



purium

THE TRANSFORMATION COMPANY

LIFESTYLE GUIDE

FALL 2020



TABLE OF CONTENTS

A Message from our Founders	1	Maintain- Core 4	13-14
Purium - Where Pure + Premium Become One	2-3	Refine- Head to Toe	15
It All Begins...	4	More Solutions	16
Transform - Ultimate Lifestyle Transformation	5-12	Incentives & Success Stories	17
Option 1: Simplified Schedule	6	Quick Reference	18
Meal Inspiration	8		
Option 2: Accelerated Schedule	9-10		
Flex Foods	11		
Option 3: Intermittent Fasting Schedule	12		

AMY VENNER

OWNER & PRESIDENT
FOUNDER OF "THE MILLION MOM MOVEMENT"



It can be challenging to take care of ourselves in the midst of daily chaos. We get so busy taking care of everyone else that we forget about the most important person—until we burn-out. I've learned that the only

way to get through the hard times is to take a step back for self-care. If we are not at our personal best, how can we truly 'be there' for all of the people and responsibilities in our lives? Purium's product plans make it easy to prioritize your health without disrupting your whole day! Take that first step. Love yourself better...and you will be able to love others better too.

Amy Venner

DAVID SANDOVAL

OWNER & VISIONARY
FOUNDER OF "THE AWAKEN PROJECT"
AUTHOR OF "THE TOXIN THAT CAME TO DINNER"



Congratulations and welcome to the Purium Lifestyle! My name is David Sandoval and I am the formulator and originator of our Transformation Programs that you will be experiencing. Purium is called the Transformation Company for a reason, and

that is because the programs, the foods and the community have been truly transformational for tens of thousands of people who have used these programs to get physically, mentally and emotionally recharged. And while there are many pathways, transformation is the ultimate destination. We recommend that everyone start with a basic 30-Day Ultimate Lifestyle Transformation because we've found that's what's right for most people. However, for those with more unique or specific needs and goals, we have included some alternative schedules for your convenience. Regardless of which path you choose, I know that you are taking a very important step in your journey toward perfect health and well-being.

David Sandoval

PURIUM- WHERE PURE + PREMIUM BECOME ONE!

WHY PURIUM?

100 years ago, all food was organic. Vegetables grew from the earth. Fruit was picked directly from the tree. And farmers actually farmed.

Pure, nutrient-dense foods were abundant and chemically-preserved foods were almost non-existent. Food was fresh. The soil was filled with minerals. The water was pure.

Everything our bodies needed, we received from the earth.

WHY NOW?

Many live in a quality food desert. The standard American diet is filled with artificial colors, flavors, sweeteners, binders, fillers, hormones, pesticides, herbicides, trans fat ingredients, and now genetically-modified ingredients. And according to medical experts, the standard American diet causes health issues that affects most Americans.



“The quality of food you eat is equal to the quality of the life you lead.”

-David Sandoval

SUPERFOODS ARE THE SOLUTION

Plant-based foods are packed with antioxidants, nutrients and minerals that regulate body pH levels and support every system of the body, from immune function to mental acuity.

Studies have shown that superfoods may:

- Aid in healthy insulin response
- Aid in healthy blood lipid ratios
- Support a healthy gut microbiome
- Support healthy sleep patterns
- Aid digestive and cleansing processes
- Support physical endurance and performance



PURIUM IS AN OASIS IN THE QUALITY-FOOD DESERT

EAT BETTER. FEEL BETTER. LIVE BETTER

We believe that everyone deserves equal, affordable and convenient access to organic, whole food, superfood nutrition. This is what fueled Dave and Amy to partner with organic farmers from all over the world to create a trusted, expert superfood community.



Dave & Amy have been sourcing and manufacturing organic, plant-based and non-GMO superfoods for over 25 years.

WE HAVE HUNDREDS OF INGREDIENTS & THE LIST KEEPS GROWING

Our products are made with the most potent superfoods such as spirulina, wheatgrass, beets and aloe. Whatever your preferred dietary lifestyle - paleo, keto, gluten-free, vegetarian or vegan - we have plant-powered protein, fruits and vegetables and gut health products to fuel your best life!

Every bright color, vibrant flavor and raw nutrient comes straight from Mother Nature. We pride ourselves on our ability to source the highest-quality and purest foods from organic farms around the globe.

What we DON'T put into our products is just as important as what we do put in.



IT ALL BEGINS WITH A 30-DAY ULTIMATE LIFESTYLE TRANSFORMATION

TRANSFORM

PERMANENT, LASTING CHANGE

Transform your lifestyle to experience more energy, better digestion, deeper sleep and a more balanced mood with our Ultimate Lifestyle Transformation (ULT). No matter your age, fitness level or lifestyle, we are here to help you to transform your mind and body.



Everything you need for foundational nutrition



Easily customize to fit your lifestyle



Supports detoxification and elimination



The basics for permanent, lasting change



MAINTAIN SUCCESS WITH DAILY CORE 4

MAINTAIN

IT TAKES 90 DAYS TO CREATE A HABIT

Sustaining daily nutrition and wellness is the key to keeping the entire body in harmony and that shouldn't feel like a hassle. Our Daily Core 4 pack is the solution for everyday cleansing and nourishment. This 30-day pack bridges the gap between a busy life and health essentials with our 4 staple products that you came to love in the ULT: Apothe-Cherry, Power Shake, Biome Medic and Super Amino 23.



REFINE

HEAD-TO-TOE COLLECTION

Everyone's health is unique and personal. That's why we created our Head-To-Toe collection. These herbal supplements are excellent ways to fine-tune your body systems' needs.





TRANSFORM

ULTIMATE LIFESTYLE TRANSFORMATION

PERMANENT, LASTING CHANGE

Truly transform your lifestyle to experience more energy, better digestion, deeper sleep and a more balanced mood. The quality of the food you eat is equal to the quality of the life you live. Start living the life you deserve, with the Ultimate Lifestyle Transformation pack. The products in this 30-day program will nourish and detoxify your body with vegan protein, greens, healthy fats, gut health, organic super fruit and natural colon cleansing support.

- 60** superfood meals
- 30** days of nutrition
- 3** schedule options
- 1** amazing Transformation Pack



BUILD

SUPER AMINO 23

May help:

- Create lean muscle
- Support skin elasticity
- Burn fat
- Support mental acuity



NOURISH

POWER SHAKE

May help:

- Support energy
- Reduce cravings
- Fuel your cells
- Create satiety



DETOXIFY

BIOME MEDIC

May help:

- Detoxify glyphosate
- Support digestion
- Support immunity
- Support healthy C-reactive protein levels



PHYSICAL BENEFITS



Support a healthy metabolism



Support a healthy heart



Support energy & performance



Support digestive & microbiome health



Support healthy immune function



Support healthy sleep patterns

OPTION 1- SIMPLIFIED 30-DAY SCHEDULE

This path is all about subtraction, by way of addition. You flood your body with nutrient-rich superfoods without being restrictive with your diet. By meeting your nutritional needs with high-quality foods, you naturally stop craving foods and habits that stem from undernourishment. This is the schedule that is right for most people.

GET THE DIGITAL SCHEDULE



Scan QR code with your smartphone camera or visit the blog at bit.ly/ULTSimplified

DAILY SCHEDULE



RISE & SHINE

When you wake up:

- Super Amino 23 (5 tablets)
- Power Shake (5.5 TBSP with 20 oz. water)
- Biome Medic* (2 capsules)



DAY OR EVENING

You choose, in place of lunch or dinner:

- Super Amino 23 (5 tablets)
- Power Shake (5.5 TBSP with 20 oz. water)
- Biome Medic* (2 capsules)



SWEET DREAMS

30-60 minutes before you go to sleep:

- Apothe-Cherry (2 TBSP with 8-10 oz. water)

LAST 10 DAYS:

Follow the schedule above & add in the Super CleansR

Rise & Shine: Super CleansR* (2 capsules)

Make It Your Own:

L.O.V. Super Meal and/or Epi-Genius Kids are interchangeable with Power Shake if you purchased the Customizable ULT or Variety Pack. You may use a 1/2 serving of two different shakes anytime a Power Shake is called for on the schedule.

*Biome Medic and Super CleansR aid in waste elimination. Based on your body's digestion response, modify by reducing 1 capsule per serving as needed.

REGENERATE

APOTHE-CHERRY

May help:

- Support sleep
- Combat free radical damage
- Beautify skin
- Create a healthy response to inflammation



CLEANSE

SUPER CLEANSR

May help:

- Support healthy bowel function
- Release toxins and buildup
- Support elimination of parasites



LEARN MORE ABOUT THE PRODUCTS



Scan QR code with your smartphone camera or visit the blog at bit.ly/ULTproducts

CHECKLIST FOR SUCCESS



Join Facebook Groups



Lifestyle Transformation Support Group



Recipes Group:
Find inspiration for healthy Lifestyle Meals



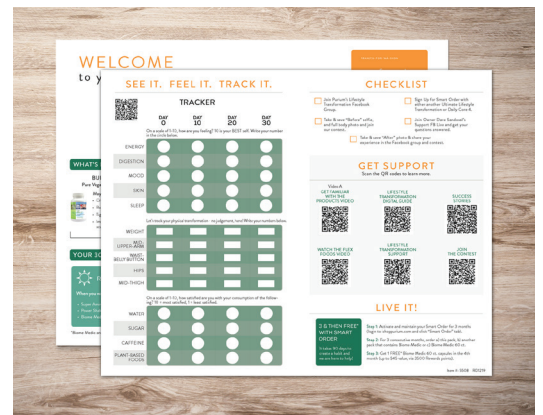
Purium's co-owner Dave Sandoval and other experts are here for you. Join Dave's FB Lives every Tuesday and Friday at 5 pm PT in the Lifestyle Transformation Support Group.



Use the Placemat included in your ULT package.



Get the Placemat



Fill out the Day Zero Tracker located on the back of placemat found inside your ULT box.



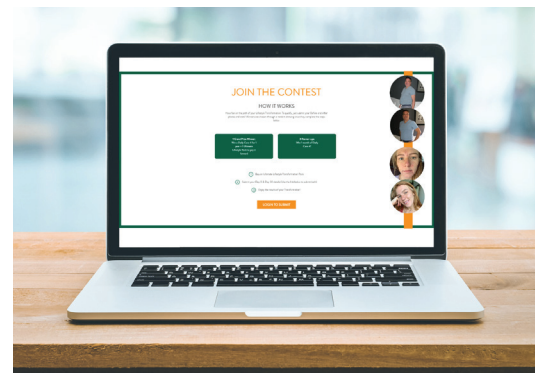
Take & save "Before" selfies



Join the contest to win FREE product for a year



Submit Before and After Photos



Report your transformational results on the Transformation page at iShopPurium.com

MEAL INSPIRATION FOR EVERYDAY

WE CALL HEALTHY MEALS “LIFESTYLE MEALS”

A Lifestyle Meal is a well-balanced, organic (whenever available) meal made using the ingredients listed below. We encourage meals like this to be a part of the Simplified Schedule (Option 1) for the Ultimate Lifestyle Transformation and the Daily Core 4 program. Lifestyle Meals are the meals you choose to complement your Purium program. These are based on your ideal healthy lifestyle. They can be plant-based, high-protein or any dietary type that you prefer. For extra inspiration, join our Purium Recipe Group on Facebook. *This list is not meant for those on 10-Day Immersion Plan (Option 2).*



Protein Options

- L.O.V. Super Meal
- MVP Sport (Chocolate or Vanilla)
- Epi-Genius Kids
- Lentils or legumes (other than soy)
- Hummus
- Broccoli
- Cottage cheese
- Almonds
- Free-range eggs
- Free-range, organic-fed chicken
- Wild-caught salmon

Veggie Options

- Kale
- Broccoli
- Cauliflower
- Cucumbers
- Summer squash
- Cabbage
- Kale
- Spinach
- Asparagus
- Sauerkraut or Kimchi (no additives)
- Mushrooms
- Celery
- Carrots
- Sea veggies
- Cilantro
- Parsley
- Basil

Fruit Options

- Cherries (the darker the better)
- Berries
- Plums
- Apples
- Purple grapes
- Watermelon
- Papaya
- Cucumbers
- Tomatoes
- Avocados

Complex Carbs Options

- Rice Bran Solubles
- Red, black, or brown rice
- Quinoa (cooked)
- Couscous (cooked)
- Sprouted grain bread
- Buckwheat or whole grain pancakes
- Purple or sweet potatoes
- Oatmeal

Fats & Oils Options

- Organic Tropic Oil
- Green tea seed oil
- Sunflower seed oil
- Avocado oil
- Extra virgin olive oil
- Butter/ghee (from grass-fed cow)

Beverage Options

- Hemp, Almond, Coconut, Cashew or Oat Milk - Unsweetened
- Kombucha
- Organic Vegetable Broth
- Decaffeinated Herbal Tea
- Coconut Water
- Purium Green Drinks: Organic Kamut Blend, Organic Green Spectrum, Organic Barley Green Juice, Organic Spirulina, Chlorella

OPTION 2- ACCELERATED ULT SCHEDULE & TIPS

This path is all about accelerated change. By consciously eliminating foods and habits that are not serving your best health and flooding your body with nutrient-rich superfoods, a new fully nourished state of normal is established.

Note: This schedule can be more mentally challenging than the Simplified plan (see page 6).

WATCH THE ACCELERATED GUIDE

Scan the QR code or visit Vimeo at
bit.ly/ULTAcceleratedVideo



CHECKLIST FOR SUCCESS

Even though you are opting for an alternative schedule, the placemat still has lots of support for you!

- Scan the QR Codes to easily link to all the details
- Eliminate temptations. Remove unhealthy, processed foods (or at least put out of sight)
- Fill out the Day 0 column on your Tracker
- Consult your physician before starting this or any other weight loss regimen - if on medications, planning on losing a substantial amount of weight, pregnant or lactating
- Take & save “Before” selfies
- Shop for Flex Foods (see page 11)
- Join the ULT Contest
- Don't binge eat, drink alcohol or consume large meals before starting your Accelerated program
- Join the Facebook Groups: Purium Lifestyle Transformation Support Group & Recipes for Purium Lifestyle
- If the accelerated plan is not right for you, start the Simplified Plan today.
- Watch Accelerated Guide video & Save Accelerated Schedule to your phone
- Keep a positive mental attitude, “I can and I will!”
- Watch the Flex Foods Video and save the Flex Food list to your phone

SAVE DIGITAL SCHEDULE



Scan QR code with your smartphone camera or go to
bit.ly/ULTAccelerated

DAY 1 - 10: CORE 4 PROGRAM



RISE & SHINE

When you wake up:

- Super Amino 23 (5 tablets)
- Power Shake (5.5 TBSP with 20 oz. water)
- Biome Medic* (2 capsules)



SWEET DREAMS

30-60 minutes before you go to sleep:

- Apothe-Cherry (2 TBSP with 8-10 oz. water)
- Biome Medic* (2 capsules)

- Drink 1/2 your body weight in oz. of water
- Eat 2 Lifestyle Meals: fresh, raw fruit and veggies, dark leafy greens and high fiber meals (see page 8)
- Eat 3 Flex Foods - any time (see page 11)
- Exercise at your normal pace
- Decrease/eliminate sugar, caffeine, animal products, and alcohol

DAY 11 - 20: 10-DAY IMMERSION

When You Wake Up:	2 Hours Later	2 Hours Later	2 Hours Later	2 Hours Later	2 Hours Later	30-60 Minutes Before Bed
Super Amino 23 (5 tablets)	Power Shake (5.5 TBSP with 20 oz. water)	Super Amino 23 (5 tablets)	Power Shake (5.5 TBSP with 20 oz. water)	Super Amino 23 (5 tablets)	Power Shake (5.5 TBSP with 20 oz. water)	Apothe-Cherry (2 TBSP with 8-10 oz. water)
	Biome Medic* (2 capsules)		Biome Medic* (2 capsules)			
	Super CleansR* (1-2 capsules)		Super CleansR* (1-2 capsules)			

- Drink 1/2 your body weight in oz. of water
- Eat up to 3 flex food servings per day when a craving arises (with Super Amino 23, Power Shake or Apothe-Cherry)
- No other foods to be consumed during the 10-Day Immersion
- Sign up for Smart Order with an Ultimate Lifestyle Transformation OR Daily Core 4
- Instead of cheating or quitting, eat an extra Flex Food
- Low-impact exercise, like gentle yoga or light walking

DAY 21 - 30: FINISH STRONG



RISE & SHINE

When you wake up:

- Super Amino 23 (5 tablets)
- Power Shake (5.5 TBSP with 20 oz. water)
- Biome Medic* (2 capsules)



DAY OR EVENING

You choose, in place of lunch or dinner:

- Super Amino 23 (5 tablets)
- Power Shake (5.5 TBSP with 20 oz. water)
- Biome Medic* (2 capsules)



SWEET DREAMS

30-60 minutes before you go to sleep:

- Apothe-Cherry (2 TBSP with 8-10 oz. water)

- Drink 1/2 your body weight in oz. of water
- Eat 1 Lifestyle Meal
- Eat 3 Flex Foods - any time
- No sugar, caffeine, animal products or alcohol to be consumed
- Sign up for Smart Order with either another Ultimate Lifestyle Transformation OR a Daily Core 4, so you can continue your health journey

*Biome Medic and Super CleansR aid in waste elimination. Based on your body's digestion response, modify by reducing 1 capsule per serving.

FLEX FOODS

Flex Foods & Beverages are organic, vegan superfoods that provide you with flavorful taste, a chewing sensation, and the overall experience of eating. They transform stress eating by replacing unhealthy choices with optimal nutrition. They will naturally become your go-to snacks, long after your 10 Day Immersion.

When following the Accelerated Schedule, the Flex Foods on this list are the only recommended foods to be eaten during the 10-Day Immersion period (days 11-20).

IDEAL FLEX FOODS & BEVERAGES

- Water (unlimited)
- Decaffeinated herbal tea (unlimited)
- Celery (unlimited)
- Cucumbers (unlimited)
- 1 Avocado
- 1 Apple (Tip: Eating apples first thing in the morning can help wake you up.)
- 1 cup Watermelon
- 1 cup Broccoli, Cauliflower, Kale, or Spinach
- 1 cup Berries
- 1 cup Sauerkraut or Kimchi (no additives)
- 1 cup Summer Squash (winter squash not permitted)
- 1/2 cup Carrots
- 1 serving Hemp, Almond, Coconut, or Oat Milk
- 1 serving Kombucha
- 1 serving Organic Vegetable Broth
- 1 serving Coconut Water

IDEAL FLAVORING

- Organic Tropic Oil
- Freshly squeezed lemon
- Himalayan sea salt
- Raw honey
- Fresh herbs and spices

COMBINE OR COOK YOUR FLEX FOODS

Get creative with your 3 servings per day allowance. Just remember, 3 servings is the limit (unless you're really struggling and need to supplement with extra Flex Foods).

Hot Flex Foods are especially important during the winter and for those in colder climates. Hot Flex Beverages are also important for people who are used to having coffee in the morning. Here are some ideas!



Sauté a green apple with cinnamon and Organic Tropic Oil



Mash an avocado with freshly squeezed lemon juice and Himalayan sea salt and dip with cucumber "chips"



Sauté 1 cup broccoli with Organic Tropic Oil and top with fresh basil and 3 Tbsp. organic sauerkraut

See page 8 for Lifestyle Meal suggestions to be consumed on days 1-10 and days 21-30.

SCAN TO WATCH THE FLEX FOODS VIDEO

Or visit Vimeo at bit.ly/FlexFoodsVideo



OPTION 3- INTERMITTENT-FASTING

This path is all about Intermittent Fasting. Incorporate nutrient-rich superfoods while consuming substantially all your calories in a 6-8 hour window.

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)

- **Eat all of your meals within an 8-hour window**, allowing 16 hours of fasting
- **Water is not considered food**
drink half of your body weight in ounces anytime throughout the day
- **Eat as healthy as you feel comfortable**, emphasizing organic foods
- **See the sample schedule to the left** and adjust based upon your wake-up time
- **Eat nothing after 6PM meal**
- **For best results**, keep a consistent schedule
- **Add Super CleansR to your 8AM Super Amino 23 serving during the final 10 days** (for a natural, deep colon cleanse)
- **Modify 1-2 capsules of Biome Medic and Super CleansR according to your body’s digestive response**
(Biome Medic and Super CleansR aid in waste elimination)

SAVE DIGITAL SCHEDULE



Scan QR code with your smartphone camera or go to bit.ly/ULTFasting

MAINTAIN

DAILY CORE 4

BASELINE NUTRITION

Transformation is an ongoing journey. Daily Core 4 is recommended after completing the Ultimate Lifestyle Transformation to maintain the results. This is the most popular choice for monthly Smart Orders.

Daily Core 4 is also a great step for those who are not ready for the Ultimate Lifestyle Transformation.



- 30 superfood meals
- 4 incredible products
- 1 amazing maintenance pack

DAILY CORE 4 PLACEMAT

DAILY SCHEDULE



RISE & SHINE

When you wake up:

- Super Amino 23 (5 tablets)
- Power Shake (5.5 TBSP with 20 oz. water)
- Biome Medic* (2 capsules)



SWEET DREAMS

30-60 minutes before you go to sleep:

- Apothe-Cherry (1 TBSP with 8-10 oz. water)



Floods the body with nutrients from powerful greens, fruits and plants



Supports gut health, elimination and cleansing



Supports energy, sleep, digestion and total body wellness



Packed with vegan protein to keep you satisfied

BUILD

SUPER AMINO 23



May help:

- Create lean muscle
- Support skin elasticity
- Burn fat
- Support mental acuity

NOURISH

POWER SHAKE



May help:

- Support energy
- Reduce cravings
- Fuel your cells
- Create satiety

DETOXIFY

BIOME MEDIC



May help:

- Detoxify glyphosate
- Support digestion
- Support immunity
- Support healthy C-reactive protein levels

REGENERATE

APOTHE-CHERRY



May help:

- Support sleep
- Combat free radical damage
- Beautify skin
- Create a healthy response to inflammation

Scan the QR Code with your smart phone camera or visit the bit.ly link

GET THE PLACEMAT & TRACKER

bit.ly/DailyCore4Schedule



JOIN THE CONTEST

bit.ly/ULTContest



LEARN MORE ABOUT THE PRODUCTS

bit.ly/ULTproducts



JOIN DAVE & AMY EVERY WEDNESDAY NIGHT

bit.ly/PuriumEvents



REFINE WITH HEAD-TO-TOE PRODUCTS

UNIQUE INGREDIENTS, FOR UNIQUE NEEDS
Refine your body's performance based on your system's fine-tuning need

FOR YOUR...



BRAIN Revive It All



- ✔ Supports mental clarity and focus
- ✔ Assists memory, cognition and alertness
- ✔ Aids healthy neuroreceptor function



EYES Super Xanthin



- ✔ Combats free radical damage
- ✔ Supports eye health and vision
- ✔ Clinically proven



SKIN & HAIR Renew Hair Skin & Nails



- ✔ Supports hair growth
- ✔ Supports healthy collagen
- ✔ Aids healthy hair, nails and skin



HEART Heart Aid



- ✔ Supports healthy circulation
- ✔ Supports a healthy response to inflammation
- ✔ Aids a healthy circulatory system and organs



ADRENALS Bee Energetic



- ✔ Supports healthy adrenal function
- ✔ Supports balanced energies
- ✔ Supports healthy response to stress



JOINTS Joint Flex



- ✔ Supports healthy connective tissue
- ✔ Supports healthy response to inflammation
- ✔ Aids mobility and flexibility

EXTRA SUPPORT

Fine-tune your success with these additional blends.



**ORGANIC
HYDRATION**
Coco Hydrate



**HEALTHY
HORMONES**
Super Life Formula

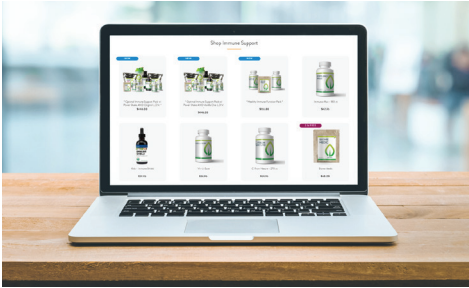


**IMMUNE
FUNCTION**
Vir-U-Sure



**MEN'S
HEALTH**
Men's Defense

MORE SOLUTIONS



IMMUNE SUPPORT



- Support healthy immune function
- Support body's viral response
- Support gut microbiome



ULT WEIGHT LOSS BOOST



- Add Daily Fiber blend
- Support healthy cardiovascular function and bowel function
- May assist a weight loss regimen by supporting adiponectin, aka the “skinny hormone”



ULT PARASITE CLEANSE



- Add an extra Super CleansR to your Ultimate Lifestyle Transformation
- Support elimination and cleansing
- Support elimination of parasites



FITNESS



- Help create muscle with vegan protein
- Support energy
- Assist hydration and recovery



GUT HEALTH



- Help nourish your dogs with Epi-Genius Dogs
- Support children's health with Epi-Genius Kids
- Support gut microbiome with Biome Medic

INCENTIVES & PROMOTIONS

SMART ORDER

Smart Order is a monthly subscription order, so you never run out of product.



Smart way to maintain health goals



Earn 2x Rewards Points on every order



Helps keep your 25% discount active



Learn more about Smart order on ishoppurium.com/pages/smart-orders

REWARDS POINTS

Purium Rewards is a points system to reward our best customers.



See & Redeem Points on iShopPurium.com



\$1 spent = 1 point



Many bonus options to help boost points & more



Learn more about Rewards Points on ishoppurium.com/pages/purium-rewards

REAL PEOPLE. REAL RESULTS

From better energy and sleep to healthier skin and lower body fat percentage, so many are TRANSFORMING their health with the ULT. These are just a few of the many stories that keep us inspired and motivated.



“WOW I’ve lost 61 lbs. after 20 months! My nails are stronger, my energy higher, my sleep is sound, and my stress has quieted!” - *Tal*



“MY SKIN IS SINGING - the whites of my eyes are brighter & my cravings are gone! I’ve always struggled with intense, cystic acne. The type of acne with which there’s really nothing that can be done, other than wait patiently for the pain & redness to subside.” - *Haley*



“I lost 17 pounds & lots of inches all around. I am sleeping much better, have a lot less pain in joints, rarely any digestive issues, less headaches. I’m loving my new way of eating and products to support me along the way to my goal. I’ve decided to do another 30 days.” - *Tirazah*



“Sister Blanche lost 10 pounds and inches all over which includes 4 inches off of her waist alone. Some of her other victories are: gained renewed energy, her skin is glowing since she has been eating cleaner and has increased her water intake.” - *Shamika* (Blanche’s Wellness Coach)



“Of all the programs I tried this one worked! My body responded to getting the nutrition I needed.” - *Bradley*

READ MORE PRODUCT SUCCESS STORIES



Scan QR code with your smartphone camera or go to bit.ly/ULTsuccess

QUICK REFERENCE

QR CODES SAVE PAPER

You will notice these little black and white squares throughout this guide. They're easy-to-use digital codes that take you to more info.

Step 1: Open up the camera app on your smartphone.

Step 2: Point the camera at the QR code. (Don't take a photo, though!)

Step 3: Recognizing the code, a notification will appear.

SCAN TO WATCH THE VIDEO

Or visit Vimeo at bit.ly/CarbonFoodprint



Schedules of the ULT



Recipes Blog



Product FAQs Blog



Daily Core 4 Video



Core 4 Schedule



Million Mom Movement



Facebook Support Group



Facebook Recipe Group



Biome Medic



Immune Support



Business Success Stories



Certifications



Insta Love with #Purium

Purium's community is full of positivity, health tips, inspiration and motivation. Share your journey and tag us so we can share the InstaLove.



Sustainability with Superfoods

Purium's organic and sustainably-produced, plant-based foods are good for the earth and good for your body. From eliminating plastic scoops from powder products to transitioning products to compostable packaging, Purium has become an industry leader for eco-friendly innovation. Share your commitments on social #PlasticFreein2021



Generating Low CO₂ Emissions



Sourcing from Organic & Sustainable Farmers



Practicing Eco-Friendly Shipping



Compostable Packaging



Plastic-Free Initiative

Stay Connected



@mypurium



@puriumhp



blog.puriumcorp.com



iShopPurium.com
puriumCBD.com
iSharePurium.com

©2020 Purium. All rights reserved. These statements have not been evaluated by the FDA. Information herein is NOT intended to be taken as medical advice. No therapeutic or medical claims are either implied or made. DO NOT ALTER ANY MEDICAL TREATMENT OR THE USE OF MEDICATIONS WITHOUT THE PERMISSION OF YOUR MEDICAL CARE PROVIDER. FDA regulations prohibit the use of therapeutic or medical claims in conjunction with the sale of any product not approved by the FDA.

If you are ordering for the 1st time, use my referral code!