeine and green tea catechins work as a pair: together they raise 24-hour energy use by 4.7% and fat burning by 16% (4). L-carnitine carries long-chain fatty acids into the mitochondria, where they are burned for energy (11).

Chlorogenic acids from green coffee help regulate glucose and fat metabolism (7). L-theanine with caffeine sharpens attention and eases tiredness (8, 9), and piperine raises the absorption of some compounds taken with it (12).

Trimion brings these together in one morning dose, so energy use, fat transport and glucose handling are supported at the same time, while L-theanine keeps the caffeine effect focused.



02 EVIDENCE, WITH REFERENCES

Study	Design and people	Intervention	Main result
Hursel 2009 (1)	Meta-analysis, 11 studies	Green tea catechins with caffeine	Weight 1.3 kg lower than control; 1.6 kg in people with a low habitual caffeine intake
Phung 2010 (2)	Meta-analysis, 15 RCTs, 1,243 adults	Catechins + caffeine vs caffeine alone	Weight 1.4 kg, waist 1.9 cm and BMI 0.55 lower; catechins without caffeine had no effect
Jurgens 2012 (3)	Cochrane review, 18 RCTs, 1,945 adults	Green tea preparations, 12 to 13 weeks	Weight 0.2 to 3.5 kg lower in Japanese trials; little difference in trials elsewhere
Hursel 2011 (4)	Meta-analysis, 24-hour energy studies	Catechin–caffeine mixtures vs placebo	Energy use up 4.7% (428 kJ a day); fat burning up 16% (12 g a day); larger with higher doses
Talenezhad 2020 (5)	Meta-analysis, 37 RCTs, 2,292 adults	L-carnitine vs control	Weight 1.2 kg and fat mass 2.1 kg lower; BMI down 0.24; clearest in overweight adults
Askarpour 2020 (6)	Meta-analysis, 43 RCTs	L-carnitine vs control	Weight 1.1 kg, fat mass 1.2 kg and BMI 0.36 lower; more weight lost at higher doses
Kanchanasurakit 2023 (7)	Meta-analysis, 3 RCTs, 103 adults	Chlorogenic acid from green coffee, 1 to 8 weeks	Weight 1.3 kg lower than control, with consistent results across trials
Owen 2008; Giesbrecht 2010 (8, 9)	Two double-blind crossover RCTs, healthy adults	L-theanine with caffeine vs placebo	More accurate attention switching and higher alertness, with less tiredness

Guideline: EU rules keep green tea extract supplements below 800 mg EGCG a day and require warnings against use on an empty stomach, with other green tea products on the same day, in pregnancy and breastfeeding, and under 18 years (10). **Evidence base:** effects are modest and add to diet and activity; the combination itself is untrialled, and the carnitine effect peaked at about 2 g/day (5).

For health professionals. This product is a food supplement and is not intended to diagnose, treat, cure or prevent any disease.

WHO BENEFITS MOST

Starting a diet plan
BMI 25 or more and ready to eat less and move more.
Expect: extra loss on top of diet by 12 weeks

Central weight gain
Larger waist; catechins with caffeine trimmed waist by about 2 cm (2).
Expect: a smaller waist

Low caffeine users
Little daily tea or coffee; the catechin effect was larger at low caffeine intake (1).
Start: keep other caffeine low

Progress has stalled
Weight loss slowed on diet and exercise; adds energy use and fat burning (4).
Expect: review weight and waist at 12 weeks

HOW TO USE IT IN PRACTICE

- **Starting:** 2 capsules once daily in the morning with breakfast, not on an empty stomach (10). Avoid it after midday, to protect sleep.
- **Monitoring:** record weight, waist and blood pressure at the start, at 4 weeks and at 12 weeks; ask about sleep, palpitations and total caffeine (13).
- **Review:** at 12 weeks; continue while weight and waist are falling. Check liver tests if any liver symptoms appear.
- **With prescribed treatment:** check section 03 first; monitor blood pressure in people on antihypertensives.
- **With Draxer products:** Berberine for marked insulin resistance; GynoEssence for weight gain with PCOS/PMOS. Draxer Green Tea adds caffeine: count it.
- **Diet and activity:** a reduced-calorie diet and regular activity remain the basis; Trimion adds to them.

SIDE EFFECTS AND SPECIAL GROUPS

Common	From caffeine: restlessness, poor sleep, palpitations, tremor, headache, heartburn.
Uncommon	Nausea or stomach upset; take with food.
Green tea extract	Rare liver injury, sometimes severe, with concentrated extracts, more often when taken fasting (10, 14). Stop and check liver tests for jaundice, dark urine, stomach pain or nausea.
Overdose	Caffeine excess: agitation, tremor, fast or irregular heartbeat, vomiting. Never take more than 2 capsules a day.
Under 18	Not recommended (10).
Kidney, liver	Avoid in liver disease or severe kidney disease.

03 INTERACTIONS AND CAUTIONS

- **Total caffeine:** 160 mg per dose, plus a little from the extracts. Up to 200 mg at once and 400 mg a day is safe for healthy adults (13). Count tea, coffee, cola and energy drinks.
- **Other green tea supplements:** do not take them on the same day (10).
- **Decongestants and stimulants** (pseudoephedrine, ephedrine, methylphenidate): added stimulant effects.
- **Ciprofloxacin, fluvoxamine, oral contraceptives:** slow caffeine clearance; effects may be stronger.
- **Nadolol:** green tea cut blood levels by about three quarters (15).
- **Warfarin:** isolated reports of INR change; check INR.
- **Phenytoin, propranolol, theophylline:** piperine 20 mg raised their levels; this product has 5 mg (12).
- **Iron:** green tea lowers absorption; space the doses.
- **Hypertension, anxiety, reflux:** caffeine can worsen; use with care.

04 PREGNANCY AND BREASTFEEDING

Pregnancy: not recommended. One dose supplies most of the 200 mg daily caffeine limit advised in pregnancy (13), and green tea extracts are not advised (10).

Breastfeeding: not recommended. The same caffeine limit applies, and green tea extracts are not advised (10, 13).

05 WHEN NOT TO RECOMMEND

- Pregnancy and breastfeeding; under 18 years
- Uncontrolled hypertension, arrhythmia or heart disease
- Liver disease or severe kidney disease
- Anxiety disorder, insomnia or seizure disorders (11)
- BMI under 18.5, or a history of an eating disorder
- Unexplained weight gain or loss: refer

PATIENT COUNSELLING CHECKLIST

- ☐ 2 capsules together each morning
- ☐ Take with breakfast, not on an empty stomach
- ☐ Not after midday, to protect your sleep
- ☐ Count your tea, coffee, cola and energy drinks
- ☐ No other green tea supplements that day
- ☐ Eat less and move more: it works alongside
- ☐ Yellow eyes, dark urine or tummy pain? Stop
- ☐ Pregnant or breastfeeding? Do not take

Product details. 60 vegetarian capsules (30 days). Store below 30°C in a dry place, away from direct light; keep the lid closed. Shelf life 24 months from manufacture; see pack for expiry. Food supplement made for Draxer Therapeutics by a partner manufacturer. Keep out of reach of children.

References

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