

ULTIMATE PARASITE CLEANSE

40-Day Schedule

PRODUCTS:

10-Day Transformation (with Super CleansR) + 30-Day supply of Core 4 Cleansing + Super CleansR. The pack also comes with a BPA-Free Pro-Stak Blender Bottle, a tape measure and a Purium gym bag.

This 40-day supply of products is designed to cleanse the body of toxins, support gut health and flush parasites that are common in everyday foods, such as produce and sushi. We encourage you to use this schedule as a guide for your health journey. Be sure to listen to your body and make modifications as necessary. This 40-Day plan includes Flex Foods, Flex Beverages and Lifestyle Meals.

DAYS 1 - 10

10-DAY TRANSFORMATION (cleans)

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 - 30

CORE 4 CLEANSING.

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.

DAYS 31 - 40

CORE 4 CLEANSING + SUPER CLEANSR.

Continue to eat Flex Foods and Lifestyle Meals daily.

 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 Super CleansR - (1-2 capsules)
 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. Super CleansR - (1-2 capsules)

Exercise Recommendation

DAYS 1-10 • None or walking/yoga without breaking a sweat

DAYS 11-40 • No restrictions