

ULTIMATE NUTRITION

40-Day Schedule

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.

 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