

purium
The Transformation Company

WELCOME TO YOUR ULTIMATE LIFESTYLE TRANSFORMATION



THE
TRANSFORMATION
COMPANY

ULT Schedule & Progress Tracker

Your Ultimate Lifestyle Transformation Begins NOW

Purium's proven lifestyle transformation programs have been the blueprint for permanent, lasting change for hundreds of thousands of consumers. For each of them, it began with a commitment. A commitment made to themselves that they were ready to create a better life. At Purium, we are confident we have a program that's right for you. Each program is built around four core nutrition products, is simple to follow and makes it easy to achieve your health, fitness and aesthetic goals. Be proud of your commitment, stay consistent and be transformed!

Core Nutrition: The Foundation of every ULT pack

Power Shake

Nourishing Greens



May help:

- Energy Levels
- Cravings
- Detoxify Cells
- Satisfy Hunger
- Burn Fat

Biome Medic

Supports a Healthy Gut Microbiome



May help:

- Detoxify Glyphosate
- Digestion
- Bloating
- Immunity
- Healthy C-Reactive Protein Levels

Super Amino 23

Vegan Protein



May help:

- Create Lean Muscle
- Burn Fat
- Elasticity (tighten skin)
- Mental Function

Apothe-Cherry

Anti-Aging Sleep Support



May help:

- Deepen Sleep
- Combat Free Radical Damage
- Healthy Skin
- Healthy Inflammatory Response

Super CleansR

Parasite Cleanse



May help:

- Healthy Bowel Function
- Release Toxins and Buildup
- Elimination of Parasites

SUPER CLEANSR:

Super CleansR is formulated for use in months 1 and 2 of your ULT, over a 40-day period. This includes two, 10-day periods of use, separated by a 20-day period of non-use. During the 10-day periods of use, take 2 capsules in the morning and 2 capsules midday with a shake or food. For best results follow the ULT Schedule & Progress Tracker closely (found in this guide). Super CleansR is not intended for everyday or prolonged consumption.

SCAN TO LEARN MORE



Learn more about our products.



Co-Founder Dave Sandoval provides a deep dive into the ULT.

MAKE IT YOUR OWN:

Did you purchase a customized ULT? Dark Berry Protein and/or L.O.V. Super Meal are interchangeable with Power Shake. You may use a 1/2 serving of two different shakes anytime a Power Shake is called for on the ULT Schedule & Progress Tracker.

DON'T FORGET TO EAT!

This program is not about depriving yourself of food. Listen to your body, drink your shakes and consume regular meals and snacks! To maximize weight loss be mindful of caloric intake, opt for foods listed on page 4 and replace 1-2 meals per day with a shake.

DON'T FORGET TO DRINK WATER!

Remember to drink a minimum of 1/2 your body weight in ounces of water per day in addition to the water used to make shakes and Apothe Cherry.



The Transformation Formula

SUBTRACTION BY ADDITION

The ULT floods your body with nutrient-rich superfoods without requiring harsh restrictions on your diet. By meeting your nutritional needs with high quality foods, cravings and habits that stem from undernourishment naturally lessen. Soon taste buds shift and stress eating comfort foods are not so comforting.

Opt for foods on the Lifestyle Meal Inspiration food list (listed on page 4) and try replacing 1 - 2 meals per day with a ULT core nutrition shake to accelerate your transformation and weight loss.

WHAT TO EXPECT: LIFESTYLE TRANSFORMATION MILESTONES

MAKE A COMMITMENT • STAY CONSISTENT • BE TRANSFORMED

Phase 1 Benefits

Intention: Make a Commitment
Month 1: Days 1-30

Superfoods Twice a Day

- ✓ Alkalize your body
- ✓ Build muscle
- ✓ Improve sleep
- ✓ Curb cravings
- ✓ Increase energy
- ✓ Eliminate toxins
- ✓ Burn fat
- ✓ Enhance mental clarity
- ✓ Reduce bloating
- ✓ Create healthy habits

Phase 2 Benefits

Intention: Stay Consistent
Month 2: Days 31-60

Superfoods Twice a Day

- ✓ Improve skin elasticity
- ✓ Make fewer unhealthy choices
- ✓ Eliminate toxic glyphosate
- ✓ Improve elimination
- ✓ Look better in clothes
- ✓ Notice a brighter complexion
- ✓ Crave Purium Superfoods
- ✓ Support normal CRP level
- ✓ Reduce body odors
- ✓ Feel more confident

Phase 3 Benefits

Intention: Be Transformed
Month 3: Days 61-90

Superfoods Twice a Day

- ✓ Form new healthy routines
- ✓ Feel cleaner, leaner and stronger
- ✓ Experience healthier blood glucose
- ✓ Support gut microbiome
- ✓ Break unhealthy habits
- ✓ Enjoy life at a higher level
- ✓ Explore healthier food options
- ✓ Look, feel, and perform better
- ✓ Meet and exceed weight management goals
- ✓ Food sensitivities decrease

What's Next in Phase 4?

Intention: Maintain Lifestyle & Refinement
Month 4 & Beyond

Superfoods Once a Day

- ✓ Review your filled out tracker and be proud of your transformation journey.
- ✓ What's your next health goal? Reach out to your Purium Brand Partner to help you discover specialty products for specific wellness goals.
- ✓ Remember, "the quality of food you eat, is equal to the quality of life you live" and keep up with your daily superfoods.
- ✓ Who do you know that could benefit from a transformation?
- ✓ Reach out to your Purium Brand Partner for support or with a referral at any time!



SCAN TO LEARN MORE. "That used to be me." Purium Co-founder Dave Sandoval dives into why those five words are so powerful and how Purium can get you there in just 90 days.

Checklist for Success

YOU'RE WORTH IT!

Science shows that it only takes 90 days to build a habit.



ULT & Products FAQs



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



Community & Support



The Purium Lifestyle Transformation Support Group on Facebook is inspiring and informative. Password: pure+premium



Lifestyle Guide



Learn about Purium, the ULT milestones and healthy habit tips.



Use the ULT Schedule & Progress Tracker



Fill out the ULT Schedule & Progress Tracker found in this guide or scan QR code if another one is needed to track and review your transformation



Take Photos



Track your progress with before, during and after photos.



Connect

Connect with your Purium Brand Partner to join local or guided group Transformations.

Meal Inspiration for Everyday

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. These are based on your ideal healthy lifestyle. They can be plant-based, high-protein or any dietary type that you prefer.



Recipes Group: Find inspiration for healthy Lifestyle Meals

Remember these are ONLY suggestions and ideas for healthy meal inspiration.

This program is not about depriving yourself of food. Listen to your body, drink your shakes and consume regular meals and snacks! Having a comfort food craving? Reach for a fruit or veggie option as a snack. This will retrain your brain what foods are actually doing the comforting. Get creative and have fun in the kitchen!



Protein Options

- Dark Berry Protein
- L.O.V. Super Meal
- MVP Sport (Chocolate or Vanilla)
- MVP Family (Chocolate Protein)
- Lentils or legumes (other than soy)
- Hummus
- Broccoli
- Almonds
- Tofu
- Free-range eggs
- Free-range, organic-fed chicken
- Wild-caught salmon

Veggie Options

- Kale
- Broccoli
- Cauliflower
- Cucumbers
- Summer squash
- Cabbage
- 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
- Millet
- Sprouted grain bread
- Buckwheat or whole grain pancakes
- Purple or sweet potatoes
- Oatmeal

Fats & Oils Options

- Coconut oil
- Green tea seed oil
- Sunflower seed oil
- Avocado oil
- Extra virgin olive oil
- Walnuts
- Golden flax seeds
- Cold pressed flax oil

Beverage Options

- Hemp, Almond, Coconut, Cashew or Oat Milk
 - Kombucha
 - Vegetable Broth
 - Herbal Tea
 - Coconut Water with Coco Hydrate - pineapple
 - Purium Green Drinks: Kamut Blend, Green Spectrum, Barley Green Juice, Spirulina, Chlorella
 - Purium Coffee Shop Proteins*
 - Can't Beet This*
 - Purium Essential Mushroom Blends*
- *contains natural source of caffeine

YOU'RE WORTH IT, JOIN THE CLUB!

Purium knows that creating long-term healthy habits can be a rewarding challenge. If you're already subscribed to the ULT Lifestyle, congratulations! You're part of the club! If you've purchased a 30-day ULT and are interested in subscribing to enjoy freebies, extra support, and a lifetime of health benefits, please contact your Brand Partner or Customer Care to join the club!



SCAN TO LEARN MORE

Transform, Maintain & Refine

CORE NUTRITION IS THE KEY TO TRANSFORMATION & BASELINE HEALTH

The ULT and core nutrition packs offer superfoods in relevant amounts for many healthy body systems like healthy gut, healthy blood vessels and heart, healthy inflammatory response, healthy energy levels, deep sleep and more. If you've purchased a 30-day ULT, add the ULT - Smart Order Pack to your monthly subscription for months 2, 3, 4 and beyond. If you're already subscribed to the ULT Lifestyle, you're all set! Track your product intake and journey with the ULT Schedule & Progress Tracker.



Approximately \$6 per day Maintenance Program

Science shows you can transform your habits and your life in only 90 days!

Wellness Goals & Recommendations

Specialty Product Reference Guide



Everyone is unique and Purium is flexible. Start with ULT core nutrition and specialty products all at once, or begin with ULT core nutrition and introduce specialty products once your baseline nutritional needs are being consistently met. Not everyone needs more targeted or specialized support when using these packs. Specialty products may be used on their own, however best results are reported when used in conjunction with Purium's core nutrition.

Scan to learn about Wellness Goals & Recommendations



Go beyond baseline nutrition with Purium's specialty product guide.

Benefits of Subscription

Earn 50% more Rewards Points on every order. | Ensure you're receiving the maximum discount by ordering every 30 days. | Qualify for a free product in your 4th month through the 3 & Then Free Promotion.

Monthly Subscription



Automate your superfood delivery!



Discover all the incentives that Purium offers with an active subscription, Purium's most popular subscription is the ULT Lifestyle.



If you're already subscribed to the ULT Lifestyle, congratulations! You're all set! If you've purchased a 30-day ULT and are interested in subscribing to enjoy freebies, extra support, and a lifetime of health benefits, please contact your Brand Partner or Customer Care to join the club!

Product Education Every Wednesday

Join Purium Co-founder Dave Sandoval every Wednesday at 4pm PT to learn about more about the Purium lifestyle!

Scan to join the Zoom or use the links below!

<https://bit.ly/PuriumTrain>
Zoom Password: **Purium**



Each week, Purium's Product Education Zoom offers an invaluable opportunity to gain deeper insights into critical health topics and Purium's extensive line of superfoods from the formulator himself. Whether you're looking to address specific health concerns or simply become more health-conscious, this weekly Zoom is a must-attend event.

Don't miss out on this chance to learn from an expert and empower yourself with the knowledge to make informed choices for your well-being.



Real People, Real Results!

Share your review at [iShopPurium.com](https://www.ishoppurium.com)

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. Find more reviews on the product pages at [ishoppurium.com](https://www.ishoppurium.com).

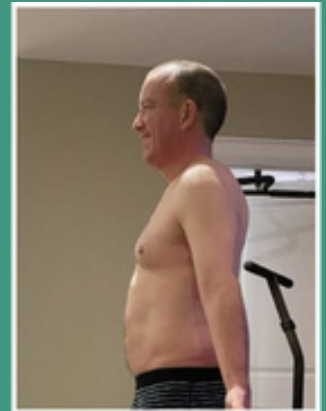


My health journey led me to Purium. At 55 years of age, you want vibrancy and more energy. I was looking for something special that would take my health to the next level. I feel amazing. I wake up in the morning craving my Greens. Since Purium I've become a personal trainer. I have new goals for my business with the energy to make my dreams come true!

- Kristi

I am now 21 days into the ULT so far and am feeling lighter. I was at 191 pounds and am down to 177.6 pounds now. I never imagined getting down into the 170s again! I can actually see my abs again without flexing!! . . . My cardiovascular health is dramatically different . . . I'm curious if my blood pressure is lower as well. It makes sense since my heart doesn't have to work as hard with 7% less weight!! . . . The biggest lifestyle change for me is deciding to go vegan and making better decisions on what to eat and avoiding my cravings for sugar!! . . . I recommend the ULT for anyone who wants to get more energy, lose weight and feel better about themselves.

- Scott



I had already lost 70lbs but was about to stay stagnant in my weight loss . . . I could feel myself wondering what my next step was. God aligned this detox for me, and since then, I have understood nutrition on a whole new level . . . I lost 18lbs that month and have lost 70 in total since and kept it off due to taking the product . . . I'm super grateful for being aligned with this company and these products.

- Brandi

Start Date: _____

• MAKE A COMMITMENT - MONTH 1 •

End Date: _____

Product:	Dosage:	Day:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30			
Morning 	Super Amino 23* (5 tablets)																																		
	Biome Medic (1 capsule)																																		
	Power Shake (5.5 tbsp with 20 oz. cold water or creamy beverage)																																		
Midday 	Super CleansR** (2 capsules) days 11-20 only		No Super CleansR																					No Super CleansR											
	Super Amino 23* (5 tablets)																																		
	Power Shake (5.5 tbsp with 20 oz. cold water or creamy beverage)																																		
Evening 	Super CleansR** (2 capsules) days 11-20 only		No Super CleansR																							No Super CleansR									
	Biome Medic (1 capsule)																																		
	Apothe-Cherry (2 tbsp with water to taste)																																		

*For optimal results wait 30 min - 2 hours before consuming Power Shake. **Super CleansR aids in waste elimination. Based on your body's digestion response, modify by reducing 1 capsule per serving.

Start Date: _____

• STAY CONSISTENT - MONTH 2 •

End Date: _____

Product:	Dosage:	Day:	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60				
Morning 	Super Amino 23* (5 tablets)																																			
	Biome Medic (1 capsule)																																			
	Power Shake (5.5 tbsp with 20 oz. cold water or creamy beverage)																																			
Midday 	Super CleansR** (2 capsules) days 11-20 only		No Super CleansR																						No Super CleansR											
	Super Amino 23* (5 tablets)																																			
	Power Shake (5.5 tbsp with 20 oz. cold water or creamy beverage)																																			
Evening 	Super CleansR** (2 capsules) days 11-20 only		No Super CleansR																								No Super CleansR									
	Biome Medic (1 capsule)																																			
	Apothe-Cherry (2 tbsp with water to taste)																																			

*For optimal results wait 30 min - 2 hours before consuming Power Shake. **Super CleansR aids in waste elimination. Based on your body's digestion response, modify by reducing 1 capsule per serving.

Start Date: _____

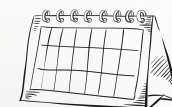
• BE TRANSFORMED - MONTH 3 •

End Date: _____

Product:	Dosage:	Day:	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	
Morning 	Super Amino 23* (5 tablets)																																
	Biome Medic (1 capsule)																																
	Power Shake (5.5 tbsp with 20 oz. cold water or creamy beverage)																																
Midday 	Super Amino 23* (5 tablets)																																
	Power Shake (5.5 tbsp with 20 oz. cold water or creamy beverage)																																
Evening 	Biome Medic (1 capsule)																																
	Apothe-Cherry (2 tbsp with water to taste)																																

*For optimal results wait 30 min - 2 hours before consuming Power Shake.

SEE IT. FEEL IT. TRACK IT.



Fill in the actual dates of your Tracker Self Check-Ins. Put these dates into your calendar to set appointments with yourself.

Rate from 1-10 how you feel in the areas listed below. Use the blank spaces to fill in 2 specific areas that you would like to track (ex. Blood Pressure, Blood Sugar or Physical Activity).

1 - Needs Improvement
10 - Going Great

Digestion:



Energy Level:

Weight / BMI:



Deep Restful Sleep:

Optimism / Mood:



Aches & Pains:

Stress Level:



Food Choices:

Water Intake:



Commitment to Transformation:

General Feeling of Health:



.....:

.....:

Track your details by filling in the blanks, taking selfies and and sharing your progress.

Weight (Lbs):



I Feel (1 word)...

Take a photo in the mirror with good lighting.



Share Progress On Social or with Your Purium Brand Partner.

	• MAKE A COMMITMENT •				• STAY CONSISTENT •			• BE TRANSFORMED •	
	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
	DAY 0	DAY 3	DAY 10	DAY 20	DAY 30	DAY 45	DAY 60	DAY 75	DAY 90
Digestion:									
Energy Level:									
Weight / BMI:									
Deep Restful Sleep:									
Optimism / Mood:									
Aches & Pains:									
Stress Level:									
Food Choices:									
Water Intake:									
Commitment to Transformation:									
General Feeling of Health:									
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_____	_____	_____	_____	_____	_____	_____	_____	_____
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