

Welcome to your
ULTIMATE LIFESTYLE TRANSFORMATION
ULT Schedule & Progress Tracker



*The quality of food you eat is
equal to the quality of life you live.*

STAY INSPIRED & CONSISTENT

Science shows that it only takes 90 days to build a habit. Add the ULT - Smart Order Pack to your monthly subscription for Months 2 and 3. Track your product intake and journey with this brochure.



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.



SUPER AMINO 23 Vegan Protein

May help:

- Create Lean Muscle
- Burn Fat
- Increase Skin Elasticity
- Improve Mental Function

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, choose foods listed in the Lifestyle Guide and replace 1-2 meals per day with a shake.



BIOME MEDIC Supports a Healthy Gut Microbiome

May help:

- Detoxify Glyphosate
- Improve Digestion
- Reduce Bloating
- Support Immunity
- Impact C-reactive Protein



MAKE IT YOUR OWN:

Did you purchase a customized ULT? LO.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.



POWER SHAKE Nourishing Greens

May help:

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



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 schedule closely. Super CleansR is not intended for everyday or prolonged consumption.



DRINK ALL KINDS OF WAYS:

- As a cold drink
- As a warm beverage
- Directly from the spoon



APOTHE-CHERRY Anti-Aging Sleep Support

May help:

- Enhance Deep Sleep
- Combat Free Radical Damage
- Supports Healthy Skin
- Assists the Response to Inflammation

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 |
|-----------------|--|------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Super Amino 23* | (5 tablets) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Biome Medic | (1 capsule) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Power Shake | (5.5 tbsp with 20 oz. cold water or creamy beverage) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Super CleansR** | (2 capsules) days 11-20 only | No Super CleansR | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Super Amino 23* | (5 tablets) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Power Shake | (5.5 tbsp with 20 oz. cold water or creamy beverage) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Super CleansR** | (2 capsules) days 11-20 only | 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 |
|-----------------|--|------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Super Amino 23* | (5 tablets) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Biome Medic | (1 capsule) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Power Shake | (5.5 tbsp with 20 oz. cold water or creamy beverage) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Super CleansR** | (2 capsules) days 11-20 only | No Super CleansR | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Super Amino 23* | (5 tablets) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Power Shake | (5.5 tbsp with 20 oz. cold water or creamy beverage) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Super CleansR** | (2 capsules) days 11-20 only | 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 |
|-----------------|--|------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Super Amino 23* | (5 tablets) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Biome Medic | (1 capsule) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Power Shake | (5.5 tbsp with 20 oz. cold water or creamy beverage) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Super Amino 23* | (5 tablets) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Power Shake | (5.5 tbsp with 20 oz. cold water or creamy beverage) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 Selfie:



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"/> | <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"/> |

My Purium Brand Partner Name & Contact Info: _____

Item #: P11200-S RD1023



Learn more about products
or visit the blog at
bit.ly/ULTproducts



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



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



How to take great selfies.
You will want to document
this journey!