

ULTIMATE LIFESTYLE TRANSFORMATION (ULT) QUICK REFERENCE



THE TRANSFORMATION COMPANY

POWER SHAKE

Nourishing Greens



BIOME MEDIC

Supports a Healthy Gut Microbiome



SUPER AMINO 23

Vegan Protein



APOTHE-CHERRY

Anti-Aging Sleep Support



SUPER CLEANSR

Parasite Cleanse



Super Amino 23*	(5 tablets)
Biome Medic**	(1 capsule)
Power Shake	(5.5 tbsp with 20 oz. cold water or creamy beverage) in place of breakfast or as a mid morning snack beverage



Super CleansR***	(2 capsules) days 11-20 only
Super Amino 23*	(5 tablets)
Power Shake	(5.5 tbsp with 20 oz. cold water or creamy beverage) in place of lunch or as a snack • Healthy Dinner (or lunch if preferred)



Super CleansR**	(2 capsules) days 11-20 only
Biome Medic**	(1 capsule)
Apothe-Cherry	(2 tbsp with water to taste)

*For optimal results, wait 30 min - 2 hours before drinking Power Shake. **Biome Medic aids in waste elimination. Based on your body's digestion response, modify by reducing to 1 capsule per day.

*****How to use Super CleansR:** Super CleansR is formulated for use in month 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 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 schedule closely. Super CleansR is not intended for everyday or prolonged consumption.

Make it your own: Did you purchase a customized ULT? L.O.V. Super Meal and/or Dark Berry Protein 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 schedule.

Don't forget to drink water!

Learn more about the Product:

Scan QR code with your smart phone camera or visit the blog at bit.ly/ULTproducts



USEFUL LINKS



See It, Feel It, Track It!

Fill out the tracker found in your package or scan QR code to track and review your transformation progress.

Take Your Before & After Photo

How to take great selfies. You will want to document this journey! Take and save photos at the beginning and every 30 days along the way.



Get Details & Inspiration

Lifestyle Guide, what to expect on your journey, and healthy meal inspiration.



Discover Answers to FAQs

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



Zoom with Purium's Co-Founder

Join Purium's Product Education Zoom. Every Wednesday at 4 pm PST with Co-founder Dave Sandoval. **Password: Purium**

Name of my Purium Brand Partner

Best contact to stay connected!