

Purium Wellness Optimization Guide

Nourish. Optimize. Restore. Protect.



Build your foundation. Strengthen your systems. Personalize your support.

This guide shows you how to combine products strategically so every recommendation solves a need and opens the door to deeper wellness.

FOUNDATIONAL NUTRITION

Daily Nutrition

- Power Shake
- Dark Berry Protein
- Super Amino 23
- Biome Medic
- Dark Berry Protein
- Alpha Omega
- Sleep Nightly
- L.O.V. Supermeal

Hydration & Mineral Balance

- Ionic Elements
- Coco Hydrate
- Aqua Vibrance

Alkalizing Support

- Barley Green Juice
- Kamut Blend
- Ionic Elements
- Aloe 40X
- Aloe Digest

METABOLIC & ENERGY OPTIMIZATION

Metabolic Health & Blood Sugar Balance

- Power Shake
- Dark Berry Protein
- Green Spectrum
- Barley Green Juice
- Kamut Blend
- Aloe 40X
- Aloe Digest
- Alpha Omega

Mitochondrial & Cellular Energy

- Super Xanthin
- White American Ginseng
- Alpha Omega
- Ionic Elements
- Super Amino 23
- Dark Berry Protein
- LOV Supermeal
- Coco Hydrate

Adrenal & Stress Resilience

- Pineal Clear
- Chill Spray
- White American Ginseng
- Bee Energetic
- Ionic Elements
- Sleep Nightly
- Alpha Omega

NERVOUS SYSTEM & COGNITIVE SUPPORT

Brain & Cognition

- Chill Spray
- Biome Medic
- Pineal Clear
- Revive-It-All
- White American Ginseng
- Super Xanthin
- Ionic Elements

Nervous System Support

- Alpha Omega
- Pineal Clear
- Chill Spray
- Ionic Elements
- White American Ginseng
- Sleep Nightly
- Bee Energetic

Neurodivergent & Spectrum Support

- Biome Medic
- Pineal Clear
- Chill Spray
- Alpha Omega
- White American Ginseng
- Super Xanthin
- Revive-It-All
- Sleep Nightly

DETOXIFICATION & CELLULAR PROTECTION

Detox

- Biome Medic
- Chlorella Tablets
- Fulvic Zeolite
- Super CleansR
- Barley Green Juice
- Kamut Blend
- Power Shake
- Aqua Vibrance

Heavy Metal Detox Support

- Chlorella Tablets
- Aqua Vibrance
- Fulvic Zeolite
- Ionic Elements

Gut Health & Parasite Elimination

- Biome Medic
- Aloe Digest
- Power Shake
- Super CleansR

Healthy Inflammatory Response

- Biome Medic
- Super Xanthin
- Alpha Omega
- Pineal Clear
- Barley Green Juice
- Kamut Blend

PERFORMANCE & RECOVERY

Athletic Performance

- MVP Sport
- Dark Berry Protein
- Super Amino 23
- Can't Beet This
- White American Ginseng
- Super Xanthin
- Bee Energetic
- Coco Hydrate
- Ionic Elements

Injury Recovery Support

- Super Xanthin
- Super Amino 23
- Power Shake
- Alpha Omega
- Dark Berry Protein

STRUCTURAL & LONGEVITY SUPPORT

Collagen & Structural Support

- Dark Berry Protein
- Renew Hair, Skin & Nails
- Sleep Nightly
- Super Amino 23
- Super Xanthin
- Alpha Omega

Bone Density Support

- Super Amino 23
- Dark Berry Protein
- Ionic Elements
- Barley Green Juice
- Kamut Blend
- Alpha Omega
- Renew Hair Skin & Nails

Heart & Circulation

- Alpha Omega
- Can't Beet This
- Ionic Elements
- Super Amino 23
- Barley Green Juice
- Kamut Blend
- Chlorella Tablets
- Green Spectrum
- Super Xanthin

Longevity & Healthy Aging

- Pineal Clear
- Revive It All
- Dark Berry Protein
- Super Xanthin
- Alpha Omega
- Sleep Nightly
- Ionic Elements
- Super Amino 23

Skin, Hair & Healthy Aging

- Renew Hair, Skin & Nails
- Dark Berry Protein
- Alpha Omega
- Super Amino 23
- Sleep Nightly
- Super Xanthin



HORMONE & LIFE STAGE SUPPORT

Women's Hormone Support

- Pineal Clear
- Alpha Omega
- Menopositive
- White American Ginseng
- Barley Green Juice

Men's Vitality Support

- Pineal Clear
- ZinC-ADE
- Super Amino 23
- Can't Beet This
- White American Ginseng
- Revive It All
- Alpha Omega

HORMONE & LIFE STAGE SUPPORT

Preconception – Her

- Power Shake
- L.O.V. Supermeal
- Alpha Omega
- Super Amino 23
- Biome Medic
- Chlorella Tablets
- Sleep Nightly
- Super CleansR
- Fulvic Zeolite
- Aqua Vibrance

Preconception – Him

- Power Shake
- Super Amino 23
- Alpha Omega
- Biome Medic
- Chlorella Tablets
- Sleep Nightly
- White American Ginseng
- Super Xanthin
- Fulvic Zeolite
- Aqua Vibrance

Pregnancy – 1st & 2nd Trimester

- Power Shake
- Super Amino 23
- Alpha Omega
- Biome Medic
- Chlorella Tablets
- Dark Berry Protein

Pregnancy – 3rd Trimester & Postpartum

- Power Shake
- Super Amino 23
- Alpha Omega
- Biome Medic
- Dark Berry Protein
- Barley Green Juice



PET SUPPORT (DOGS & CATS)

Pet Microbiome & Detox Support

- Biome Medic
- Chlorella Tablets



IMPORTANT NOTICE

These statements have not been evaluated by the Food and Drug Administration. These products intended to diagnose, treat, cure, or prevent any disease. The information provided in this document is for educational purposes only and is not intended advice. It is not a substitute for professional medical guidance, diagnosis, or treatment. Always consult a qualified healthcare provider before beginning any dietary supplement program, especially if you pregnant, nursing, taking medication, have a medical condition, or are considering use for a child or pet. Individual results may vary.