

# WELCOME

## to your Ultimate Lifestyle Transformation

TRAN(T)S-FÖR-MÄ-SHÖN

trans·for·ma·tion

noun : a permanent, lasting change

STEP 1

Get familiar with the products and the schedule. Scan the QR code to watch video - see back.

STEP 2

Fill out Day 0 of the Transformation Tracker - see back.

STEP 3

Start your 30-Day Transformation Experience. Scan the QR codes for digital support - see back.

### WHAT'S INSIDE

#### 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

#### CLEANSE SUPER CLEANSR



May help:

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

2 of each

### YOUR 30-DAY 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)

Last 10 Days:

When you wake up: Super CleansR\* (2 capsules)



#### DAY OR EVENING

You choose, in place of either 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)

#### MAKE IT YOUR OWN

L.O.V. Super Meal is interchangeable with Power Shake if you purchased a customizable ULT. You may use a 1/2 serving of two different shakes anytime a Power Shake is called for on the schedule.

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

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

# 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.
- Join owners Amy Venner and Dave Sandoval Support FB Live every Tuesday and Friday at 5pm PST in the Facebook Group.
- Take & save "After" photo.
- Earn 1000 Rewards Points when you complete your 30 days! Write and submit a compelling and compliant review with your Before/After photos on iShopPurium.com (the Ultimate Lifestyle Transformation product page). Once it is approved/published, you will automatically earn 1000 Reward Points (\$10 off your next purchase).

**Don't forget to re-order at [ishoppurium.com](http://ishoppurium.com)!**

## GET SUPPORT

Scan the QR codes to learn more.

GET FAMILIAR WITH THE PRODUCTS



CHOOSE YOUR ULT SCHEDULE



SEE SUCCESS STORIES



WATCH THE FLEX FOODS VIDEO



JOIN FACEBOOK GROUP



TIPS TO STORE YOUR PURIUM TERRA POUCH



### 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-order](http://ishoppurium.com/pages/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](http://ishoppurium.com/pages/purium-rewards)