

CORE 4 CLEANSING

Daily

PRODUCTS:

Biome Medic +
Power Shake +
Apothe-Cherry +
Daily Fiber Blend

Gently cleanse while improving energy, sleep, digestion, mental clarity, and so much more. Purium has paired our most popular greens, fruit and fiber with the power of Biome Medic. Infuse your body with nutrients and cleanse your second brain (your gut) of toxins found in everyday foods. Daily Fiber rounds up Core 4 Cleansing by supporting healthy bowel function and proper elimination.

SCHEDULE

Enjoy 1-2 Lifestyle Meals per day, with 1-2 Power Shakes per day. 1 Shake = 1 meal. Flex foods are excellent snacks, too!

 Rise and shine	Biome Medic - 2 capsules with water
 2 hours later or as a meal replacement	Power Shake - 2 scoops mixed with water or a Flex Beverage
 Time to unwind 30-60 min. before sleep	Apothe-Cherry - 1-2 tablespoons mixed with water or a Flex Beverage Daily Fiber Blend - 1 scoop of Fiber mixed with water or a Flex Beverage.