

WELCOME

to your Daily Core 4

TRAN(T)S-FƏR-'MĀ-SHƏN

trans·for·ma·tion

noun : a permanent, lasting change

WHAT'S INSIDE

BUILD

Pure Vegan Protein



May help:

- Create lean muscle
- Support skin elasticity
- Burn fat
- Support mental acuity

NOURISH

Super Greens & Fats



May help:

- Support energy
- Reduce cravings
- Fuel your cells
- Create satiety

DETOXIFY

Superior Gut Health



May help:

- Detoxify glyphosate
- Support digestion
- Support immunity
- Support healthy C-reactive protein levels

REGENERATE

Organic Super Fruit



May help:

- Support sleep
- Combat free radical damage
- Beautify skin
- Create a healthy response to inflammation

YOUR 30-DAY SCHEDULE



RISE & SHINE

When you wake up:

- Super Amino 23* (5 tablets)
- Power Shake (5.5 TBSP with 20 oz. water)
- Biome Medic** (2 capsules)



SWEET DREAMS

30-60 minutes before you go to sleep:

- Apothe-Cherry (1 TBSP with 8-10 oz. water)

Make It Your Own:

L.O.V. Super Meal and/or Epi-Genius Kids are interchangeable with Power Shake if you purchased either the Daily Core 4 - Customizable or Daily Core 4 w/ Epi-Genius Kids. You may use a 1/2 serving of two different shakes anytime a Power Shake is called for on the schedule.

Don't forget to re-order at ishoppurium.com!

* For optimal results, wait 30-60 minutes before drinking Power Shake.

**Biome Medic aids in waste elimination. Based on your body's digestion response, modify by reducing 1 capsule per serving as needed.

GET SUPPORT (Scan the QR codes with your smartphone to learn more.)

GET FAMILIAR WITH
THE PRODUCTS VIDEO



DAILY CORE 4
SCHEDULE & TIPS



LIFESTYLE
TRANSFORMATION SUPPORT



SUCCESS
STORIES



SEE IT. FEEL IT. TRACK IT.



TRACKER

DAY 0 DAY 10 DAY 20 DAY 30

On a scale of 1-10, how are you feeling? 10 is your BEST self. Write your number in the circle below.

ENERGY	○	○	○	○
DIGESTION	○	○	○	○
MOOD	○	○	○	○
SKIN	○	○	○	○
SLEEP	○	○	○	○

Let's track your physical transformation - no judgement, here! Write your numbers below.

WEIGHT	□	□	□	□
MID-UPPER-ARM	□	□	□	□
WAIST-BELLY BUTTON	□	□	□	□
HIPS	□	□	□	□
MID-THIGH	□	□	□	□

On a scale of 1-10, how satisfied are you with your consumption of the following? 10 = most satisfied, 1 = least satisfied.

WATER	○	○	○	○
SUGAR	○	○	○	○
CAFFEINE	○	○	○	○
PLANT-BASED FOODS	○	○	○	○

CHECKLIST

- Join Purium's Lifestyle Transformation Facebook Group.
- Sign up for Smart Order with either another Daily Core 4 or an Ultimate Lifestyle Transformation.
- Take & save "Before" and "After" selfie, and full body photo.
- Join the Lifestyle Zoom with Purium co-owners Dave Sandoval & Amy Venner every Wednesday. Details on iSharePurium.com/events
- Post & share Before/After in our Facebook Group and as a iShopPurium.com product reviews.

SMART ORDER

Smart Order is a monthly subscription order, so you never run out of product.



Smart way to maintain health goals



Earn 2x Rewards Points on every order



Helps keep your 25% discount active



Learn more about Smart order on ishoppurium.com/pages/smart-orders

REWARDS POINTS

Purium Rewards is a points system to reward our best customers.



See & Redeem Points on iShopPurium.com



\$1 spent = 1 point



Many bonus options to help boost points & more



Learn more about Rewards Points on ishoppurium.com/pages/purium-rewards