

ULTIMATE LIFESTYLE TRANSFORMATION + COLLAGEN SUPPORT SCHEDULE



Purium's Ultimate Lifestyle Transformation + Collagen Support pack is the answer for anyone interested in feeling and looking younger by living a healthier lifestyle! Purium's targeted formulas Dark Berry Protein and Renew Hair, Skin, and Nails, have been scientifically composed - and work synergistically- to help reverse the hands of time and support healthier collagen.

The CORE nutrition provided by Power Shake, Biome Medic, Super Amino 23 and Apothe Cherry nourish and detoxify daily to provide more energy, better digestion, deeper sleep and a more balanced mood.

Follow the recommended schedule for optimal results.

Alternately, simply consume the following each day.

Super Amino 23 - 10 tablets daily
Dark Berry Protein - 1 serving daily (4 tbsp)
Biome Medic - 2 capsules daily
Renew Hair Skin & Nails - 6 capsules daily
Power Shake - 1 serving daily (5 ½ tbsp)
Apothe Cherry - 2 tbsp daily



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Super Amino 23
(5 tablets) wait 30
minutes - 2 hours

Dark Berry Protein Shake
(4 tbsp with 8-12 oz cold
water or creamy beverage)
in place of breakfast

Super CleansR**
(2 Capsules)

Biome Medic
(1 capsule)

Renew Hair Skin & Nails
(3 capsules)

Super Amino 23
(5 tablets) wait 30 min -2
hours for optimal results

Power Shake
(5 ½ tbsp with 20 oz cold
water or creamy beverage) in
place of lunch or as a snack

Super CleansR**
(2 Capsules)

Biome Medic
(1 capsule)

**Renew Hair
Skin & Nails**
(3 capsules)

Apothe Cherry
(2 tbsp with
water to taste)

****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.

Be sure to add healthy meals and snacks to meet your energetic and caloric needs. Don't forget to drink water!

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ULTIMATE LIFESTYLE TRANSFORMATION + Signature COLLAGEN SUPPORT



Purium's Ultimate Lifestyle Transformation + Signature Collagen pack is the answer for anyone interested in feeling and looking younger by living a healthier lifestyle! **Signature Products:** BIO Relax is a synergistic formula designed specifically to help your muscles relax as you sleep. These ingredients contribute to deeper, more restful sleep, fewer signs of facial tension, and a smoother, more relaxed complexion upon waking. Bio Regen has clinically proven ingredients which can increase the rate at which skin cells rise from the basal level to the dermal level, while protecting and defending those same cells from damage as they develop

Every chemical and enzymatic activity that takes place in the human body requires a mineral component. Ionic Elements with Fulvic Acid allows our body to absorb the minerals found in plants. When taken daily, Cracked Cell Chlorella can create a noticeable, more youthful appearance in your skin, and help detoxify your cells in the process.

Follow the recommended schedule for optimal results.



Super Amino 23

(5 tablets) wait 30 minutes - 2 hours

Dark Berry Protein Shake

(4 tbsp with 8-12 oz cold water or creamy beverage) in place of breakfast

Ionic Elements

(2 droppers full in Dark Berry Shake)

Super CleansR**

(2 Capsules)

Biome Medic

(1 capsule)

Renew Hair Skin & Nails

(3 capsules)

Cracked Cell Chlorella

(6 Tablets)

Bio Regen

(3 capsules)

Super Amino 23

(5 tablets) wait 30 min - 2 hours for optimal results

Power Shake

(5 ½ tbsp with 20 oz cold water or creamy beverage) in place of lunch or as a snack

Ionic Elements

(2 droppers full in Power Shake)

Super CleansR**

(2 Capsules)

Biome Medic

(1 capsule)

Renew Hair Skin & Nails

(3 capsules)

Apothe Cherry

(2 tbsp with water to taste)

Cracked Cell Chlorella

(6 tablets)

Bio Relax

(2 capsules)

****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.



Scan to learn more!

Be sure to add healthy meals and snacks to meet your energetic and caloric needs. Don't forget to drink water!

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