

ULT+PERFORMANCE SCHEDULE

Detox - Gut Health - Build Muscle - Burn Fat - Deepen Sleep

THE CORE OF EVERY ULT

SUPER AMINO 23



Build Lean Muscle

BIOME MEDIC



Supports a Healthy Gut Microbiome

POWER SHAKE



Nourishing Greens

APOTHE-CHERRY



Anti-Aging Sleep Support

***INCLUDED in all ULT PACKS**

CORE NUTRITION SCHEDULE:



Super Amino 23* (5 tablets)

Biome Medic (1 capsule)



Power Shake (5.5 tbsp with 20 oz. cold water of creamy beverage)

Super Amino 23* (5 tablets)

Power Shake (5.5 tbsp with 20 oz. cold water of creamy beverage)



Healthy Lunch or Dinner (or both!)

Biome Medic (1 capsule)

Apothe-Cherry (2 tbsp with water to taste)

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.

* For optimal results wait 30 min - 2 hours before consuming Power Shake.

PERFORMANCE NUTRITION & SUGGESTED USE:

CAN'T BEET THIS!



Energizing Pre-workout

SUPER AMINO 23



Build Lean Muscle

SUPER LYTES



Rehydration and Electrolyte

SUPER XANTHIN



Protect Muscle Tissue

COCO-HYDRATE



Healthy Hydration

MVP SPORT



Recovery Protein



Can't Beet This! (4 tsp with 20 oz. cold water)

Super Aminos 23* (5 tablets)



Super Lytes (1-3 capsules)

Super Xanthin (2 capsules)

Coco Hydrate (2 tbsp with 20 oz. cold water)

MVP Sport (6.5 tbsp with 20 oz. cold water or creamy beverage)

USEFUL LINKS:



Get Details & Inspiration

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



Learn More about the ULT + Performance

Ultimate Lifestyle + Performance: The Quintessential Purium Experience Blog.