

ULTIMATE LIFESTYLE TRANSFORMATION + COLLAGEN SUPPORT SCHEDULE



Purium's Ultimate Lifestyle Transformation + Collagen Support pack is the answer for anyone interested in feeling and looking younger by living a healthier lifestyle! Purium's targeted formulas Dark Berry Protein and Renew Hair, Skin, and Nails, have been scientifically composed - and work synergistically- to help reverse the hands of time and support healthier collagen.

The CORE nutrition provided by Power Shake, Biome Medic, Super Amino 23 and Apothe Cherry nourish and detoxify daily to provide more energy, better digestion, deeper sleep and a more balanced mood.

Follow the recommended schedule for optimal results.




Alternately, simply consume the following each day.

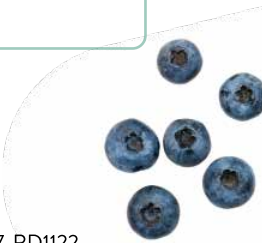
- Super Amino 23** - 10 tablets daily
- Dark Berry Protein** - 1 serving daily (4 tbsp)
- Biome Medic** - 2 capsules daily
- Renew Hair Skin & Nails** - 6 capsules daily
- Power Shake** - 1 serving daily (5 ½ tbsp)
- Apothe Cherry** - 2 tbsp daily



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 Morning:	 Midday:	 Before Bed:
<p>Super Amino 23 (5 tablets) wait 30 minutes - 2 hours</p> <p>Dark Berry Protein Shake (4 tbsp with 8-12 oz cold water or creamy beverage) in place of breakfast</p> <p>Biome Medic (1 capsule)</p> <p>Renew Hair Skin & Nails (3 capsules)</p>	<p>Super Amino 23 (5 tablets) wait 30 min -2 hours for optimal results</p> <p>Power Shake (5 ½ tbsp with 20 oz cold water or creamy beverage) in place of lunch or as a snack</p>	<p>Biome Medic (1 capsule)</p> <p>Renew Hair Skin & Nails (3 capsules)</p> <p>Apothe Cherry (2 tbsp with water to taste)</p>



Be sure to add healthy meals and snacks to meet your energetic and caloric needs.