

10-DAY TRANSFORMATION

Athlete

PRODUCTS:

Super Amino 23 + MVP Sport + Can't Beet This! + Super Xanthin + Super Life. The pack also comes with a BPA-Free Pro-Stak Blender Bottle, a tape measure and a Purium gym bag.

This program is based on our Athlete's Core 4 products and enhanced with a supportive product to optimize performance for any workout routine. The schedule is important to stick to, but is also designed to modify for your own needs. 3 servings of Flex Foods or Flex Beverages are suggested per day, plus a Lifestyle Meals for every 30 minutes of exercise.

SCHEDULE

3 servings of Flex Foods or Flex Beverages per day. The Flex options may be consumed with the Super Amino 23, Power Shake or Apothe-Cherry. Plus, one 300-calorie Lifestyle Meal is recommended for every 30 minutes of exercise. Visit blog.puriumcorp.com for recipe ideas.

☀ Rise and shine	Super Amino 23 - 5 tablets Can't Beet This! - 1 scoop mixed with water or a Flex Beverage Super Xanthin - 2 capsules
🕒 2 hours later	MVP Sport - 1 scoop mixed with water or a Flex Beverage Super Life Formula - 3 capsules
🕒 2 hours later	Super Amino 23 - 5 tablets Can't Beet This! - 1 scoop mixed with water or a Flex Beverage Super Xanthin - 2 capsules
🕒 2 hours later	MVP Sport - 1 scoop mixed with water or a Flex Beverage Super Life Formula - 3 capsules
🕒 2 hours later	Super Amino 23 - 5 tablets Can't Beet This! - 1 scoop mixed with water or a Flex Beverage Super Xanthin - 2 capsules
🕒 2 hours later	MVP Sport - 1 scoop mixed with water or a Flex Beverage Super Life Formula - 3 capsules
🔁 Post-workout Flex Meal	Eat one 300 calorie, Lifestyle Meal (made from approved food sources) for every 30 minutes of workout per day

Exercise Recommendation

DAYS 1-10 • Weight training, cardio, running or sports activity