

WELCOME

to your Daily Core 4

TRAN(T)S-FƏR-'MĀ-SHƏN

trans·for·ma·tion

noun : a permanent, lasting change

WHAT'S INSIDE

BUILD

Pure Vegan Protein



May:

- Create lean muscle
- Burn fat
- Tighten skin
- Improve mental acuity

NOURISH

Super Greens & Fats



May:

- Improve energy
- Reduce cravings
- Fuel your cells
- Create satisfied feeling

DETOXIFY

Superior Gut Health



May:

- Detoxify glyphosate
- Improve digestion
- Boost mood & immunity
- Reduce C.R.P.

REGENERATE

Organic Super Fruit



May:

- Improve sleep
- Reduce free radical damage
- Beautify skin
- Create a healthy response to inflammation

YOUR 30-DAY SCHEDULE



RISE & SHINE

When you wake up:

- Super Amino 23 (5 tablets)
- Power Shake (5.5 TBSP with 20 oz. water)
- Biome Medic* (2 capsules)



SWEET DREAMS

30-60 minutes before you go to sleep:

- Apothe-Cherry (2 TBSP with 8-10 oz. water)

Don't forget to re-order
at ishoppurium.com!

*Biome Medic aids in waste elimination. Based on your body's digestion response, modify by reducing 1 capsule per serving.

GET SUPPORT (Scan the QR codes with your smartphone to learn more.)

GET FAMILIAR WITH
THE PRODUCTS VIDEO



DAILY CORE 4
SCHEDULE & TIPS



LIFESTYLE
TRANSFORMATION SUPPORT



SUCCESS
STORIES



SEE IT. FEEL IT. TRACK IT.



TRACKER

DAY 0 DAY 10 DAY 20 DAY 30

On a scale of 1-10, how are you feeling? 10 is your BEST self. Write your number in the circle below.

ENERGY	○	○	○	○
DIGESTION	○	○	○	○
MOOD	○	○	○	○
SKIN	○	○	○	○
SLEEP	○	○	○	○

Let's track your physical transformation - no judgement, here! Write your numbers below.

WEIGHT	□	□	□	□
MID-UPPER-ARM	□	□	□	□
WAIST-BELLY BUTTON	□	□	□	□
HIPS	□	□	□	□
MID-THIGH	□	□	□	□

On a scale of 1-10, how satisfied are you with your consumption of the following? 10 = most satisfied, 1 = least satisfied.

WATER	○	○	○	○
SUGAR	○	○	○	○
CAFFEINE	○	○	○	○
PLANT-BASED FOODS	○	○	○	○

CHECKLIST

- Join Purium's Lifestyle Transformation Facebook Group.
- Sign up for Smart Order with either another Daily Core 4 or an Ultimate Lifestyle Transformation.
- Take & save "Before" selfie, and full body photo and join our contest.
- Join the Lifestyle Zoom with Purium co-owners Dave Sandoval & Amy Venner every Wednesday. Details on iSharePurium.com/events
- Take & save "After" photo & share your experience in the Facebook group and contest.

COMMITMENT MEETS CONVENIENCE

Make a commitment to the Purium Lifestyle and we'll make it convenient with Smart order - a monthly delivery of your products.



Easy: Create or edit your Smart Order with just a few clicks from your account page.



Rewarding: Earn 200 Bonus Points when you set up your Smart Order, and you get 2x points on EVERYTHING, including regular orders.



Consistent: Get the same products delivered every month & commit to your health goals.

FREE PRODUCT WITH POINTS

3 & THEN FREE* WITH SMART ORDER

It takes 90 days to create a habit and we are here to help!

Step 1: Activate and maintain your Smart Order for 3 months (login to ishoppurium.com and click "Smart Order" tab).

Step 2: For 3 consecutive months, order Biome Medic

Step 3: Get 1 FREE* Biome Medic 60 ct. capsules in the 4th month.

*Receive \$45 in Bonus Rewards Points in the fourth month