

# Are You Running on Empty? *Sound familiar?*

**TIRED BY NOON • CRAVINGS YOU CAN'T EXPLAIN • WEIGHT THAT WON'T BUDGE •  
BLOATING THAT FEELS NORMAL NOW • SLEEPING BUT NEVER FEELING RESTED**

***This is not a willpower problem. It is a nutrition problem.***

**YOUR BODY IS NOT BROKEN. IT HAS BEEN RUNNING ON THE WRONG FUEL.**

Today's food supply can leave the body undernourished in key areas, even when you're trying to eat well. The 12 Week Reset is designed to replenish, rebalance, and support the systems that drive energy, digestion, mood, sleep, and metabolism.

Your gut microbiome may be out of balance, contributing to cravings, bloating, and shifts in mood. Environmental exposures and processed foods can place a burden on the body's natural detox pathways, impacting energy and hormonal balance.

You may be missing key nutrients, even with a healthy diet. Modern soil depletion and food processing have made this more common than most people realize.

When sleep quality and the body's natural recovery processes are not fully supported, it becomes harder to feel and perform at your best.

***The 12 Week Reset gives you two ways designed to fit your life.***



# ULT vs. LTD at a Glance

## Ultimate Lifestyle Transformation (ULT)

### The Accelerated 12-Week Reset

- Replace 2 meals per day
- Stronger metabolic shift
- Faster visible results
- Accelerated fat loss
- Multiple health concerns
- Deeper commitment
- Ready to go all in

## Lifestyle Transformation Daily (LTD)

### The Sustainable 12-Week Reset

- Replace 1 meal per day
- Steady, sustainable progress
- Build consistent daily habits
- Budget-conscious entry point
- Moderate commitment level
- A sustainable long-term pace
- Same 7 core products
- Same foundation – different intensity

## What's Included: Product-by-Product Comparison

Every product in the ULT is also in the LTD. The key difference is quantity – the ULT doubles up on the two superfood shakes and includes an extra bottle of Super Amino 23 to support twice-daily use. Everything else is identical.

Product	ULT	LTD	What It Does
Power Shake	30 servings (2 Terra Pouches)	15 servings (1 Terra Pouch)	Organic superfood greens base – the nutritional foundation
Dark Berry Protein	30 servings (2 Terra Pouches)	15 servings (1 Terra Pouch)	Plant-based collagen support + Lion's Mane brain health
Alpha Omega	1	1	Algae-sourced DHA + EPA – same in both
Sleep Nightly	1	1	Reishi + Ashwagandha adaptogenic sleep support – same in both
Super Amino 23	2	1	MAP® 99% NNU – ULT includes double to support 2x daily use
Biome Medic	1	1	Gut restoration + glyphosate defense – same in both
Super CleansR	1	1	Herbal parasite cleanse – same in both
Mixing Tools	1 Portable Electric Blender 18 oz	1 Shaker Bottle	Premium mixing tool included – electric blender with ULT, shaker bottle with LTD

# Benefits: What Both Programs Deliver

Because both programs contain the same seven core products, they share the same comprehensive benefit profile. The ULT may deliver some benefits more rapidly due to doubled shake servings – and both programs support all of the following:

Health Benefit	ULT	LTD
Increased Energy Levels	✓	✓
Cellular Detoxification Support	✓	✓
Gut Microbiome Repair	✓	✓
Improved Digestion & Elimination	✓	✓
Enhanced Deep Sleep	✓	✓
Improved Mood & Focus	✓	✓
Healthy Inflammatory Response	✓	✓
Collagen Production Support	✓	✓
Heart Health Support	✓	✓
Healthy Glucose Levels	✓	✓
Glyphosate Elimination Support	✓	✓
Accelerated fat reduction & faster visible results	✓ Faster	✓ Gradual
Lean muscle creation support	✓ Enhanced	✓ Supported



# Which Program Is Right for You?

Choose ULT if you...	Choose LTD if you...
Want accelerated fat loss	Want to build consistent daily habits first
Want faster, more visible results	Prefer a more gradual, sustainable pace
Are dealing with multiple health concerns simultaneously	Are budget-conscious but still want the full product set
Are ready to make a deeper commitment	Are new to meal-replacement programs
Want Purium's gold standard, all-in transformation	Want to ease in before committing to 2 shakes a day
Are already comfortable replacing meals with shakes	Travel frequently or have a busy, variable schedule
Want the stainless steel shaker and premium quantity	Plan to upgrade to ULT after completing the LTD

## How the 12-Week Reset Works

Both programs follow the same principle: Subtraction by Addition. Rather than focusing on restriction, deprivation, or calorie counting, the 12-Week Reset floods the body with nutrient-rich superfoods, supports detoxification, reduces cravings, and restores balance. When the body is properly nourished, it naturally releases what it doesn't need.

### Ultimate Lifestyle Transformation (ULT)

### Lifestyle Transformation Daily (LTD)

#### Morning



- **Super Amino 23** - 5 tablets
- **½ Power Shake + ½ Dark Berry** - with 12-20 oz of cold water
- **Biome Medic** - 1 capsule
- **Alpha Omega** - 2 ml with a meal or shake
- **Super CleansR\*\*** - 2 capsules

#### Morning



- **Super Amino 23** - 5 tablets
- **½ Power Shake + ½ Dark Berry** - with 12-20 oz of cold water
- **Biome Medic** - 1 capsule
- **Alpha Omega** - 2 ml with a meal or shake
- **Super CleansR\*\*** - 2 capsules

#### Midday



- **Super Amino 23** - 5 tablets
- **½ Power Shake + ½ Dark Berry** - with 12-20 oz of cold water
- **Super CleansR\*\*** - 2 capsules

#### Evening



- **Biome Medic** - 1 capsule
- **Sleep Nightly** - 2 capsules prior to bedtime
- **Super CleansR\*\*** - 2 capsules

#### Evening



- **Biome Medic** - 1 capsule
- **Sleep Nightly** - 2 capsules prior to bedtime

\* For optimal results wait 30 min - 2 hours before consuming shake.

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

# The Philosophy: Subtraction by Addition



Your reset floods your body with nutrient-dense superfoods, supports natural detoxification, reduces cravings, and restores balance without harsh restriction.

## — Purium

Most programs focus on taking things away. Fewer calories. Fewer foods. More restriction. Purium takes a different approach. By adding in dense, clean nutrition, the body naturally begins to let go of what it no longer needs. Cravings decrease because the body is finally nourished. Energy improves because real fuel is coming in. The gut begins to repair when it is consistently supported with the right inputs.

Traditional Diet Programs	Purium 12-Week Reset
Focus on restriction and deprivation	Focus on addition and nourishment
Count calories, weigh food	Replace meals with superfoods
Willpower-dependent	Cravings naturally reduce as body gets real nutrition
Address symptoms	Address root causes (gut, toxins, deficiencies, sleep)
Short-term results, long-term rebound	Build a sustainable foundation for lasting change
Nutritionally incomplete	Organic, whole-food, science-backed formulas

## The Bottom Line

There's no wrong choice between ULT and LTD. Both programs take a whole-body approach, targeting the root causes of poor health in the modern world rather than just the symptoms. Both use the same organic, whole-food, science-backed formulas, and both follow the same 12-week reset philosophy.

ULT is designed for those ready to go all in. It's built to accelerate results, address multiple areas at once, and deliver Purium's most comprehensive transformation.

LTD is ideal for those who want to build consistency first, move at a sustainable pace, and still experience the full benefits of the program. Either way, you're doing something most people never do: addressing the root. That's what makes the 12-Week Reset different from anything else out there.

### Ultimate Lifestyle Transformation (ULT)

The gold standard. Go all in.



### Lifestyle Transformation Daily (LTD)

Same foundation. Sustainable pace.



# Ready to Choose Your 12 Week Reset?

TWO PATHS. SAME FOUNDATION. CHOOSE THE PACE THAT FITS YOUR LIFE.



Ultimate Lifestyle Transformation (ULT)



Lifestyle Transformation Daily (LTD)



Scan to get started!

## Real People, Real Results!



★★★★★

### 1 MONTH TRANSFORMATION AND COUNTING

I started using this pack about a month ago, and my body thanked me almost immediately. I've always been a regular gym-goer with a better-than-average diet, but I was overloading on caffeine and animal proteins, which took a toll on my sleep and digestion. Since switching to Purium products, maintaining a whole-food diet with minimal organic animal products, and cutting back on caffeine, my digestion feels supported, and my sleep is the best it's ever been. I've noticed changes in my body composition, gained muscle, and boosted my gym performance—without sacrificing energy. I'm a customer for life!

- Dominick



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### EVERYTHING I WAS HOPING FOR!!

Where do I even begin!? I'm a new mom and was struggling to feel like myself again. I tried going back to lean meats and veggies, but it didn't feel right for my body. Thankfully, I was introduced to [Purium], and I feel lighter, stronger, and more energized! My bloating has noticeably reduced, my energy is through the roof (which is great for chasing my toddler!), and my body just feels good. Giving myself this reset was the best gift I could have given myself. Thank you for offering such high-quality products. Now on to helping others!

- Rishay

## Your Next Step

NAME:

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CODE:

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PHONE/EMAIL:

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