Welcome to your

## ULTIMATE LIFESTYLE TRANSFORMATION

ULT Schedule & Progress Tracker

The quality of food you eat is equal to the quality of life you live.

# SEE IT. FEEL IT. TRACK IT.



Fill in the actual dates of your Tracker Self Check-Ins. Put these dates into your calendar to set appointments with yourself.

1. Noch ingerenzent Do Georg Greek       DAY O       DAY 30       DAY 20       DAY 30       DAY 45       DAY 60       DAY 75       DAY 30         Departion       Mode       Image: Second Seco	Rate from 1-10 how you feel in the areas listed below. Use the blank spaces to fill in 2 specific areas that you would like to track (ex. Blood Pressure, Blood Sugar or Physical Activity).	• <b>N</b> Date:	MAKEACC	<b>D M M I T M E N</b>	<b>T</b> •	• <b>S T A</b> ` Date:	Y CONSIST	• BE TRANSFORMED • Date:					
Earg Look       Image Look <th>10 - Going Great</th> <th>DAY</th> <th>DAY</th> <th>DAY</th> <th>DAY</th> <th></th> <th>DAY</th> <th>Date: DAY 60</th> <th>DAY</th> <th></th>	10 - Going Great	DAY	DAY	DAY	DAY		DAY	Date: DAY 60	DAY				
Weight / BM:       Image: Barling in the state in the st	Digestion:												
Dep Restrid Step:	Energy Level:												
Opinion / Modi:	Weight / BMI:												
Abes & Pairs:       Image: Control of the state of the s	Deep Restful Sleep:												
Stress Level:       O       Image: Control of the stress of the s	Optimism / Mood:	12. 10.											
Food Choices:	Aches & Pains:												
Water Inske: Image: State St	Stress Level:												
Commitment to Transformation:	Food Choices:												
General Feeling of Heatth: Oracle Intervention   General Feeling of Heatth: Oracle Intervention   Intervention Intervention	Water Intake:												
General Feeling of Health: Image: Contract Info:   My Purium Brand Partner:   My Purium Brand Partner:     My Purium Brand Partner:     My Purium Brand Partner:     My Purium Brand Partner:     My Purium Brand Partner:     My Purium Brand Partner:     My Purium Brand Partner:     My Purium Brand Partner:     My Purium Brand Partner:     My Purium Brand Partner:     My Purium Brand Partner:     My Purium Brand Partner:     My Purium Brand Partner:     My Purium Brand Partner:     My Purium Brand Partner:     My Purium Brand Partner:          My Purium Brand Partner:     My Purium Brand Partner:     My Purium Brand Partner:     My Purium Brand Partner:     My Purium Brand Partner:     My Purium Brand Partner:     My Purium Brand Partner:     My Purium Brand Partner:     My Purium Brand Partner:     My Purium Brand Partner:     My Purium Brand Partner:     My Purium Brand Partner:     My Purium Brand Partner:     My Purium Brand Partner:     My Purium Brand Partner:     My Purium Brand Partner:     My Purium Brand Partner:     My Purium Brand Partner: </td <td>Commitment to Transformation:</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	Commitment to Transformation:												
taking selfies and and sharing your progress. Weight (Lbs): I Feel (1 word): Take Selfie: Share Progress On Social or with Your Purium Brand Partner:  My Purium Brand Partner Name & Contact Info: My Pu	General Feeling of Health:			· · · · ·									
taking selfies and and sharing your progress. Weight (Lbs): I Feel (1 word): Take Selfie: Share Progress On Social or with Your Purium Brand Partner:	:				923								
taking selfies and and sharing your progress. Weight (Lbs): I Feel (1 word): Take Selfie: Share Progress On Social or with Your Purium Brand Partner:	:												
I Feel (1 word): Take Selfie: Share Progress On Social or with Your Purium Brand Partner: My Purium Brand Partner Name & Contact Info:	Track your details by filling in the blanks, taking selfies and and sharing your progress.												
Take Selfie:       Image: Construct Info:       Image: Cons	Weight (Lbs):												
Share Progress On Social or with Your Purium Brand Partner:       Image: Contact Info:	l Feel (1 word):												
My Purium Brand Partner Name & Contact Info: Learn more about products bit.ly/ULTproducts	Take Selfie:												
	Share Progress On Social or with Your Purium Brand Partner:												
the internal terminal termin						Lifestyle Guic	de, what to expect on your	Have question	s? We have answers!	How to take great selfies.			
	My Purium Brand Partner Name & C Item #: P11200-S RD1222	Contact Info:				journey, and h	healthy meal inspiration.	Asked Questic	ons (FAQs) Blog.	this journoul			

۲•	• BE TRAN	SFORMED・
te:		Date:
day 60	DAY 75	day 90





19 20 21

\* For optimal results wait 30 min - 2 hours before consuming Power Shake. \*\*Super CleansR aids in waste elimination. Based on your body's digestion response, modify by reducing 1 capsule per serving.

Star	rt Date:									• ST	AY (	201	1515	TEN	• <b>T</b> -	мо	NTH	12•								End	Dat	e:				_	
	Product:	Dosage:	Day:	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60
Norning	Super Amino 23*	(5 tablets)																															
	Biome Medic	(1 capsule)																															
	Power Shake	(5.5 tbsp with 20 oz. cold water or creamy beverage)																															
Widday	Super CleansR**	(2 capsules) days 11-20 onl	у				— N	√o Supe	r Clear	nsR —														H			— No	o Super	Cleans	R —			_
Mr. M.	Super Amino 23*	(5 tablets)																															
	Power Shake	(5.5 tbsp with 20 oz. cold water or creamy beverage)																															
wening	Super CleansR**	(2 capsules) days 11-20 onl	y l				— N	lo Supe	r Clear	ısR —														<u> </u>			— No	o Super	Cleans	R ——			-+
4 C	Biome Medic	(1 capsule)																															
	Apothe-Cherry	(2 tbsp with water to taste)	_																														

\*For optimal results wait 30 min - 2 hours before consuming Power Shake. \*\*Super CleansR aids in waste elimination. Based on your body's digestion response, modify by reducing 1 capsule per serving.

Star	t Date:								BE	TR	ANS	FOI	RME	D -	мо	NT	H 3								End	Dat						
Norning	Product:	Dosage:	Day: 61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90
	Super Amino 23*	(5 tablets)																														
	Biome Medic	(1 capsule)																														
Widday	Power Shake	(5.5 tbsp with 20 oz. cold water or creamy beverage)																														
	Super Amino 23*	(5 tablets)																														
	Power Shake	(5.5 tbsp with 20 oz. cold water or creamy beverage)																														
wening	Biome Medic	(1 capsule)																														
(	Apothe-Cherry	(2 tbsp with water to taste)																														

\*For optimal results wait 30 min - 2 hours before consuming Power Shake.

	End	Date	:				_	
22	23	24	25	26	27	28	29	30
		— No	Super (	CleansF	<u>ا</u>			
		— No	Super (	CleansF	₹ —			-

# **STAY INSPIRED & CONSISTENT**

Science shows that it only takes 90 days to build a habit. Add the ULT - Smart Order Pack to your monthly subscription for Months 2 and 3. Track your product intake and journey with this brochure.



#### DON'T FORGET TO **DRINK WATER!**

Remember to drink a minimum of 1/2 your body weight in ounces of water per day in addition to the water used to make shakes and Apothe Cherry.



### **SUPER AMINO 23**

**Vegan** Protein

#### May help:

- Create Lean Muscle
- Burn Fat
- Increase Skin Elasticity
- Improve Mental Function

#### DON'T FORGET TO EAT!

This program is not about depriving yourself of food. Listen to your body, drink your shakes and consume regular meals and snacks! To maximize weight loss be mindful of caloric intake, choose foods listed in the Lifestyle Guide and replace 1-2 meals per day with a shake.





#### May help:

- Detoxify Glyphosate
- Improve Digestion
- Reduce Bloating
- Support Immunity
  - Impact C-reactive Protein



#### MAKE IT YOUR OWN:

Did you purchase a customized ULT? L.O.V. Super Meal and/or Dark Berry Protein are interchangeable with Power Shake. You may use a 1/2 serving of two different shakes anytime a Power Shake is called for on the schedule.



## **POWER SHAKE**

Supports a Healthy

**Gut Microbiome** 

**Nourishing Greens** 

#### May help:

- Energy Levels
- **Reduce** Cravings
- Detoxify Cells Satisfy Hunger
- Burn Fat

#### SUPER CLEANSR:

Super CleansR is formulated for use in months 1 and 2 of your ULT, over a 40-day period. s includes two, 10-day periods of use, separated by a 20-day period of non-use. During Thi the 10-day periods of use, take 2 capsules in the morning and 2 capsules midday with a shake or food. For best results follow the schedule closely. Super CleansR is not intended for everyday or prolonged consumption.



## SUPER CLEANSR

Parasite Cleanse

#### May help:

- Healthy Bowel Function
- Release Toxins and Buildup
- Elimination of Parasites

## DRINK ALL KINDS OF WAYS:

- As a cold drink
- As a warm beverage Directly from the spoon



## **APOTHE-CHERRY**

Anti-Aging Sleep Support

#### May help:

- Enhance Deep Sleep
- Combat Free Radical Damage
- Supports Healthy Skin Assists the Response
  - to Inflammation

©2023 Purium. All rights reserved, These statements have not been evaluated by the FDA. Information herein is NOT intended to be taken as medical advice. No therapeutic or medical claims are either implied or made. DO NOT ALTER ANY MEDICAL TREATMENT OR THE USE OF MEDICATIONS WITHOUT THE PERMISSION OF YOUR MEDICAL CARE PROVIDER. FDA regulations prohibit the use of therapeutic or medical claims in conjunction with the sale of any product not approved by the FDA