

# WELCOME

## to your Ultimate Lifestyle Transformation

TRAN(T)S-FÖR-MÄ-SHÖN

trans·for·ma·tion

*noun* : a permanent, lasting change

STEP  
1

Get familiar with the products and the schedule.  
Scan the QR code to watch video A - see back.

STEP  
2

Fill out Day 0 of the Transformation Tracker - see back.

STEP  
3

Start your 30-Day Transformation Experience.  
Scan the QR codes for digital support - see back.

### 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

#### CLEANSE

Deep Colon Cleanse



May:

- Increase elimination
- Release toxins
- Flush parasites

2 of each

### 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)



#### DAY OR EVENING

You choose, in place of either lunch or dinner:

- 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)

Last 10 Days:

When you wake up:

- Super CleansR\* (2 capsules)

Don't forget to re-order at [ishoppurium.com!](http://ishoppurium.com)

\*Biome Medic and Super CleansR aid in waste elimination. Based on your body's digestion response, modify by reducing 1 capsule per serving.

# 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 Ultimate Lifestyle Transformation or Daily Core 4.
- Take & save "Before" selfie, and full body photo and join our contest.
- Join Owner Dave Sandoval's Support FB Live every Thursday in the Facebook group and get your questions answered.
- Take & save "After" photo & share your experience in the Facebook group and contest.

## GET SUPPORT

Scan the QR codes to learn more.

Video A  
GET FAMILIAR  
WITH THE  
PRODUCTS VIDEO



LIFESTYLE  
TRANSFORMATION  
DIGITAL GUIDE



SUCCESS  
STORIES



WATCH THE FLEX  
FOODS VIDEO



LIFESTYLE  
TRANSFORMATION  
SUPPORT



JOIN  
THE CONTEST



## LIVE IT!

**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](http://ishoppurium.com) and click "Smart Order" tab).

**Step 2:** For 4 consecutive months, order Biome Medic.

**Step 3:** Get 1 FREE\* Biome Medic 60 ct. capsules in the 4th month (up to \$45 value, via 3500 Rewards points).