


purium

THE TRANSFORMATION COMPANY



Lifestyle Guide

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		
<small>* Includes the 10 Day Immersion Schedule</small>			
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.

I am a mom of 2 girls, run the company AND have dedicated the past 26 years to providing easy and consistent access to foods that allow you to thrive, not just survive. My life dramatically changed when I began using superfoods. Thank you for allowing Purium to be part of your journey.



Amy Venner

MEET AMY

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 health and well-being.



David Sandoval

MEET DAVE

PURIUM: WHERE PURE + PREMIUM BECOME ONE!

WHY PURIUM?

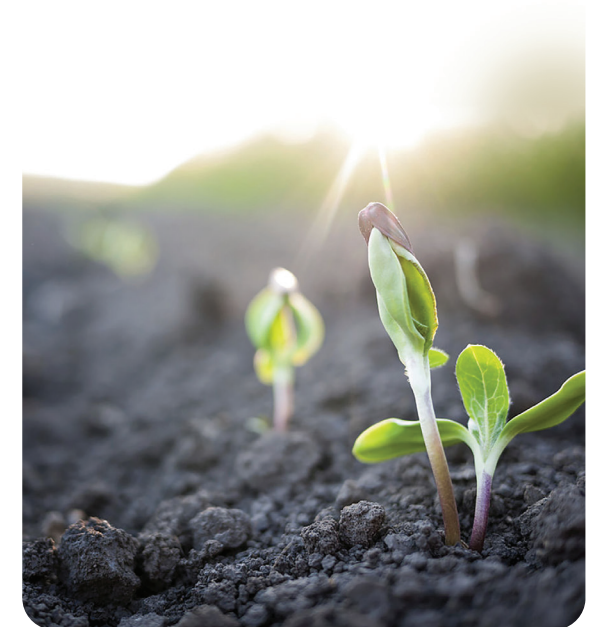
100 years ago, all food was organic. Vegetables grew from the earth, fruit was picked directly from the tree, and farmers actually farmed.

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. 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 live."

-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.



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



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 - gluten-free, vegetarian or vegan, paleo or keto, - 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.



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 YOUR HEALTH GOALS WITH THE HEAD TO TOE COLLECTION

REFINE FINE TUNE SPECIFIC BODY SYSTEMS

Everyone's health is unique and personal. That's why we created our Head-To-Toe collection. These herbal supplements are excellent to support heart health, brain health, joint health and more.





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 superfruit and natural colon cleansing support.

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



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

BUILD

SUPER AMINO 23



May help:

- Create lean muscle
- Burn fat
- Increase elasticity (tighten skin)
- Improve mental acuity

NOURISH

POWER SHAKE



May help:

- Energy levels
- Reduce cravings
- Fuel your cells
- Satisfy hunger

DETOXIFY

BIOME MEDIC



May help:

- Detoxify glyphosate
- Digestion
- Immunity
- Support healthy C-reactive protein levels

REGENERATE

APOTHE-CHERRY



May help:

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

CLEANSE

SUPER CLEANS-R



May help:

- Healthy bowel function
- Release toxins and buildup
- Assist in flushing parasites

LEARN MORE ABOUT THE PRODUCTS



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

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 CLEANS-R
 Rise & Shine: Super CLEANS-R* (2 capsules)

Make It Your Own:

L.O.V. Super Meal is 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.

If using Epi-Genius Kids, adjust your Biome Medic intake accordingly (reduce 1 capsule per serving of Epi-Genius kids consumed per day).

*For optimal results, wait 30-60 minutes before drinking Power Shake.

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

***Find meal suggestions on Page 8 (Lifestyle Meals) and snack ideas on Page 11 (Flex Foods).

Follow, Join Facebook Pages & Groups.



Follow our main Facebook Page, Purium Health Products (@myPurium)



Lifestyle Transformation Support Group



Recipes Group: Find inspiration for healthy Lifestyle Meals

Use the Placemat included in your ULT package.



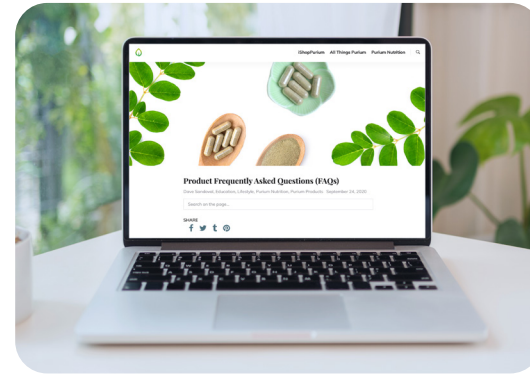
Get the Placemat

Take & Save A “Before” Selfies.

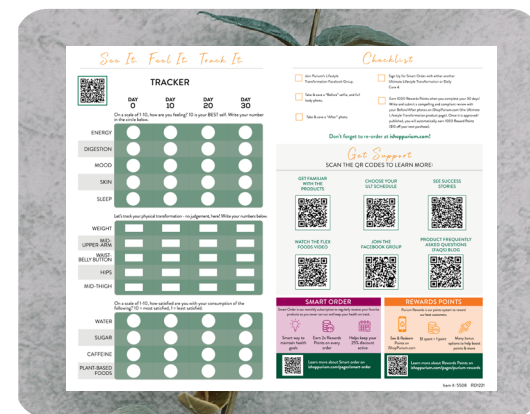
Earn 1000 Rewards Points With Rewards For Reviews. That’s A \$10 Product Credit On Your Next Order.



Get Details



Have questions? We have answers! Check out our Product Frequently Asked Questions (FAQs) Blog.



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



Submit a compliant and compelling review with Before & After photos for our Featured Packs.

WE CALL HEALTHY MEALS “LIFESTYLE MEALS”

A Lifestyle Meal is a well-balanced, organic (whenever available) meal made using healthy ingredients with many examples 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).*

Remember these are *ONLY* suggestions and ideas for healthy meal inspiration. Get creative and have fun in the kitchen!

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
- Organic Tofu

Veggie Options

- Kale
- Broccoli
- Cauliflower
- Cucumbers
- Summer squash
- Cabbage
- Kale
- Spinach
- Asparagus
- Sauerkraut or Kimchi (no additives)
- Mushrooms

Fruit Options

- Celery
- Carrots
- Sea veggies
- Cilantro
- Parsley
- Basil
- 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
- Fill out the Day 0 column on your Tracker
- Take & save “Before” selfies
- Join and Follow our Facebook Page & Health Groups: @myPurium, Purium Lifestyle Transformation Support Group & Recipes for Purium Lifestyle
- Set alarm reminders in your calendar of when to take your superfoods. Especially important for the 10-day immersion period (days 11-20) in the Option 2: Accelerated Schedule
- Watch Accelerated Guide video & Save Accelerated Schedule to your phone
- Eliminate temptations. Remove unhealthy, processed foods (or at least put out of sight)
- 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
- Watch the Flex Foods Video and save the Flex Food list to your phone
- Shop for Flex Foods (see page 11)
- Don't binge eat, drink alcohol or consume large meals before starting your Accelerated program
- If the accelerated plan is not right for you, start the Simplified Plan today.
- Keep a positive mental attitude, “I can and I will!”

SAVE DIGITAL SCHEDULE



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

DAY 1 - 10: DAILY 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) Biome Medic* (2 capsules) Super CLEANS-R* (1-2 capsules)	Super Amino 23 (5 tablets)	Power Shake (5.5 TBSP with 20 oz. water) Biome Medic* (2 capsules) Super CLEANS-R* (1-2 capsules)	Super Amino 23 (5 tablets)	Power Shake (5.5 TBSP with 20 oz. water)	Apothe-Cherry (2 TBSP with 8-10 oz. water)
----------------------------	---	----------------------------	---	----------------------------	--	--

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



SAVE DIGITAL SCHEDULE
bit.ly/10DAYImmersion

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

*For optimal results, wait 30-60 minutes before drinking Power Shake.

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

MAKE IT YOUR OWN:

Did you purchase a special ULT? L.O.V. Super Meal is interchangeable with Power Shake.
You may use a 1/2 serving of two different shakes anytime a Power Shake is called for on the schedule.
If using Epi-Genius Kids, adjust your Biome Medic intake accordingly (reduce 1 capsule per serving of Epi-Genius kids consumed per day).

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 (option 2), 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 (raw or sautéed)
- 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. Warm Flex Beverages are also important for people who are used to having coffee in the morning. Here are some ideas!



Warm hemp, almond or oat milk and mix with Power Shake, Super Meal, or Epi-Genius Kids.



Sauté a green apple with cinnamon and Organic Tropic Oil.



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



Although not a flex food, but rather part of the program, you can mix Apothe-Cherry with warm water for a relaxing drink prior to bed.

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

Scan for Flex Food Blog + Join Purium's Marketing Team on a shopping trip!



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 CLEANS-R (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)

5:30 PM

Complete final meal prior to 6 PM 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 5:30PM meal

For best results, keep a consistent schedule

Add Super CLEANS-R 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 CLEANS-R according to your body's digestive response

(Biome Medic and Super CLEANS-R aid in waste elimination)

SAVE DIGITAL SCHEDULE



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

MAINTAIN

DAILY CORE 4



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

BASELINE NUTRITION

Transformation is an ongoing journey. Daily Core 4 is recommended after completing the Ultimate Lifestyle Transformation to maintain the positive 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



BUILD

SUPER AMINO 23

May help:

- Create lean muscle
- Burn fat
- Increase elasticity (tighten skin)
- Improve mental acuity



NOURISH

POWER SHAKE

May help:

- Energy levels
- Reduce cravings
- Fuel your cells
- Satisfy hunger



DETOXIFY

BIOME MEDIC

May help:

- Detoxify glyphosate
- Digestion
- Immunity
- Support healthy C-reactive protein levels



REGENERATE

APOTHE-CHERRY

May help:

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



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)

*For optimal results, wait 30-60 minutes before drinking Power Shake.
 **Biome Medic aid in waste elimination. Based on your body's digestion response, modify by reducing 1 capsule per serving.

MAKE IT YOUR OWN:
 Did you purchase a special Daily Core 4? L.O.V. Super Meal and/or Epi-Genius Kids are interchangeable with Power Shake.
 Need food suggestions? See Page 8 (Lifestyle Meals) and Page 11 (Flex Foods).

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

GET THE PLACEMAT & TRACKER
bit.ly/DailyCore4Schedule



OUR PLASTIC-FREE MISSION
bit.ly/PlasticFreeMission



LEARN MORE ABOUT THE PRODUCTS
bit.ly/ULTproducts



ATTEND A PRODUCTS & PASSION EVENT 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 blood pressure and 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 formulas.



ORGANIC HYDRATION
Coco Hydrate



HEALTHY HORMONES
Super Life Formula



IMMUNE FUNCTION
ZinC-ADE



MEN'S HEALTH
Men's Defense

MORE SOLUTIONS



IMMUNE SUPPORT



- Support healthy immune function
- Support body's viral response
- Support body's digestive system



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



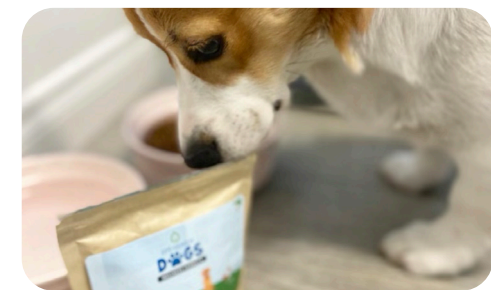
- Add an extra Super CLEANS-R to your Ultimate Lifestyle Transformation
- Support elimination and cleansing
- Support elimination of parasites



ULTIMATE LIFESTYLE TRANSFORMATION + PERFORMANCE



- Help reduce dehydration
- Support healthy oxygen and nutrient levels in your blood
- Promote rapid 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 Search blog.puriumcorp.com "Smart Order"

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 Search blog.puriumcorp.com "Rewards Program"

3 & THEN FREE PROGRAM



Purium's 3 & Then Free Program to get superfood nutrition out to the world in a consistent and easy way.

Learn more about 3 & Then Free Scan QR or go to bit.ly/3andthenfree

READ MORE PRODUCT SUCCESS STORIES



Learn more about Success Stories on Search blog.puriumcorp.com "Success Stories"

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.



"The ULT is different because it isn't a diet. The combination of education and products helped me reduce my craving for processed food, sugar, and salty foods, and lead me to a healthier lifestyle focused on more plant-based foods. I'm forever grateful and believe most people can level up their health when they adopt the daily rituals found in Purium's ULT or Daily Core 4."
-Jared Curtis.



"I have always been "in shape" so I was not expecting much of a difference. So much inflammation and bloating have gone down in such a short amount of time. My sleep cycles are so much more consistent and my creativity is through the roof. And don't get me started on the extra energy and enthusiasm I've been feeling recently. I couldn't be more thankful."
-Carlos Del Rio Mejia.



"I just finished my 30 days and I lost 10lbs, I worked out as well, I feel stronger, I sleep like a Queen, I have nothing bad to say, I'm going to try and do three months, I'm in my second month now."
-Noemi Lopez.

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 Schedule



Meet Purium



Million Mom Movement



Facebook Support Group



Purium Events



Biome Medic



Immune Support



Business Success Stories



Getting the Most Out of Your Product



