

INTERMITTENT-FASTING 30-DAY SCHEDULE

Based upon a daily 2,000-calorie diet.

SPECIAL TIPS

- Eat all of your meals within an 8-hour window, allowing 16 hours of fasting
- Water is not considered food, drink half your body weight in ounces
- Eat as healthy as you feel comfortable, emphasizing organic foods
- See the sample schedule to the right and adjust based upon your wake time
- Fast from 7pm - and REPEAT EACH DAY
- For best results, keep a consistent schedule
- Add Super CleansR to your 8 AM Super Amino 23 serving during the final 10 days (for a natural, deep colon cleanse)
- Modify 1-2 capsules of Biome and Super CleansR according to your body's digestive response (Biome Medic and Super CleansR aid in waste elimination)

8 AM DAYS 1-20

Infuse your muscles with predigested protein without breaking your fast

- Super Amino 23 (5 tablets = 20 calories)

8 AM DAYS 21 - 30

Muscle support and a deep colon cleanse.

- Super Amino 23 (5 tablets = 20 calories)
- Super CleansR (2 capsules)

10 AM

Gently break your fast with organic greens, healthy fats, whole carbs, and plant protein.

- Power Shake (5.5 TBSP = 150 calories)

12 PM

Time to eat some "real food!"

- Enjoy your first meal (750 calories MAX, for best results)
- Biome Medic (2 capsules)

2 PM

More muscle support.

- Super Amino 23 (5 tablets = 20 calories)

4 PM

Fuel your cells with more organic greens.

- Power Shake (5.5 TBSP = 150 calories)

6 PM

Final meal before your 16-hour fast!

- Enjoy your final meal (900 calories MAX, for best results)
- Apothe-Cherry (2 TBSP = 60 calories)
- Biome Medic (2 capsules)

SEE IT. FEEL IT. TRACK IT.



TRACKER

DAY 0 DAY 10 DAY 20 DAY 30

On a scale of 1-10, how are you feeling? 10 is your BEST self. Write your number in the circle below.

ENERGY	○	○	○	○
DIGESTION	○	○	○	○
MOOD	○	○	○	○
SKIN	○	○	○	○
SLEEP	○	○	○	○

Let's track your physical transformation - no judgement, here! Write your numbers below.

WEIGHT	□	□	□	□
MID-UPPER-ARM	□	□	□	□
WAIST-BELLY BUTTON	□	□	□	□
HIPS	□	□	□	□
MID-THIGH	□	□	□	□

On a scale of 1-10, how satisfied are you with your consumption of the following? 10 = most satisfied, 1 = least satisfied.

WATER	○	○	○	○
SUGAR	○	○	○	○
CAFFEINE	○	○	○	○
PLANT-BASED FOODS	○	○	○	○

CHECKLIST

- Join Purium's Lifestyle Transformation Facebook Group.
- Sign Up for Smart Order with either another Ultimate Lifestyle Transformation or Daily Core 4.
- Take & save "Before" selfie, and full body photo and join our contest.
- Join Owner Dave Sandoval's Support FB Live and get your questions answered.
- Take & save "After" photo & share your experience in the Facebook group and contest.

GET SUPPORT

Scan the QR codes to learn more.

Video A
GET FAMILIAR
WITH THE
PRODUCTS VIDEO



LIFESTYLE
TRANSFORMATION
DIGITAL GUIDE



SUCCESS
STORIES



WATCH THE FLEX
FOODS VIDEO



LIFESTYLE
TRANSFORMATION
SUPPORT



JOIN
THE CONTEST



LIVE IT!

3 & THEN FREE*
WITH SMART ORDER

It takes 90 days to create a habit and we are here to help!

Step 1: Activate and maintain your Smart Order for 3 months (login to ishoppurium.com and click "Smart Order" tab).

Step 2: For 3 consecutive months, order a) this pack, b) another pack that contains Biome Medic or c) Biome Medic 60 ct.

Step 3: Get 1 FREE* Biome Medic 60 ct. capsules in the 4th month (up to \$45 value, via 3500 Rewards points).