

TRANSFORMATION

2 ways to win:

Daily Schedule

1. 10-Day Transformation Cleanse Start the schedule from the time you wake up and then follow the intervals accordingly:

18oz of water + 5 Super Amino 23 + 1 Super Lytes + 1 Flex Food*

2 hours later

Power Shake
(2 scoops mixed with 12-18oz of water or Flex Beverage)
+ 2 Super CleansR Capsules

2 hours later

18oz of water + 5 Super Amino 23 + 1 Super Lytes + 1 Flex Food*

2 hours later

Power Shake
(2 scoops mixed with 12-18oz of water or Flex Beverage)

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18oz of water + 5 Super Amino 23 + 1 Super Lytes + 1 Flex Food*

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Power Shake
(2 scoops mixed with 12-18oz of water or Flex Beverage)
+ 2 Super CleansR Capsules

2 hours later

Apothe-Cherry
(2 tsp / 1 oz mixed with 6-8oz of water or Flex Beverage)

or

2. The 10-Day Transformation Lifestyle Start the schedule from the time you wake up and then follow the intervals accordingly:

18oz of water + 5 Super Amino 23 + 1 Super Lytes + 1 Flex Food*

2 hours later

Power Shake
(3 scoops mixed with 12-18oz of water or Flex Beverage)
+ 2 Super CleansR Capsules

2 hours later

18oz of water + 5 Super Amino 23 + 1 Super Lytes + 1 Flex Food*

2 hours later

Power Shake
(3 scoops mixed with 12-18oz of water or Flex Beverage)

2 hours later

18oz of water + 5 Super Amino 23 + 1 Super Lytes + 1 Flex Food*

2 hours later

12-18oz of water prior to 2 Super CleansR Capsules with Flex Meal

2 hours later

Apothe-Cherry
(2 tsp / 1 oz mixed with 6-8oz of water or Flex Beverage)

The Lifestyle difference is security; knowing you get one healthy, filling Flex Meal per day in addition to the 3 Flex Foods. Please see Support Guide for list of Flex Meal approved foods.



***Flex Foods & Drinks** -We encourage you to supplement your Transformation regimen by adding up to 3 nutrient-dense foods and drinks every day at the times in your schedule that are optimal for you. (The current designation on the schedule is just a suggestion.) As long as it is a fruit or veggie (other than bananas or starchy veggies) of a reasonable portion size, you are welcome to consume it. Please don't add dressings or toppings except Himalayan sea salt, fresh lemon or garlic or cayenne pepper. No meat, dairy, or bread.

Preparation

1. Two days prior to starting your Transformation omit dairy, processed foods and meat from your diet.
2. Get started with a positive mental attitude, "I can and will!"
3. Buy and have some flex foods on hand. (See List)
4. Take your "Before" photo, weigh and measure yourself
5. Text the word "transformation" to 55678 (USA) or 70734 (Canada) the day before you start to receive daily inspirational messages from David Sandoval & members of our Purium Celebrity team.

Flex Foods & Drinks

Flex Foods (be sure to chew thoroughly)

- 1 organic apple
- Half of a large avocado (or 1 small)
- 1 c. of watermelon or organic berries
- Organic cucumber slices (optional: add sea salt & cayenne pepper)
- 1 c. quality fermented vegan foods like sauerkraut or kimchi

Warm Flex Foods

- 1/2 cup squash, spinach, broccoli, or kale sautéed in coconut oil with garlic and sea salt

Flex Beverages

- 8 oz of unsweetened almond milk (without preservatives preferably)
- 8 oz of unsweetened coconut milk (without preservatives preferably)
- 8 oz of unsweetened coconut milk or coconut water (without preservatives preferably)
- Kombucha
- Any Purium "green drink"

Warm Flex Beverages

- 8 oz unsweetened, decaffeinated tea (herbal teas)
- Hot water w/lemon, honey, and cinnamon
- Vegetable broth



Do's and Don'ts

Do drink more water, broth and fresh juices and eat fresh, raw fruit and veggies, dark leafy green salads and high quality, high fiber meals, prior to starting. Do switch from using "table salt" to "sea salt."

Do stay hydrated – be sure to drink more than half your body weight in ounces per day, as well as any time you feel thirsty or hungry.

Do eliminate temptations - remove cookies, cakes, chips and other treats from your cupboards.

Don't binge eat, drink or consume a large meal the day before starting as this will result in discomfort.

Don't over-exercise. Exercise is a form of stress and stress is stress. Too much exercise is counterproductive; strenuous exertion should be avoided at this time.

Don't schedule your Transformation during a stressful or hectic time.

**We don't plan to fail,
we fail to plan.**

SAFETY FIRST

The AMA recommends consulting a doctor before starting any weight loss regimen. If you have a substantial amount of weight to lose, please consider eating at least one solid meal every day and using the Transformation products for the other 2 meals. Also, be extra diligent with your preparation and your hydration.

