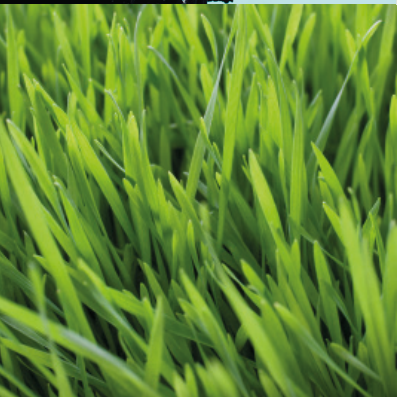


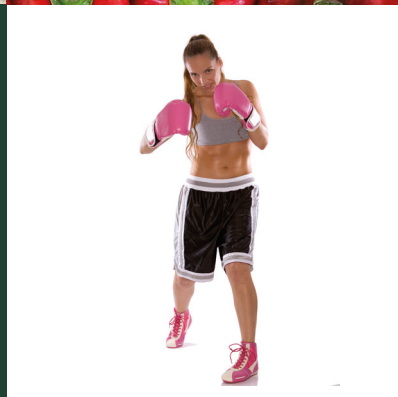
ATHLETE TRANSFORMATION



Get into the **BEST SHAPE** of your life!

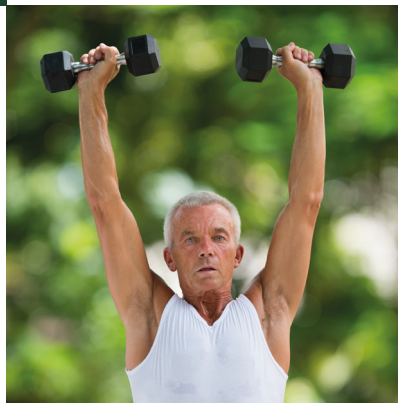


Turn „After“ into Forever!



Athlete Transformation

PLATINUM
HEALTH EUROPE
Making Healthy Cool



David Sandoval's
TRANSFORMATION 10-Day Celebrity
 athlete.

POWER YOUR PERFORMANCE

- * Build Lean Muscle
- * Create Sustained Energy
- * Get Fit Faster
- * Reduce Fatigue
- * Reduce Soreness
- * Reduce Damage

PURITY YOU CAN TRUST

- * NO Artificial Colors
- * NO Artificial Flavors
- * NO Artificial Sweeteners
- * NO GMOs
- * NO Gluten
- * NO Soy

PURE PROTEIN!



MAP

PURE NUTRITION!



L.O.V.E. Supermeal

PURE ENDURANCE!



Super Male Formula

PURE RECOVERY!



Astaxanthin

DAILY SCHEDULE:

7 am	4 MAP/ 2 Astaxanthin
9 am	1 L.O.V.E. Supermeal + water / 3 Super Male Formula
7 am	4 MAP / 2 Astaxanthin
1 pm	1 L.O.V.E. Supermeal + water / 3 Super Male Formula
7 am	4 MAP / 2 Astaxanthin
5 pm	1 L.O.V.E. Supermeal + water / 3 Super Male Formula
7 pm	Choose 1 Meal option (see below)

WORKOUT SUPPORT:

David Sandoval's 3-Minute Core Workout Routine/Video (2 – 3x per day suggested).

Workout Video: <https://vimeo.com/107278761>

FOOD SUPPORT:

IMPORTANT - Add 300 nutrient-dense calories for every additional 30 minutes of workout.

Try these opinions for best results:

- * Quinoa and broccoli
 - * Buckwheat pancakes
 - * Hardboiled eggs
 - * Wild-caught salmon
 - * Steamed veggies and brown rice
 - * Steel cut oatmeal with dried fruit/nuts
 - * Free-range chicken
 - * Organic fruits and vegetables
- * Make sure you are also getting an adequate amount of salt in your daily diet. The RDI is approximately 1 teaspoon. We recommend using a high quality sea salt.

Safety First Statement: At Platinum we want every Transformation to be a positive experience, we recommend consulting a physician (preferably a physician specializing in integrative medicine) before starting this or any other weight loss regimen. The Transformation Program is intended for use only by healthy adults. If you experience discomfort, distress or any other symptom during your 10-Day Transformation, please discontinue using the products immediately and consult a physician. Please also note that Traditional Naturopath Michael Wohlfeld is on staff to answer your health questions via staffnaturopath@gmail.com

For more information please contact:

GET INTO THE BEST SHAPE OF YOUR LIFE WITH PLATINUM!