



## Nutrition Facts

Serving Size 2 scoops (36g)  
Servings Per Container 15

Amount Per Serving

**Calories** 150      **Calories from Fat** 40

**% Daily Value\***

**Total Fat** 4.5g      **7%**

Saturated Fat 1g      **5%**

**Sodium** 150mg      **6%**

**Total Carbohydrate** 22g      **7%**

Dietary Fiber 2g      **8%**

Sugars 8g

**Protein** 5g

Vitamin A 150%      •      Vitamin C 0%

Calcium 4%      •      Iron 15%

Not a significant source of trans fat, cholesterol

\* Percent Daily Values are based on a 2,000 calorie diet.

**Ingredients:** Rice Bran Solubles, Organic Activated Barley, Organic Spirulina, Organic Carrot Juice Powder, Organic Wheat Grass Juice Powder, Organic Oat Grass Juice Powder, Organic Alfalfa Leaf Juice Powder, Organic Raspberry Flavor, Organic Apple Flavor, Lo Han Guo.

## POWER SHAKE - APPLE BERRY (15 SERVINGS)

[Label](#)   [More Info](#)

Burn fat, build muscle, increase energy and endurance. It's the perfect workout food!

- May increase energy, endurance, and strength
- Supports healthy blood glucose levels
- Can help curb cravings and appetite
- Contains ingredients rich in vitamins and other nutrients to support total nutrition

Purium's Power Shake™ was created so that you can easily consume several superfoods all at once, thus saving you time and money. These superfoods were chosen due to their ancient roots as potent fuels for energizing the human body. When combined these whole foods help your body have long-term sustained energy, endurance and strength. They also provide protection from catabolic damage. We recommend taking it on a daily basis to supplement your food intake and control hunger and blood sugar. Best when used as part of the 10-Day Transformation along with the Super Amino 23 and Apothe-Cherry.

**Servings per 533 g container: 15**

**Instructions:** Mix 2 scoops (36g) with 10-20 oz of water or juice (carrot juice or unfiltered apple juice would be ideal). Make sure the scoops are level but NOT packed down (take the closed container and turn upside down and back right side up to fluff it up if it was packed down in transit). Take on an empty stomach (or 2 hours after eating) 1-4 times per day. Great prior to, during, and after exercise or activity.

**Retail Price \$54.95**

**PLC Price \$38.47**

**What it is:** Purium's Power Shake™ was created so that you can easily consume several energizing superfoods all at once, thus saving you time and money. The Power Shake is also the core nutrition shake for David Sandoval's 10-Day Celebrity Transformation.

### Benefits:

- May help burn fat and build muscle
- Is a great natural detoxifier
- May increase energy, endurance, and strength
- Supports healthy blood glucose levels
- Can help curb cravings and appetite
- Contains ingredients rich in vitamins and nutrients to support total nutrition

### Interesting Facts:

Green leafy vegetables typically contain 20 times more essential nutrients than other foods ounce for ounce. Furthermore the nutrients in deep green leafy vegetables are so important that they actually make the nutrients found in other foods work far more effectively. As a result, if we fail to eat quality green vegetables on a daily basis, dozens of valuable cleansing, building and eliminative functions fail to work properly. This contributes to diseases and discomforts including but not limited to: cancer, diabetes, ulcers, arthritis, gastrointestinal disorders, low energy, sexual impotence, obesity, periodontal disease, hair loss, body odor, psoriasis, acne, constipation, asthma and extreme acidity.

Spirulina is nature's most complete nutrient source, containing over 60% complete vegetarian protein, an abundance of chlorophyll and essential fatty acids, vitamins, minerals, and nucleic acids, as well as nature's highest source of a new class of immune enhancers, a photosynthetic pigment called phyco-cyanin. An all-natural 'multivitamin' in and of itself. Used for centuries, Spirulina was the fuel of the Aztecs. Research demonstrates that the best energy source for the body is a slow-burning carbohydrate that provides well-balanced blood sugar and insulin levels, such as our Activated Barley. Our patented natural method of pre-sprouting activates the nutrients and enzymes in the inner kernel of the barley pearl increasing its energy potential by 400% and increases the beta glucan content by up to 94% over traditional barley grain products. The Roman army and Roman gladiators made pre-sprouted barley as their staple due to the energizing and endurance-boosting factors. Gladiators were nicknamed *hordearii* or "men who eat barley."

Scientific studies indicated that Rice Bran Solubles are vital for maintaining normal cholesterol levels and blood glucose control. They are also an all-natural source of vitamin E type tocopherols and tocotrienols and contain a variety of B vitamins, Q-10, gamma oryzanol, folic acid, and more. Rice Bran Solubles is the outer, soluble part of brown rice that normally gets cooked away. Soluble rice bran is the fuel of many Asian martial artists.

Known as one of the most important parts of any juice fast or raw food regimen, Carrots' deep, rich, orange color comes from the abundance of beta-carotene, minerals, and other phyto-nutrients that are unique to the tuber family. It also has a naturally sweet taste that perfectly complements the other super foods and makes the Power Shake a tasty way to supplement your diet with pure whole foods.