

# CORE 4 NUTRITION

## Daily

### PRODUCTS:




Super Amino 23 +  
Power Shake +  
Biome Medic +  
Apothe-Cherry

Experience improved energy, sleep, digestion, mental clarity, body protein synthesis and so much more. Purium has paired Core 3 with the power of Biome Medic. Infuse your body with nutrients and cleanse your second brain (your gut) of toxins found in everyday foods.

**This is the optimal pack for foundational nutrition and support of the gut microbiome.**

### SCHEDULE

Expect to feel more energy, better digestion, deeper sleep, and increased mental clarity. This is the easiest way to get high-quality protein, fruits, and veggies into your body every day. Stay consistent and the benefits will compound over time.

 <b>Rise and shine</b>	<b>Super Amino 23</b> - 5 tablets with water upon rising or prior to working out
 <b>2 hours later</b> or as a meal replacement	<b>Power Shake</b> - 2 scoops mixed with water or a Flex Beverage <b>Biome Medic</b> - 2 capsules
 <b>Time to unwind</b> 30-60 min. before sleep	<b>Apothe-Cherry</b> - 1-2 tablespoons mixed with water or a Flex Beverage

# CORE 3 NUTRITION

## Daily




### PRODUCTS:

Super Amino 23 +  
Power Shake +  
Apothe-Cherry

When you get all-natural superfoods into your body on a daily basis, it changes everything. All you need for daily foundational nutrition are these three core products and water: Super Amino 23, Apothe-Cherry and Power Shake. Follow the schedule below and you will feel better in no time!

### SCHEDULE

Everything your body needs for about the cost of a fast food meal or a large gourmet coffee. It's not a budget choice, it's an eating choice.

 <b>Rise and shine</b>	<b>Super Amino 23</b> - 5 tablets with water upon rising or prior to working out
 <b>2 hours later</b> or as a meal replacement	<b>Power Shake</b> - 2 scoops mixed with water or a Flex Beverage
 <b>Time to unwind</b> 30-60 min. before sleep	<b>Apothe-Cherry</b> - 1-2 tablespoons mixed with water or a Flex Beverage