

David Sandoval's 10-Day Celebrity  
**TRANSFORMATION**  
 athlete.

**POWER YOUR PERFORMANCE**

- \* Build Lean Muscle
- \* Create Sustained Energy
- \* Get Fit Faster

- \* Reduce Fatigue
- \* Reduce Soreness
- \* Reduce Damage

**PURITY YOU CAN TRUST**

- \* NO Artificial Colors
- \* NO Artificial Flavors
- \* NO Artificial Sweeteners

- \* NO GMOs
- \* NO Gluten
- \* NO Soy

**PURE PROTEIN!**



Master Aminos

**PURE NUTRITION!**



Super Meal – L.O.V.

**PURE ENDURANCE!**



Super Life Formula

**PURE RECOVERY!**



Super Xanthin

**Daily Schedule:**

7 am	5 Master Aminos / 2 Super Xanthin
9 am	1 Super Meal + water / 3 Super Life Formula
11 am	5 Master Aminos / 2 Super Xanthin
1 pm	1 Super Meal + water / 3 Super Life Formula
3 pm	5 Master Aminos / 2 Super Xanthin
5 pm	1 Super Meal + water / 3 Super Life Formula
7 pm	Choose 1 Meal option (see below)

**Workout Support:**

- \* David Sandoval's 3-Minute Core Workout Routine/Video (2 – 3x per day suggested)
- \* Text the word "athlete" to 55678 the day you begin your program

**Food Support:**

**IMPORTANT - Add 300 nutrient-dense calories for every additional 30 minutes of workout.**

Try these options for best results:

- \* Quinoa and broccoli
- \* Buckwheat pancakes
- \* Hardboiled eggs
- \* Wild-caught salmon
- \* Steamed veggies and brown rice
- \* Steel Cut Oatmeal with dried fruit/nuts
- \* Free-range chicken
- \* Organic fruits and vegetables



\* Make sure you are also getting an adequate amount of salt in your daily diet. The RDI is approximately 1 tsp. We recommend using a high quality sea salt.

\* See the Transformation Support Guide (Continuation Program, pages 4 - 6) for more ideas

**Safety First Statement:** At Purium we want every Transformation to be a positive experience, we recommend consulting a physician (preferably a physician specializing in integrative medicine) before starting this or any other weight loss regimen. The Transformation Program is intended for use only by healthy adults. If you experience discomfort, distress or any other symptom during your 10-Day Transformation, please discontinue using the products immediately and consult a physician. Please also note that Traditional Naturopath Michael Wohlfeld is on staff to answer your health questions via [PuriumNaturopath@gmail.com](mailto:PuriumNaturopath@gmail.com).

ITEM	RETAIL	MEMBER	PREMIER	PROFESSIONAL	BV
1191	\$270.00	\$224.00	\$205.00	\$148.50	130

The Athlete's 10-Day Transformation is part of Purium's "Give \$50 / Get \$50" Program!

**Get into the best shape of your life with PURIUM!**