

40-DAY ULTIMATE Fat Burning

PRODUCTS:








10-Day Transformation (with Daily Fiber Blend) + 30-Day supply of Core 4 Weight Loss. The pack also comes with a BPA-Free Pro-Stak Blender Bottle, a tape measure and a Purium gym bag.

Scientifically designed to burn stored body fat, this 40-Day Ultimate Fat Burning Pack can maximize weight loss by stimulating your “Skinny Hormone” (aka adiponectin). We encourage you to use this schedule as a guide for your health journey. Be sure to listen to your body and make modifications as necessary. This 40-Day plan includes Flex Foods, Flex Beverages and Lifestyle Meals.

DAYS 1 - 10

10-DAY TRANSFORMATION (weight loss)




3 servings of Flex Foods or Flex Beverages per day. The Flex options may be consumed with the Super Amino 23, Power Shake or Daily Fiber Blend and Apothe-Cherry.

 Rise and shine	Super Amino 23 - 5 tablets Super Lytes - 1 capsule <i>Drink lots of water! (8-24 ounces)</i>
 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage
 2 hours later	Super Amino 23 - 5 tablets Super Lytes - 1 capsule <i>Drink lots of water! (8-24 ounces)</i>
 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage
 2 hours later	Super Amino 23 - 5 tablets Super Lytes - 1 capsule <i>Drink lots of water! (8-24 ounces)</i>
 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage
 Time to unwind or 30-60 min. before sleep	Apothe-Cherry - 2 tablespoons mixed with water or a Flex Beverage Daily Fiber Blend - 1 scoop of Fiber mixed with water or a Flex Beverage. <i>You may combine these two products, if you prefer</i>

DAYS 11 - 40

CORE 4 WEIGHT LOSS

Enjoy 1-2 Lifestyle Meals per day, with 1-2 Power Shakes per day. 1 Shake = 1 meal. Flex foods are excellent snacks, too!

 Rise and shine	Super Amino 23 - 5 tablets with water upon rising or prior to working out
 2 hours later or as a meal replacement	Power Shake - 2 scoops mixed with water or a Flex Beverage
 Time to unwind 30-60 min. before sleep	Apothe-Cherry - 1-2 tablespoons mixed with water or a Flex Beverage Daily Fiber Blend - 1 scoop of Fiber mixed with water or a Flex Beverage. <i>You may combine these two products, if you prefer</i>

Exercise Recommendation

DAYS 1-10 • None or walking/yoga without breaking a sweat
DAYS 11-40 • No restrictions

40-DAY ULTIMATE Parasite Cleanse

PRODUCTS:

10-Day Transformation (with Super CleansR) + 30-Day supply of Core 4 Cleansing + Super CleansR. The pack also comes with a BPA-Free Pro-Stak Blender Bottle, a tape measure and a Purium gym bag.


This 40-day supply of products is designed to cleanse the body of toxins, support gut health and flush parasites that are common in everyday foods, such as produce and sushi. We encourage you to use this schedule as a guide for your health journey. Be sure to listen to your body and make modifications as necessary. This 40-Day plan includes Flex Foods, Flex Beverages and Lifestyle Meals.

DAYS 1 - 10

10-DAY TRANSFORMATION (cleans)

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.




* Please Note: Biome Medic and Super CleansR aid in waste elimination. Based on your body's digestion response, please modify 1-2 capsules of each per serving.

 Rise and shine	Super Amino 23 - 5 tablets <i>Drink lots of water! (8-24 ounces)</i>
 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage Biome Medic* - 1-2 capsules Super CleansR* - 1-2 capsules
 2 hours later	Super Amino 23 - 5 tablets <i>Drink lots of water! (8-24 ounces)</i>
 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage Biome Medic* - 1-2 capsules Super CleansR* - 1-2 capsules
 2 hours later	Super Amino 23 - 5 tablets <i>Drink lots of water! (8-24 ounces)</i>
 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage
 Time to unwind	Apothe-Cherry - 2 tablespoons mixed with water or a Flex Beverage 30-60 minutes before sleep

DAYS 11 - 30

CORE 4 CLEANSING.




Enjoy 1-2 Lifestyle Meals per day, with 1-2 Power Shakes per day. 1 Shake = 1 meal. Flex foods are excellent snacks, too!

 Rise and shine	Biome Medic - 2 capsules with water
 2 hours later or as a meal replacement	Power Shake - 2 scoops mixed with water or a Flex Beverage
 Time to unwind 30-60 min. before sleep	Apothe-Cherry - 1-2 tablespoons mixed with water or a Flex Beverage Daily Fiber Blend - 1 scoop of Fiber mixed with water or a Flex Beverage.

DAYS 31 - 40

CORE 4 CLEANSING + SUPER CLEANSR.

Continue to eat Flex Foods and Lifestyle Meals daily.

 Rise and shine	Biome Medic - 2 capsules with water
 2 hours later or as a meal replacement	Power Shake - 2 scoops mixed with water or a Flex Beverage Super CleansR - (1-2 capsules)
 Time to unwind 30-60 min. before sleep	Apothe-Cherry - 1-2 tablespoons mixed with water or a Flex Beverage Daily Fiber Blend - 1 scoop of Fiber mixed with water or a Flex Beverage. Super CleansR - (1-2 capsules)

Exercise Recommendation

DAYS 1-10 • None or walking/yoga without breaking a sweat

DAYS 11-40 • No restrictions

40-DAY ULTIMATE Athletic Performance

PRODUCTS:

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


This 40-day supply is designed to take any workout routine performance to the next level. Ultimate Athletic has the superfood fuel to support muscle building, endurance and more. We encourage you to use this schedule as a guide for your health journey. Be sure to listen to your body and make modifications as necessary. This 40-Day plan includes Flex Food, Flex Beverages and Lifestyle Meals.

DAYS 1 - 10*

10-DAY TRANSFORMATION (athletes)

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

* Some athletes prefer to take 2 scoops of Can't Beet This! pre-workout. Do not exceed 4 scoops per day. For maximum benefits, take Super Amino 23, Can't Beet This! and Super Xanthin 30 minutes pre-workout.

 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

DAYS 11-40

PRE-WORKOUT

Super Amino 23, Super Xanthin and Can't BEET This! can pump you up, keep your workout strong and help to nourish muscles.

POST-WORKOUT

Protein drink MVP Sport (Vanilla or Chocolate flavors) refills your tank with nutrients to help with recovery, muscle repair and healthy inflammatory response.

30 minutes before workout	Can't Beet This! - 1-2 scoops mixed with water or a Flex Beverage Super Amino 23 - 5 tablets Super Xanthin - 2 capsules 1 scoop of Can't BEET This! for non-workout/light workout days. 2 scoops to amp-up for long, hard workouts.
0-30 minutes after workout	MVP Sport (Chocolate or Vanilla) 1-2 scoops mixed with water or a Flex Beverage 1 scoop of MVP Sport as a meal replacement for non-workout/light workout days. 2 scoops after strong workouts.

Exercise Recommendation

DAYS 1-40 • Weight training, cardio, running or sports activity

40-DAY ULTIMATE Nutrition

PRODUCTS:

10-Day Transformation (cleanse)
+ Super Amino 23 + Power
Shake + Biome Medic +
Apothe-Cherry. The pack also
comes with a BPA-Free Pro-Stak
Blender Bottle, a tape measure
and a Purium gym bag.

Gently cleanse your body of toxins and chemicals, and equip yourself with daily superfood support on multiple levels for an overall healthier lifestyle. 40-Day Ultimate Nutrition gives you the combined power of 10-Day Transformation - Cleanse and the nutrient-dense Core 4 Daily, providing sources of both phytonutrients AND protein. Be sure to listen your body and make modifications as necessary.

DAYS 1-10

10-DAY TRANSFORMATION (cleanse)

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.

* Please Note: Biome Medic and Super CleansR aid in waste elimination. Based on your body's digestion response, please modify 1-2 capsules of each per serving.

☀ Rise and shine	Super Amino 23 - 5 tablets <i>Drink lots of water! (8-24 ounces)</i>
🕒 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage Biome Medic* - 1-2 capsules Super CleansR* - 1-2 capsules
🕒 2 hours later	Super Amino 23 - 5 tablets <i>Drink lots of water! (8-24 ounces)</i>
🕒 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage Biome Medic* - 1-2 capsules Super CleansR* - 1-2 capsules
🕒 2 hours later	Super Amino 23 - 5 tablets <i>Drink lots of water! (8-24 ounces)</i>
🕒 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage
🌙 Time to unwind	Apothe-Cherry - 2 tablespoons mixed with water or a Flex Beverage 30-60 minutes before sleep

DAYS 11-40

CORE 4 NUTRITION

Expect to feel more energy, better digestion, deeper sleep, and increased mental clarity. This is the easiest way to get high-quality protein, fruits, and veggies into your body every day. Stay consistent and the benefits will compound over time.

☀ Rise and shine	Super Amino 23 - 5 tablets with water upon rising or prior to working out
🕒 2 hours later or as a meal replacement	Power Shake - 2 scoops mixed with water or a Flex Beverage Biome Medic - 2 capsules
🌙 Time to unwind 30-60 min. before sleep	Apothe-Cherry - 1-2 tablespoons mixed with water or a Flex Beverage

Exercise Recommendation

DAYS 1-10 • None or walking/yoga without breaking a sweat
DAYS 11-40 • No restrictions

10-DAY TRANSFORMATION

Weight Loss








PRODUCTS:

Super Amino 23 + Power Shake + Apothe-Cherry + Super Lytes + Daily Fiber Blend. 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 Core 4 Weight Loss products and enhanced with a supportive product to target weight loss. The schedule is important to stick to, but is also designed to modify for your own needs.

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 Daily Fiber Blend and Apothe-Cherry.

 Rise and shine	Super Amino 23 - 5 tablets Super Lytes - 1 capsule <i>Drink lots of water! (8-24 ounces)</i>
 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage
 2 hours later	Super Amino 23 - 5 tablets Super Lytes - 1 capsule <i>Drink lots of water! (8-24 ounces)</i>
 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage
 2 hours later	Super Amino 23 - 5 tablets Super Lytes - 1 capsule <i>Drink lots of water! (8-24 ounces)</i>
 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage
 Time to unwind or 30-60 min. before sleep	Apothe-Cherry - 2 tablespoons mixed with water or a Flex Beverage Daily Fiber Blend - 1 scoop of Fiber mixed with water or a Flex Beverage. <i>You may combine these two products, if you prefer</i>

Exercise Recommendation

DAYS 1-10 • None or walking/yoga without breaking a sweat

10-DAY TRANSFORMATION

Cleanse

PRODUCTS:








Super Amino 23 + Power Shake + Biome Medic + Apothe-Cherry + Super CleansR. 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 Core 4 Cleanse and enhanced with a supportive product to flush away toxins. The schedule is important to stick to, but is also designed to modify for your own needs.

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.

* Please Note: Biome Medic and Super CleansR aid in waste elimination. Based on your body's digestion response, please modify 1-2 capsules of each per serving.

 Rise and shine	Super Amino 23 - 5 tablets <i>Drink lots of water! (8-24 ounces)</i>
 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage Biome Medic* - 1-2 capsules Super CleansR* - 1-2 capsules
 2 hours later	Super Amino 23 - 5 tablets <i>Drink lots of water! (8-24 ounces)</i>
 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage Biome Medic* - 1-2 capsules Super CleansR* - 1-2 capsules
 2 hours later	Super Amino 23 - 5 tablets <i>Drink lots of water! (8-24 ounces)</i>
 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage
 Time to unwind	Apothe-Cherry - 2 tablespoons mixed with water or a Flex Beverage 30-60 minutes before sleep

Exercise Recommendation

DAYS 1-10 • None or walking/yoga without breaking a sweat

10-DAY TRANSFORMATION

Athletes

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 Core 4 - Athletes 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 one Lifestyle Meal 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 or MVP Sport. Plus, one 300-calorie Lifestyle Meal is recommended for every 30 minutes of exercise. Visit blog.puriumcorp.com for recipe ideas.

* Some athletes adjust the schedule to take 2 scoops of Can't Beet This! pre-workout. Do not exceed 4 scoops per day. For maximum benefits, take Super Amino 23, Can't Beet This! and Super Xanthin 30 minutes pre-workout.

☀ 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
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Exercise Recommendation

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

CORE 4 WEIGHT LOSS

Daily

PRODUCTS:

Super Amino 23 +
Power Shake +
Apothe-Cherry +
Daily Fiber




Organically maintain your health with daily vegan protein, fruits, veggies and fiber.

This pack of 4 products is the easiest way to get high-quality protein, fruits, veggies and fiber into your body every day. Along with a healthy diet, this pack can help you stay on a healthy track daily. We recommend consuming Flex Foods, Flex Beverages and Lifestyle Meals with this daily plan for ideal nutrition.

NOTE: Produce up to 40% more of your “skinny hormone” (aka adiponectin) with 100 days use of this pack.

SCHEDULE

Feel more energy, improve digestion, increase mental clarity, get deeper sleep and increase your skinny hormone. Follow this schedule and you will feel great and continue losing weight.

 Rise and shine	Super Amino 23 - 5 tablets with water upon rising or prior to working out
 2 hours later or as a meal replacement	Power Shake - 2 scoops mixed with water or a Flex Beverage
 Time to unwind 30-60 min. before sleep	Apothe-Cherry - 1-2 tablespoons mixed with water or a Flex Beverage Daily Fiber Blend - 1 scoop of Fiber mixed with water or a Flex Beverage. <i>You may combine these two products, if you prefer</i>

CORE 4 CLEANSING

Daily




PRODUCTS:

Biome Medic +
Power Shake +
Apothe-Cherry +
Daily Fiber Blend

Gently cleanse while improving energy, sleep, digestion, mental clarity, and so much more. Purium has paired our most popular greens, fruit and fiber with the power of Biome Medic. Infuse your body with nutrients and cleanse your second brain (your gut) of toxins found in everyday foods. Daily Fiber rounds up Core 4 Cleansing by supporting healthy bowel function and proper elimination.

SCHEDULE

Enjoy 1-2 Lifestyle Meals per day, with 1-2 Power Shakes per day. 1 Shake = 1 meal. Flex foods are excellent snacks, too!

 Rise and shine	Biome Medic - 2 capsules with water
 2 hours later or as a meal replacement	Power Shake - 2 scoops mixed with water or a Flex Beverage
 Time to unwind 30-60 min. before sleep	Apothe-Cherry - 1-2 tablespoons mixed with water or a Flex Beverage Daily Fiber Blend - 1 scoop of Fiber mixed with water or a Flex Beverage.

CORE 4 ATHLETES

Daily

PRODUCTS:

Can't Beet This! +
MVP Sport +
Super Amino 23 +
Super Xanthin.

Activate a fast and smooth recovery. This pre- and post-workout system is designed for you and your workout preference. Depending on when you work out and how hard you go, our flexible plan can optimize your results and lessen your recovery period.

PRE-WORKOUT

Super Amino 23, Super Xanthin and Can't BEET This! can pump you up, keep your workout strong and help to nourish muscles.

**30 minutes
before workout**

Can't Beet This! - 1-2 scoops mixed with water or a Flex Beverage
Super Amino 23 - 5 tablets
Super Xanthin - 2 capsules

1 scoop of Can't BEET This! for non-workout/light workout days.
2 scoops to amp-up for long, hard workouts.

POST-WORKOUT

Protein drink MVP Sport (Vanilla or Chocolate flavors) refills your tank with nutrients to help with recovery, muscle repair and healthy inflammatory response.

**0-30 minutes
after workout**

MVP Sport (Chocolate or Vanilla) - 1-2 scoops mixed with water or a Flex Beverage

1 scoop of MVP Sport as a meal replacement for non-workout/light workout days. 2 scoops after strong workouts.

The more you burn, the more your appetite demands. Instead of grabbing something processed, why not reward your body with real food? Our list of Flex Foods are sure to satisfy, without compromising your health. Healthy foods can be convenient, but prep is key and a little creativity helps too!

CORE 4 NUTRITION

Daily

PRODUCTS:




Super Amino 23 +
Power Shake +
Biome Medic +
Apothe-Cherry

Experience improved energy, sleep, digestion, mental clarity, body protein synthesis and so much more. Purium has paired Core 3 with the power of Biome Medic. Infuse your body with nutrients and cleanse your second brain (your gut) of toxins found in everyday foods.

This is the optimal pack for foundational nutrition and support of the gut microbiome.

SCHEDULE

Expect to feel more energy, better digestion, deeper sleep, and increased mental clarity. This is the easiest way to get high-quality protein, fruits, and veggies into your body every day. Stay consistent and the benefits will compound over time.

 Rise and shine	Super Amino 23 - 5 tablets with water upon rising or prior to working out
 2 hours later or as a meal replacement	Power Shake - 2 scoops mixed with water or a Flex Beverage Biome Medic - 2 capsules
 Time to unwind 30-60 min. before sleep	Apothe-Cherry - 1-2 tablespoons mixed with water or a Flex Beverage

CORE 3 NUTRITION

Daily




PRODUCTS:

Super Amino 23 +
Power Shake +
Apothe-Cherry

When you get all-natural superfoods into your body on a daily basis, it changes everything. All you need for daily foundational nutrition are these three core products and water: Super Amino 23, Apothe-Cherry and Power Shake. Follow the schedule below and you will feel better in no time!

SCHEDULE

Everything your body needs for about the daily cost of a fast food meal or gourmet coffee. It's not a budget choice, it's an eating choice.

 Rise and shine	Super Amino 23 - 5 tablets with water upon rising or prior to working out
 2 hours later or as a meal replacement	Power Shake - 2 scoops mixed with water or a Flex Beverage
 Time to unwind 30-60 min. before sleep	Apothe-Cherry - 1-2 tablespoons mixed with water or a Flex Beverage