

Get Ready For Your Reset!



ULTIMATE *lifestyle* TRANSFORMATION

5 DAILY, WHOLE-FOOD PRODUCTS

2 shakes daily

Power Shake (Apple Berry)



Mix 5.5 Tbsp with 12-16 oz of cold water or unsweetened nut milk. Optional: Blend with frozen berries and/or half a banana.

1 capsule, 2x a day

Biome Medic



5 tablets, 2x a day

Super Amino 23



Special Days*

2 capsules, 2x a day

Super CleansR



***Days: 11-20 & 41-50**

Only: Take 2 capsules in the morning and 2 capsules in the evening.

1-2 Tbsp in the evening

Apothe-Cherry



Approximately 30-60 minutes before bed, mix 1-2 Tbsp with 6-8 oz of water. Optional: Mix with sparkling water for a "Mocktail."

SUGGESTED DAILY SCHEDULE

Morning

- 5 Super Amino 23
- 1 Biome Medic
- 1 Power Shake
- 2 Super CleansR*

Midday

- 5 Super Amino 23
- 1 Biome Medic
- 1 Power Shake

Afternoon

- Super Amino 23
- Whole-food Snack
- 2 Super CleansR*

Evening

- Whole-food dinner
- Apothe-Cherry shortly before bedtime

NUTRITIONAL GUIDELINES

Emphasize

- Fruits & vegetables
- Whole-food proteins
- Healthy fats
- Hydration throughout the day

Minimize

- Highly processed foods
- Excessive sugar
- Excessive caffeine
- Alcohol (optional pause during first 30 days)

Dinner / Meals

Enjoy a healthy, whole-food meal (organic is best if possible). Refer to page 4 of the ULT Schedule & Progress Tracker that came in your box for healthy suggestions in each food group.

Power Shake and Super Amino 23 meals and the daily healthy whole-food meals can be interchangeable depending on whether you want your non-shake meal for breakfast, lunch, or dinner. You may also add a healthy breakfast and lunch if you feel hungry.

Snacks

Fruit, veggies, and salads are free foods; eat as much as you like! Hydrating fruits like berries, watermelon, apples, papayas, and grapes are excellent. Go easy on bananas, potatoes, and avocados if your goal is to drop weight.

FREQUENTLY ASKED QUESTIONS

Can I drink coffee?

Yes. Many choose to drink it before their morning shake.

Can I exercise?

Yes. Gentle to moderate activity is encouraged. Super Amino 23 may be used before or after workouts.

What if I feel hungry?

Please eat! Add whole foods such as fruit, vegetables, nuts, seeds, quinoa, or sweet potatoes.

Is mixing shake flavors okay?

Yes. Power Shake, Dark Berry Protein, and L.O.V. Super Meal are interchangeable.

BEFORE YOU GET YOUR PRODUCTS

Add your start date to your calendar

Take optional photos for personal reference

Take simple baseline notes (energy, digestion, sleep, mood)

Consult with your healthcare provider

Review the daily routine

Stock up on your favorite whole foods for compliant snacks and healthy meals

Start minimizing processed, caffeinated and sugar-filled foods and beverages.

IT'S NOT A DIET, IT'S A LIFESTYLE. 90-Day Reset with ULT

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
- 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



THE ULT SCHEDULE
& PROGRESS TRACKER



WELLNESS GOALS &
RECOMMENDATIONS.

LIFESTYLE
SUBSCRIPTION

ISHOPPURIUM.COM/ULTLIFESTYLE

These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure, or prevent any disease. Consult your healthcare provider before beginning any new dietary program.