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 P*M*

More muscle support.

• Super Amino 23 (5 tablets = 20 calories)

4 PM

Fuel your cells with more organic greens.

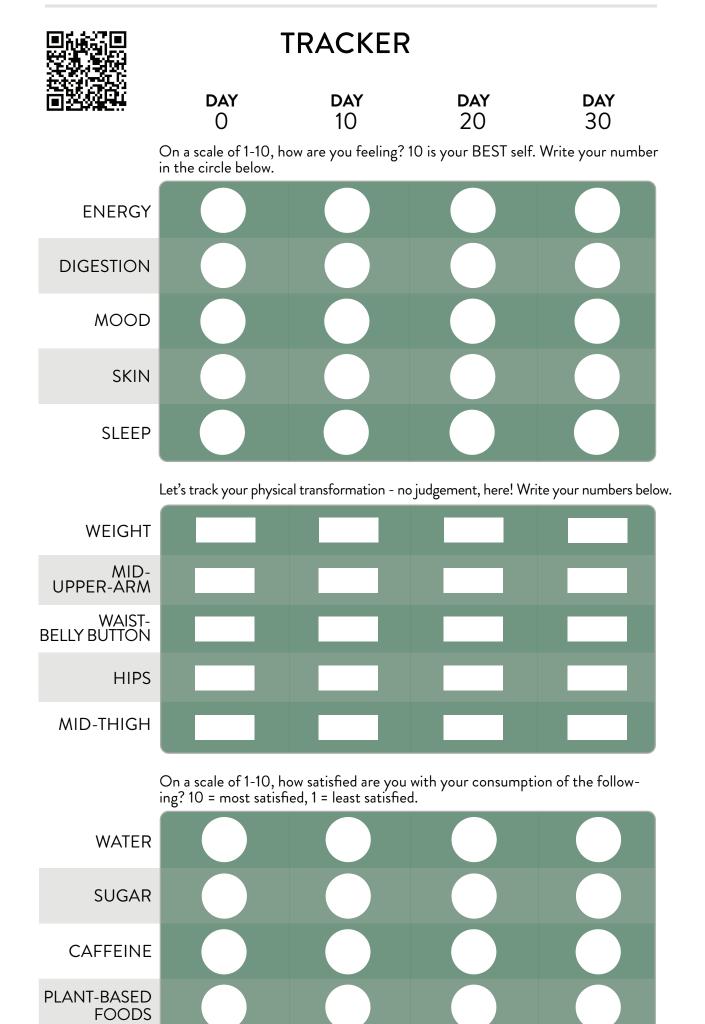
• Power Shake (5.5 TBSP = 150 calories)

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.



CHECKLIST

Join Purium's Lifestyle Sign Up for Smart Order with either another Ultimate Lifestyle Transformation Facebook Transformation or Daily Core 4. Group. Take & save "Before" selfie, Join Owner Dave Sandoval's and full body photo and join Support FB Live and get your our contest. 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** LIFESTYLE **SUCCESS** WITH THE TRANSFORMATION **PRODUCTS VIDEO STORIES DIGITAL GUIDE** LIFESTYLE JOIN WATCH THE FLEX TRANSFORMATION THE CONTEST FOODS VIDEO **SUPPORT** ∎⋇⋧≚∎ LIVE IT! 3 & THEN FREE*

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

WITH SMART ORDER

It takes 90 days to

create a habit and we are here to help!

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).