

ULT+PERFORMANCE SCHEDULE



THE TRANSFORMATION COMPANY

THE CORE OF EVERY ULT

*INCLUDED in all ULT PACKS

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



CORE NUTRITION SCHEDULE:



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!

PERFORMANCE NUTRITION & SUGGESTED USE:

CAN'T BEET THIS!



Energizing Pre-workout

SUPER AMINO 23



Build Lean Muscle

SUPER LYTES



Rehydration & 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.