



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: MAKE A COMMITMENT



**SUPERFOODS**  
twice a day

- Reset habits, taste buds, and cravings
- Your first package includes a 30-day supply of products, a portable, rechargeable blender for shakes on the go and a detailed 90-day tracker
- This pack is less than \$13/day and may\* replace up to 2 meals a day!

### Benefits

- 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: STAY CONSISTENT



**SUPERFOODS**  
x2 a day

- Stay consistent with your new superfoods routine in Phase 2 (Month 2)
- Your Month 2 order is automatically processed and shipped. All subscription orders are scheduled to process on the same date as your first purchase (unless you edit your subscription).
- Your credit card will be charged on the subscription date. Subscriptions may be changed or cancelled anytime by logging into [iShopPurium.com](http://iShopPurium.com)
- Enjoy your 30-days of superfoods, without another Super CleansR pouch and starter materials from Month 1
- This pack is less than \$11/day and replaces up to 2 meals a day.

### Benefits

- 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: BE TRANSFORMED



**SUPERFOODS**  
x2 a day

- Science shows that it takes 90-days to create a habit and you are almost there
- Phase 3 (Month 3) has the same superfoods as Month 2, yet the benefits continue to grow
- This pack is less than \$11/day and replaces up to 2 meals a day.

### Benefits

- 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

### PHASE 4: MAINTAIN LIFESTYLE & REFINEMENT



**SUPERFOODS**  
once a day

- Congrats on this next phase of positive, lasting, lifestyle change
- Phase 4 (Month 4) is automatically set to transition into a maintenance pack of Purium's Core 4 products
- Your Purium Brand Partner can help you with your next health goals
- Enjoy discovering our extensive product line to help refine all types of needs like weight loss, brain health, immune support, anti-aging, athletic performance, and many other functions
- You're going to love how you feel



**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.

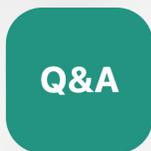
# Checklist for Success

## 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 Q&A Chatbot on iShoppurium.com in the bottom right portion of your screen.



### Community & Support



Our Facebook Transformation Group: Transforming with Purium is inspiring and informative. Password: pure+premium



### Take Photos



Track your progress with before, during and after photos.



### 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 progress.



### Connect

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



## YOU'RE WORTH IT!

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



SCAN TO LEARN MORE

# 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

# 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 transformation, 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.

 THE TRANSFORMATION COMPANY

<b>Start with the Core Products</b> The ULT core nutrition packs are designed to provide a comprehensive range of essential nutrients and antioxidants to support overall health and wellness. They are the foundation of the Purium program and should be used consistently to achieve the best results.	<b>Optimal Nutrition Supports Health</b> The ULT core nutrition packs are designed to provide a comprehensive range of essential nutrients and antioxidants to support overall health and wellness. They are the foundation of the Purium program and should be used consistently to achieve the best results.	<b>Inspiration Only</b> The ULT core nutrition packs are designed to provide a comprehensive range of essential nutrients and antioxidants to support overall health and wellness. They are the foundation of the Purium program and should be used consistently to achieve the best results.
<b>The Role of Specialty Products</b> Specialty products are designed to provide targeted support for specific health goals and needs. They can be used on their own or in conjunction with the ULT core nutrition packs to enhance the overall benefits of the program.	<b>Be Consistent. Get Rewarded. 3 &amp; THEN FREE</b> Consistency is key to achieving the best results from the Purium program. By using the ULT core nutrition packs and specialty products consistently, you can unlock the full potential of the program and enjoy the benefits of a healthier, more vibrant life.	<b>Specialty Product Reference Guide</b> This guide provides detailed information about the various specialty products available in the Purium program, including their benefits, usage instructions, and how they can be used in conjunction with the ULT core nutrition packs.

# 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 transformation.

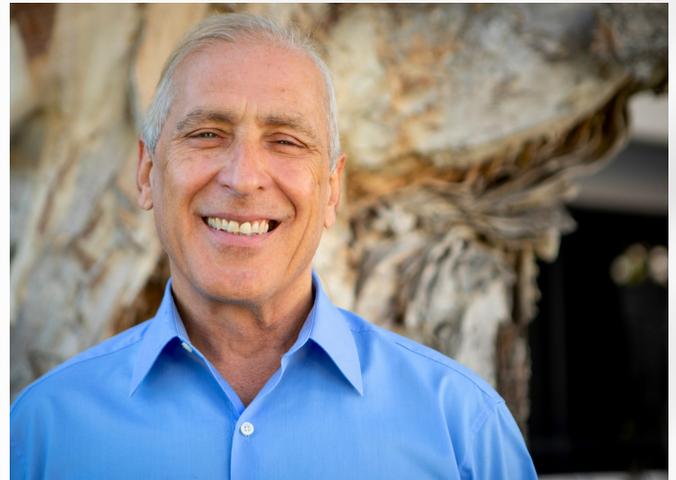
If you're already subscribed to the ULT transformation, congratulations! If you've purchased a 30-day ULT and are interested in subscribing to a lifetime of health benefits, please contact your Brand Partner or Customer Care to join!

## 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)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Biome Medic	(1 capsule)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Power Shake	(5.5 tbsp with 20 oz. cold water or creamy beverage)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
 Midday	Super CleansR**	(2 capsules) <b>days 11-20 only</b>	----- No Super CleansR -----										<input type="checkbox"/>	----- No Super CleansR -----																		
	Super Amino 23*	(5 tablets)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Power Shake	(5.5 tbsp with 20 oz. cold water or creamy beverage)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
 Evening	Super CleansR**	(2 capsules) <b>days 11-20 only</b>	----- No Super CleansR -----										<input type="checkbox"/>	----- No Super CleansR -----																		
	Biome Medic	(1 capsule)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Apothe-Cherry	(2 tbsp with water to taste)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

\*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)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Biome Medic	(1 capsule)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Power Shake	(5.5 tbsp with 20 oz. cold water or creamy beverage)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
 Midday	Super CleansR**	(2 capsules) <b>days 41-50 only</b>	----- No Super CleansR -----										<input type="checkbox"/>	----- No Super CleansR -----																		
	Super Amino 23*	(5 tablets)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Power Shake	(5.5 tbsp with 20 oz. cold water or creamy beverage)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
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\*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)	<input type="checkbox"/>																													
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	Power Shake	(5.5 tbsp with 20 oz. cold water or creamy beverage)	<input type="checkbox"/>																													
 Midday	Super Amino 23*	(5 tablets)	<input type="checkbox"/>																													
	Power Shake	(5.5 tbsp with 20 oz. cold water or creamy beverage)	<input type="checkbox"/>																													
	Biome Medic	(1 capsule)	<input type="checkbox"/>																													
 Evening	Apothe-Cherry	(2 tbsp with water to taste)	<input type="checkbox"/>																													

\*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 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:									
.....:									
.....:									

_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____
<input type="checkbox"/>								
<input type="checkbox"/>								