

TRAINING

Bee Energetic - Recharge Adrenal Energy

Purium's Bee Energetic™ contains nature's most energizing foods without ephedrine or added caffeine. This powerful combination of plant powders can actually build up your immune system and support your adrenal glands while giving you the sustained energy you really need. We recommend combining Bee Energetic™ with our Revive-It-All™ for optimal mental and physical health.

- Can increase energy, strength, endurance, and vitality
- May improve mental clarity and circulation
- May help balance the adrenal system
- Contains nature's most nutrient-dense high protein energy food, Spirulina

Super Male Formula -

Boost Testosterone and Increase GHG

Purium's Super Male Formula™ contains a variety of herbs and plant extracts that have been proven to help the male body increase muscle mass, build endurance, speed muscle recovery, and increase libido. We recommend combining Super Male Formula™ with our Master Amino Complex™ as part of any workout regimen.

- May support healthy testosterone levels in men and women
- May enhance sexual desire
- Can support healthy circulation
- May enhance mood or provide general sense of well-being

Power Shake - Core Nutrition and Slow Burning Carbohydrates

Purium's Power Shake™ a source of premium protein, carbohydrates and fat that was created so that you can easily consume several superfoods all at once, thus saving you time and money. For detoxification, we recommend using the Power Shake as part of David Sandoval's 10-Day Transformation.

Contains 4 Power Foods:

- Activated Barley – “the food of the gladiators”, slow-burning complex carb
- Kamut Wheatgrass - Mother Nature's "steroids"; eliminates lactic acid, oxygenates & builds mass
- Rice Bran Solubles – provided much of the energy that the ancient Samurai relied upon
- Spirulina - purported food of Incan warriors & Mother Nature's "multi-vitamin"

David Sandoval's 10-Day Transformation -

Detox, Re-set Metabolism/Break Food Addictions

- May help burn fat and build muscle
- Is a great natural detoxifier
- May increase energy, endurance, and strength
- Supports healthy blood glucose levels
- Can help curb cravings and appetite
- Contains ingredients rich in vitamins and nutrients to support total nutrition

PRE-WORKOUT

Astaxanthin Advantage - Injury Prevention and Recovery

Purium's Astaxanthin (as tah ZAN thin) Advantage™ is made from nature's most powerful antioxidant, which studies show is 550 times stronger than vitamin E. It helps combat free radical damage to muscles and helps reduce the buildup of lactic acid that causes

post-workout soreness. We recommend combining this product with our Master Amino Acid Pattern™ so you can get the most out of your workouts.

- Nature's most powerful antioxidant
- May enhance metabolism
- May support eye health
- May improve recovery time and protect muscle tissue from damage
- Can provide some protection for the skin from UVA and UVB damage

Master Amino Acid Pattern - Muscle Building and Fat Burning

Master Amino Acid Pattern™ is pre-digested 100% vegetarian protein that has been featured in the Physician's Desk Reference* and is comprised of non-soy legumes. For fitness goals, we recommend combining it with the Power Shake™.

- Aids in normalizing protein synthesis
- Assists with the stabilization or recovery of muscle strength, endurance, and volume
- Helps keep body tissues firm
- Helps minimize body fat
- May support a weight loss regimen

Revive-It-All - Reaction Time and Mental Alertness

Purium's Revive-It-All™ contains two very important ingredients that have been proven to help rejuvenate mental capacities and can help improve reaction time and motor control - Acetyl L-Carnitine and Alpha Lipoic Acid. To those we have added Ginkgo Biloba and Glisodin®, an antioxidant with anti-aging properties. We recommend adding this to any anti-aging regimen. It is a great complement to our Joint-Flex™, which together can make you feel like a much younger person both mentally and physically.

- Can help improve mood, memory, cognition, and motor control
- May help increase energy and vigor
- Can enhance circulation
- May support lower blood pressure

RECOVERY

Joint Flex - Repair and Recovery

Purium's Joint-Flex™ contains a variety of herbs used to support healthy joint function. Joint-Flex™ can help increase mobility and flexibility, and restore vitality. It is a valuable addition to any anti-aging regimen, and we recommend combining it with our Apothe-Cherry™ for further joint support.

- Can support body's response to inflammation
- Can help enhance flexibility
- May stimulate the rebuilding of connective tissues
- Can inhibit the neural transfer of pain signals

Apothe-Cherry - Anti-inflammatory and Deep Sleep

Purium's Apothe-Cherry™ is made from Montmorency Tart Cherries, which are nature's most nutritionally dense food. They contain a wide variety of antioxidants and phyto-chemicals, and each serving contains 7,000 ORAC (Oxygen Radical Absorbance Capacity) units. We recommend combining this product with our 40x Aloe Vera Concentrate.

- Dramatically reduces inflammation
- Preferred over non-steroidal anti-inflammatory drugs (NSAIDs)
- Contains melatonin, which may help balance circadian rhythms for

proper sleep

- May support healthy joint function
- May help reverse premature aging

L.O.V.E. Super Meal - Core Nutrition and High Protein

Purium's L.O.V.E. Super Meal™ is composed of 36 pure, premium, natural, whole food ingredients. It contains 12 green foods, 10 vegetables, 9 sprouts, and 5 mushrooms – and only 2 grams of naturally occurring sugar. It also has 20 grams of vegan protein from organic fermented rice, 9 grams of fiber, and more antioxidants than 10 servings of fruits and veggies!

7 products in 1:

Weight Loss Formula + Protein Drink + Fiber Supplement + Essential Fatty Acid Supplement + Super-Antioxidant Drink+ Immune Support Supplement + Energy Drink!

- Great for recovery
- Natural source of energy
- Great high protein, low carbohydrate meal replacement

REHYDRATE

Ionic Elements - Rehydrate

Purium's Ionic Elements™ is a specially formulated combination of fulvic acid and ocean trace minerals - it is a great source of magnesium and other important nutrients. We start with a special, rare source of humic and fulvic base and use our proprietary (acid-free) refining method to accelerate the concentration and purity of the fulvic acid, which leaves it with a fresh, clean taste. We recommend adding Ionic Elements™ to your Power Shake™ or any other green drink.

- Great for rapid rehydration
- Excellent source of magnesium to reduce muscle cramps
- Increases alkalinity
- Reduces muscle tension

WEIGHT LOSS

CONTROL Pre-Meal Capsules - Weight Loss

Purium's CONTROL Pre-Meal Capsules™ are specifically designed to help you eat less and reduce the impact of simple carbohydrates and sugars, lessening the possibility that your body will convert them into fat. It is a great addition to any weight loss regimen, and we always recommend combining it with our Control Whole Food Meal™.

- May help curb cravings and reduce appetite
- Can support stabilized blood glucose
- Neutralizes starches found in processed carbohydrates
- May promote healthy body weight
- Can enhance mental alertness, endurance, and stamina
- Helps you feel satisfied faster and takes the edge off your cravings

**If you have more questions,
Purium is open Monday - Friday
7:30 AM to 5:30 PM - PST.**

**For Customer Service -
please email: support@puriumcorp.com
or call: (888) 747-6733**

Here are just a few of the drug-free athletes who use Purium products.



Antonio McKee

Mixed Martial Artist

Achievements: Career 27 wins and 4 losses, MFC Lightweight Championship

Favorite PURIUM products: Power Shake, Master Amino Acid Pattern

Antonio McKee is an American professional mixed martial arts (MMA) fighter with a current record of 27 wins, 4 losses and 2 draws. McKee began wrestling at the age of 14 and quickly found his niche competing with the likes of Dan Henderson, Heath Sims, and John Smith.



Laura London

Natural Body Builder/ Fitness Model

Achievements: 3rd place in NPC Figure Competition

Favorite PURIUM products: Power Shake, Master Amino Acid Pattern, Bee Energetic, Joint Flex

Laura is known as the "Green Fitness Goddess". A holistic health coach, personal trainer, wife and mother of three, Laura stopped training for 6 years before getting back into "show" condition with the help of Purium products. At age 45 she is a nationally-ranked figure competitor.



Ian Farrar

Champion Cyclist

Achievements: 2011 World Master Cycling Championships Belgium, finisher Bethel Criterium 1st place and 2nd overall for series.

Favorite PURIUM products: Power Shake, Master Amino Acid Pattern, Bee Energetic & Super Male Formula

Purium products have helped Ian train harder, sprint faster and recover quicker for more than 7 years now. Not only is Ian an elite cyclist, but he also earns thousands and thousands of dollars every month promoting Awesome Products for Athletes to the cycling community.



Koya Webb

Model & Trainer, Raw Chef, Author

Achievements: Author of "Koya's Kuisine-Foods You Love That Love You Back!"

Favorite PURIUM products: Power Shake, Master Amino Acid Pattern, Apothe-Cherry

Being a fitness model, a pure food vegetarian, and an author who teaches about healthy cuisine, Koya is always trying to find the most effective way to maintain lean body mass and meet her body's needs for protein, fat and carbohydrates. That's why she uses and recommends Purium.



Peter Thomas

Professional Stuntman & Fight Choreographer

Achievements: Martial Arts instructor and Hollywood Stuntman

Favorite PURIUM products: Master Amino Acid Pattern, Revive-It-All, L.O.V.E. Super Meal

As a martial arts instructor, Hollywood stuntman, I must be at my very best at all times. Purium Health Products provides the products that protect my body and allow rapid recovery from injury and ensure that I am maximizing my workouts. With Purium's Awesome Products for Athletes, I am improving stamina, reaction time, and focus.



Emanuel "Tiny" Yarbrough

Sumo Wrestler

Achievements: US World Sumo Champion, Guinness Book of World Records for the "Largest Athlete in the World"

Favorite PURIUM products: Power Shake, Master Amino Acid Pattern, Apothe-Cherry

Emanuel "Tiny" Yarbrough is a past US World Sumo Champion and is in the Guinness Book of World Records as the largest athlete in the world (6'8" and 800+ pounds). He has appeared on The Tonight Show, Late Show with David Letterman, and has been profiled on Nightline, Live with Regis and Kelly, 20/20, and Extra. Purium products helped Manny lose 270 pounds after he retired . . . and this weight loss may have literally saved his life.

To Place Your Order, Please Contact your PURIUM Distributor:

Unlike 99% of all nutrition companies, we actually manufacture the products in our own facility, so we KNOW they are "clean".

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