



Making Healthy Cool



Look, Feel & Perform Like a Much Younger Person!



10-Day Transformation

Total Weight Control

Maximum Fitness

Ultimate Anti-Aging

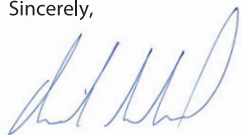
Core Nutrition

Dear Friend,

Several years ago I noticed that more and more of the people I loved were beginning to complain of low energy, poor digestion, weight gain, and dozens of other major and minor ailments. I have now dedicated almost two decades of my life to seeking out and gaining access to pure & premium sources of diverse superfoods to help combat these problems.

My mission with Purium Health Products is to help you look, feel, and perform like a much younger person by making these synergistically combined superfoods readily and conveniently available. With proper use of Purium's products, your body will begin to awaken and thrive as it never has before; this is my promise to you.

Sincerely,



David Sandoval




*David Sandoval, author, radio personality and the founder of Purium Health Products, is a recognized leader in the field of health and nutrition and has a long history of creating superior health products.*

## INDEX

10-DAY CELEBRITY TRANSFORMATION	PAGE 03
NEXT 20-DAY CONTINUATION PACKS	PAGE 05
LIFESTYLE PLUS PACKS	PAGE 06
L.O.V.E. Super Meal	PAGE 08
ANTI-AGING	PAGE 10
WEIGHT CONTROL	PAGE 16
SPORTS & FITNESS	PAGE 20
IMMUNE SUPPORT	PAGE 26
DETOXIFICATION	PAGE 32
PET CARE	PAGE 37
THE GREEN FOODS BIBLE	PAGE 38
PRICE LIST	PAGE 38

## David Sandoval's TRANSFORMATION 10-Day Celebrity

Personally formulated for his celebrity clients by David Sandoval, Co-Founder of PURIUM Health Products and Author of the 'The Green Foods Bible', this program can help break your addiction to food and **change your life forever.**




**Kelii B.**

"Purium has transformed my life. My energy levels are way up and my cravings for coffee are gone. The side effect is that I lost 16 pounds and 6.5 inches. The most surprising thing was that I was able to continue my high intensity cross-fit training during this time with some foods from the flex list."

**"I can't wait to use my story to inspire others."**

**16 LOST pounds and 6.5 inches**




**Beth G.**

First 2 days were very hard. But once I got past it... I felt great! Happy to lose weight especially in the mid section. Lots of energy, decreased appetite!

**Actually craving the shakes!  
Tons of energy to play with my newborn and toddler!**

**30 LOST pounds in 30 days**




**Chuck A.**

"When I started my Transformation 3 months ago, I weighed 226. Now I'm 174, which is less than I weighed 15 years ago! I have a physical job and an active home life, so I need lots of energy all day, every day ... and that's what I get with Purium."

**"I feel great!"**

**52 LOST pounds in Just 90 days**



**Frieda B**

Before Koya and David introduced me to eating clean and green with Purium superfoods, I really wasn't in bathing suit shape. I was living on coffee and junk food. After just 10 days on David's Transformation Program my body began to de-tox and I knew I was on my way!

**I continued on Purium's maintenance program and only 90 days later I shocked myself when I placed third in my first fitness competition.**

**AMAZING 90 DAY WEIGHT LOSS**

# RESULTS IN JUST 10 DAYS!

## 10-Day pack.

All of your food  
for ONLY  
\$23 per day!

### BASIC Program

Expect to lose 5 - 20 pounds in just 10 days!

#### Includes:

- Power Shake (1065 g)
- Master Amino (150 count)
- Apothe-Cherry (16 oz)
- Shaker Bottle
- 10-Day Celebrity Transformation Gym Bag
- 10-Day Celebrity Transformation Tape Measure
- Easy-to-follow Transformation Guide
- FREE Support Pack (See back page for details)

David Sandoval's  
**TRANSFORMATION**



10-Day Transformation Pack with Apple-Berry Flavor - Item #1127

10-Day Transformation Pack with Original Flavor - Item #1121

Retail Price: \$225

Premier Price: \$165

## 10-Day cleanse.

All of your food  
for ONLY  
\$27 per day!

### COMPLETE Program!

Expect to lose 5 - 20 pounds in just 10 days!  
PLUS detox your body and clean your digestive tract.  
PLUS re-set your metabolism and break your addiction to food.

#### Includes:

- Power Shake (1065 g)
- Master Amino (150 count)
- Apothe-Cherry (16 oz)
- Ionic Elements (4 oz)
- Daily Fiber Blend (500 g)
- Shaker Bottle
- 10-Day Celebrity Transformation Gym Bag
- 10-Day Celebrity Transformation Tape Measure
- Easy-to-follow Transformation Guide
- FREE Support Pack (See back page for details)

David Sandoval's  
**TRANSFORMATION**



10-Day Transformation Cleanse with Apple-Berry Flavor - Item #1157

10-Day Transformation Cleanse with Original Flavor - Item #1151

Retail Price: \$270

Premier Price: \$205

*These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease. Purium Health Products recommends consulting a physician (preferably a physician specializing in integrative medicine) before starting this or any other weight loss regimen.*

# MEGA RESULTS IN 30 DAYS!

1 Day ON. 1 Day OFF.

## The 20-Day Continuation Program

After you've successfully completed your Transformation and you've lost 5, 10, 15 or even 20 pounds, your body is feeling clean and light, you no longer crave sugar, salt and fat, you don't want to go back to what you were doing before. Of course not!

You want to incorporate green superfoods into a new way of eating. But how? Easy! David Sandoval has created Continuation Packs that will help you continue the positive momentum that you've begun, locking in a complete metabolic re-set, while re-teaching your body how to eat "regular" food. And with the Weight Loss Continuation Pack, you can expect to lose as much weight in the next 20 days as you lost in your first 10!

ON

OFF

ON

OFF

ON

OFF

ON

OFF

ON

OFF

## Weight Loss Continuation Pack

next  
20 days

Expect to lose the same amount of weight in your "next 20 days" as you did in your first 10!  
Complete your metabolic re-boot!

#### Includes:

- Power Shake (1065 g)
- Master Amino (150 count)
- Apothe-Cherry (16 oz)



Next 20 Days - Weight Loss Continuation Pack  
With Apple-Berry Flavor Power Shake- Item #1171

Next 20 Days - Weight Loss Continuation Pack  
With Original Flavor Power Shake- Item #1170

Retail Price: \$220

Premier Price: \$155

## Maintenance Continuation Pack

next  
20 days

Begin your transition to "regular" food without gaining back what you've lost!

#### Includes:

- L.O.V.E. Super Meal (30 servings)
- Master Amino (150 count)
- Apothe-Cherry (16 oz)



Next 20 Days - Maintenance Continuation Pack  
With L.O.V.E. Super Meal- Item #1172

Retail Price: \$220

Premier Price: \$155

*These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease. Purium Health Products recommends consulting a physician (preferably a physician specializing in integrative medicine) before starting this or any other weight loss regimen.*



# lifestyle+ packs.

## core packs



### Total Weight Control

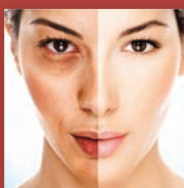
Item # 7610 – with Original Power Shake  
Item # 7611 – with NEW Apple-Berry Power Shake

- Power Shake (30 serv.)
- MAP (150 count)
- Apothe-Cherry (16 serv.)



### Maximum Fitness (Item# 7620)

- L.O.V.E. Super Meal (30 serv.)
- MAP (150 count)
- Astaxanthin Advantage (60 count)



### Ultimate Anti-Aging (Item# 7630)

- Power of 10 Veggie (30 serv.)
- Apothe-Cherry (32 serv.)
- Astaxanthin Advantage (60 count)



### Core Nutrition (Item# 7640)

- L.O.V.E. Super Meal (30 serv.)
- Bio Fruit (30 serv.)



The 10-Day Transformation is not the end... it's just the beginning. You may choose a **core pack**, a special combination of products that can help maintain your Transformation results. And also check out our **booster packs**, specially formulated to address your specific lifestyle goals.

## booster packs

### Fat Fighter (Item# 7650)

- Organic Tropic Oil (16 oz)
- Control Pre-Meal Capsules (180 count)



### Total Detox (Item# 7655)

- Herbal Fiber Cleanse (180 count)
- Daily Fiber Blend (30 serv.)



### Brain Boost (Item# 7660)

- Organic Tropic Oil (16 oz)
- Revive-It-All (90 count)



### Body Repair (Item# 7665)

- Joint-Flex (180 count)
- Heart Aid (180 count)
- Renew Hair, Skin & Nails (180 count)



### Renew Energy (Item# 7670)

- Bee Energetic (90 count)
- Super Male Formula (90 count)



### Super Immunity (Item# 7680)

- Immuno-Max (180 count)
- Vir-U-Sure (60 count)



### Sugar Stabilizer (Item# 7685)

- Scoop of Greens (60 serv.)
- Ionic Elements (30 serv.)



### Digestion Relief (Item# 7690)

- Advanced Probiotic Blend (60 count)
- Enzyme Advantage (90 count)
- 40X Aloe Vera (30 serv.)





# A L.O.V.E. Story

All calories are not created equal, which is why Purium created an entirely new type of nutritional product...a Nutrient-Dense Super Meal based on Live Organic Vegan Energy called L.O.V.E.



- If you L.O.V.E. your health ...
  - If you'd L.O.V.E. a smaller waistline ...
  - If you L.O.V.E. natural energy without stimulants ...
  - If you L.O.V.E. more nutrition and less calories ...
  - If you L.O.V.E. vitamins, minerals, antioxidants and essential fatty acids that come from organic fruits and vegetables, not animals or chemicals ...
  - If you'd L.O.V.E. to eat the perfect meal without even thinking ...
- Then all you need is L.O.V.E.!



## L.O.V.E. is...

With L.O.V.E., Purium has literally reinvented fast food and created the perfect meal for today's fast-paced lifestyle. Meal Replacement + Super-Antioxidant + Essential Fatty Acid Supplement + Immune Support + Weight Loss Formula + Sports Performance Product + Energy Drink. It is a one-of-kind, money-saving, category-creating product. With L.O.V.E. (and all Purium products) you enjoy only the most potent, whole food, live food, green food, super-concentrated, naturally alkalizing, organic, vegan, super-foods.

**Certified Organic • Vegan • 36 Live, Raw, Natural Whole Food Ingredients**  
**• 12 Green Foods, 10 Vegetables, 9 Sprouts, 5 Mushrooms • Tastes Delicious!**

**Ingredients:** Organic Fermented Rice Protein, Organic Flax Seed, Organic Green Food Blend (Containing: Organic Alfalfa Leaf Juice Powder, Organic Wheat Grass, Organic Barley Grass, Organic Spirulina, Organic Chlorella, Organic Dandelion Leaf), Organic Sprout Blend (Containing: Organic Quinoa Sprout, Organic Red Clover Sprout, Organic Sunflower Sprout, Organic Flax Sprout, Organic Amaranth Sprout, Organic Lentil Sprout, Organic Millet Sprout, Organic Garbanzo Bean Sprout, Organic Broccoli Sprout), Organic Dark Buckwheat, Organic Mushroom Blend (Containing: Organic Maitake Mushroom, Organic Cordyceps Mushroom, Organic Tremella Mushroom, Organic Shiitake Mushroom, Organic Turkey Tail Mushroom), Organic Maca, Organic Pumpkin, Organic Vegetable Blend (Containing: Organic Broccoli, Organic Cabbage, Organic Parsley, Organic Kale), Organic Apple Extract, Organic Rhodiola Root, Organic Eleuthero Root, Organic Acerola Cherry, Organic Stevia Extract, Organic Sea Kelp, Organic Dulse.

## L.O.V.E. is Not ...



FAKE food can cause REAL health problems. So, what we don't put into L.O.V.E. is just as important as what we do put in. Many of the things that other companies put into our bodies are made not made by God and Mother Nature, they're made by chemists ... in laboratories. They aren't foods at all. They're food-like substances. Processed, irradiated and genetically-modified. Filled with artificial colors, flavors and sweeteners. Loaded with hormones and sprayed with pesticides. That doesn't work for us.

- NO GMOs (genetically-modified organisms)
- NO irradiated ingredients
- NO gluten
- NO soy
- NO caffeine
- NO dairy
- NO artificial colors, flavors or sweeteners
- NO binders, fillers, excipients or preservatives
- NO synthetic or man-made ingredients whatsoever

# L.O.V.E. Super Meal™ Contains:

(Per Serving)

**MORE PROTEIN** (20g)

Than 3 Eggs

**MORE FIBER** (9g)

Than 5 Slices of Whole Grain Bread  
7 Cups of Whole Grain Pasta  
or 6 Cups of Wild Rice

**MORE ANTIOXIDANTS**

Than 10 Servings of Fresh Fruits  
and Vegetables

**MORE CHROMIUM**

Than 12 Servings of Turkey

**MORE ESSENTIAL  
FATTY ACIDS**

Than 12 Ounces of Salmon

**MORE ELECTROLYTES**

Than the Leading Sports Drink



**WITH MORE ENERGY THAN**

2 Servings of Breakfast Cereal or 2 Cans of the Leading Energy Drink

**LESS FAT** (9g)

Than a ½ an Avocado

**LESS COST**

(\$2.50/Serving)  
Than a Large Cup of  
Coffee House Coffee.

**FEWER  
CARBS** (13g)

Than One Small Apple

**FEWER  
CALORIES** (210 cal)

Than a ½ Cup of Almonds

**Pure • Organic • Vegan • Delicious!**

ITEM # 2710 L.O.V.E. Super Meal (30 Servings)

ITEM # 2700 L.O.V.E. Super Meal (10 Servings)

## L.O.V.E. All- Natural Flavorings

Many people will enjoy the L.O.V.E. Super Meal as it is, but for those who want their L.O.V.E. a little sweeter - please let us introduce you to our 3 unique, all-natural flavor concentrates.

(3) Flavor Combo Pack (2 oz., ea.)  
ITEM # 2730



**Chocolate Raspberry**  
ITEM # 2735



**Vanilla Cheesecake**  
ITEM # 2736



**Tropical Coconut**  
ITEM # 2737

Look, Feel, and  
Perform Like a Much  
Younger Person!

# Anti-Aging

## Look, Feel, and Perform Like a Much Younger Person!

Do you want to look, feel, and perform like a much younger person? Did you know you that it is possible to actually grow biologically YOUNGER? With Purium's unique, all-natural anti-aging products, you can do just that!

Your body will make 300 billion new cells today. The same thing will happen tomorrow and every other day. But as your body ages, your cells are designed to become weaker. That is aging, plain and simple. But what if you could change that? What if the 300 billion new cells you produced today were HEALTHIER AND STRONGER than the cells you produced yesterday? You would actually grow biologically YOUNGER!

### Our Amazing Line of Products Will Help You:

- Improve your mood, memory, and cognition
- Increase your energy and vigor
- Prevent or even reverse premature aging
- Maintain healthy cardiovascular function
- Protect your body against cellular oxidative stress

### ANTI-AGING TESTIMONIAL **Shelly Baron**

"In my entire [79 years of] life, I have never before witnessed the kind of physical improvements like those I have seen with David Sandoval's Purium Health Products. Please don't take this statement lightly- let me tell you that I certainly don't. You see, nearly forty-two years ago, I was evaluated by four teams of specialists in New York City – the best in their field – and the diagnosis was unanimous. I was given just six months to live. I read everything I could on nutrition and joined every group. I made significant changes to my food plans, eliminating all sugar, flour and wheat products from my diet. Yet, there was always struggle and temptation; and while I recovered and came back to health, I watched in dismay as many around me suffered and even died from the complications of diseases associated and rooted in their poor nutrition. Yes, even as I succeeded, it seemed there was always one component missing. There was, and I found it after reading David Sandoval's breakthrough book, The Green Foods Bible, and then meeting him in person at a lecture that he delivered here in Florida. I am living proof, and thousands of others are living healthy, happier lives as well. I am thankful to have found David Sandoval and Purium Health Products, and recommend them with confidence to you today.



Has the Antioxidant Power  
of 10 Servings of Fruit  
in Every One Ounce Serving.

**APOTHE-CHERRY™**  
Item: 2110 (16oz, 16 servings)

Purium's Apothe-Cherry™ is made from Sour/Tart Cherries, which are nature's most nutritionally dense food. They contain a wide variety of antioxidants and phyto-chemicals, and each serving contains 7,000 ORAC (Oxygen Radical Absorbance Capacity) units. We recommend combining this product with our 40x Aloe Vera Concentrate.

- Contains melatonin, which may help balance circadian rhythms for proper sleep
- May support healthy joint function
- Promotes healthy uric acid metabolism
- Is a rich source of antioxidants
- Can help prevent or even reverse premature aging

**Instructions:** Add 1/2 oz to 1 oz (1-2 tbsp) of concentrate to 8-10 oz of purified water or juice and drink daily. Works best when taken thirty minutes to an hour before going to bed. Ingredients: Tart Cherry Juice Concentrate



## REVIVE-IT-ALL™

Item: 4010 (90 capsules, 30 servings)

Purium's Revive-It-All™ contains two very important ingredients that have been proven to help reverse memory loss and increase energy and vigor: Acetyl L-Carnitine and Alpha Lipoic Acid. To those we have added Ginkgo Biloba and Glisodin®, an antioxidant with anti-aging properties. We recommend adding this to any anti-aging regimen. It is a great complement to our Joint-Flex™, which together can make you feel like a much younger person both mentally and physically.

- Can help improve mood, memory, and cognition
- May help increase energy and vigor
- Can enhance circulation
- May support lower blood pressure

**Instructions:** Take three capsules per day. For best results take one capsule in the morning, one in the afternoon, and one in the evening.

**Ingredients:** Acetyl L-Carnitine; Alpha Lipoic Acid; Glisodin®; Ginkgo Leaf Extract 24% Flavone Glycosides, 6% Total Ginkgolides; Rice Bran; vegetarian cellulose capsules.



## RENEW HAIR, SKIN, AND NAILS™

Item: 3020 (180 capsules, 30 servings)

Renew Hair, Skin, and Nails™ is a unique and effective natural plant and herb blend that provides targeted nutritional support to help your body rebuild specific collagen from the inside out. We recommend combining this product with any of our green foods to support optimal health for your hair, skin, and nails.

- Helps strengthen hair, nails, and skin
- May help prevent split ends and breakage
- Promotes healthy, younger-looking skin
- May support natural stress relief
- Can help strengthen cracked or weakened nails

**Instructions:** Take six capsules daily.

**Ingredients:** Spirulina, Ho Sho Wu, Lignisul MSM (Methyl-sulfonyl-methane), Horsetail, Bamboo Extract, Organic silica, Dandelion, Saw Palmetto, Kelp, Ginger Root, Rhizome, Grape Seed Extract (ActiVin®), Lutein, vegetarian cellulose capsules.

## BIO FRUIT™

Item: 2490 (240g, 30 servings)

Purium's Bio Fruit™ contains an impressive variety of nutrient-dense, pesticide-free fruits to support total body nutrition. We recommend adding Bio Fruit™ and any of our green foods to your daily health regimen for comprehensive nutritional support.

- Contains over 2,400 ORAC units per serving
- May support proper digestion
- Can aid in preventing premature aging
- May support healthy heart, liver, and brain function
- Contains powerful antioxidants, which may help prevent certain cancers

**Instructions:** Mix 1 scoop (1 tbsp) with 6 oz of juice or purified water once a day. For a delicious fruit smoothie, use a blender to mix Bio Fruit, apple juice, your favorite fruit, and ice.

**Ingredients:** Prune Powder, Apple Powder, Blueberry Powder, Cranberry Powder, Raspberry Powder, Tart Cherry Powder, Acerola Cherry Powder; Fruit Blend Containing: Strawberry, Cherry, Cranberry, Orange, Apple, Grape, Grapefruit, Pineapple, Lemon, Lime, Watermelon, Red Raspberry, Pear, Mango, Papaya, Tangerine, and Apricot; Citrus Bioflavonoids, 100% Citrus; Grape Seed Extract (ActiVin®) (standardized 80% polyphenols), Bilberry Extract, Beet Root Powder, Stevia Extract.



## C FROM NATURE™

Item: 2030 (90 capsules, 30 servings) Item: 2031 (270 capsules, 90 servings)

Purium's C From Nature™ is a natural, powerful combination of Indian Amalaki, Acerola, Camu Camu, rose hips, and citrus bioflavonoids that is unsurpassed by any synthetic or manufactured vitamin C product. Because of the proven health benefits of vitamin C, we recommend taking this product with our Fulvic Zeolite™ for detoxification.

- May support healthy immune function
- Contains powerful antioxidants
- May promote healthy cholesterol levels and cardiovascular function
- May promote increased serotonin levels
- Contains ingredients that promote the rapid absorption of vitamin C

**Instructions:** Take three to nine capsules daily. This product may be even more effective when taken throughout the day (for example: one in the morning, one in the afternoon, and one in the evening).

**Ingredients:** Amla Powder; Acerola Extract; Camu Camu Extract; Citrus Bioflavonoids; Rosehips, vegetarian cellulose capsules.





## JOINT-FLEX™

Item: 4020 (180 capsules, 30 servings)

Purium's Joint-Flex™ contains a variety of herbs used to support healthy joint function. Joint-Flex™ can help increase mobility and flexibility and restore vitality. It is a valuable addition to any anti-aging regimen, and we recommend combining it with our Apothe-Cherry™ for further joint support.

- Can support body's response to inflammation
- Can help enhance flexibility
- May stimulate the rebuilding of connective tissues
- Can inhibit the neural transfer of pain signals

**Instructions:** Take six capsules daily. For best results, take 3 in the morning and 3 in the evening.

**Ingredients:** Green Lipped Mussel; Lignisul MSM (Methyl-sulfonyl-methane); Boswellin®, White Willow bark, Horsetail, Curcumin 95% Extract Curcuminoids; Velvet Antler; Alfalfa Powder, gelatin capsules



## HEART-AID™

Item: 4030 (180 capsules, 30 servings)

Purium's Heart-Aid™ has been specifically designed to support healthy cardiovascular function. It contains a wide variety of herbs used historically by healers, shamans, and naturopaths to reduce the effects of aging on the heart and support natural chelation. We recommend taking it with our Ionic Elements™ as part of any heart-health or anti-aging regimen.

- May help reduce free radical damage
- Can aid in healthy cardiovascular function
- May increase oxygen uptake
- Contains one of nature's most effective chelators

**Instructions:** Take six capsules daily. For best results, take 3 in the morning and 3 in the evening.

**Ingredients:** Hawthorne Berry, Cilantro, Garlic, Gugulipid®, Arjuna, Ginger, Grape Seed Extract (ActiVin®) (standardized 80% polyphenols), Cayenne Pepper, vegetarian cellulose capsules.



## POWER OF 10™ VEGGIE

Item: 2115 (4 oz)



Purium's Power of 10™ Veggie is a synergistic combination of green foods and herbs that have been used for centuries to fight the signs of aging. We recommend using this product with our Apothe-Cherry™ Fruit for the best defense against aging.

- Helps protect against cellular oxidative stress
- May help increase energy and vigor
- May support healthy cardiovascular function
- Supports healthy immune function

**Instructions:** Mix one scoop with 8-10 oz of cold, purified water or juice and drink daily. It works best when taken on an empty stomach.

**Ingredients:** Organic Cereal Grass Blend (Alfalfa Leaf Juice Powder, Barley Grass Whole Leaf Powder, Oat Grass Whole Leaf Powder, Wheat Grass Whole Leaf Powder), Organic Vegetable Blend (Spinach, Kale, Parsley, Broccoli) Ho Sho Wu, White American Ginseng, Organic Amla berry, Organic Arabic Gum, Organic Spirulina, Organic Chlorella, Organic Dulse, Organic Raspberry Flavor, Aloe Vera 200:1 Powder, Organic Dandelion Leaf, Cat's Claw, Organic Apple Flavor, Organic Cilantro, Lo Han Guo Extract, Astaxanthin.

## WHITE AMERICAN GINSENG EXTRACT™

Item: 2130 (8 fl oz, 48 servings)

White American Ginseng has been used throughout history because of its ability to revitalize and restore balance in the body. Ours contains at least 28 active ginsenosides which promote increased energy without the jittery side effects. We recommend combining it with our Bee Energetic™ to further support optimal energy levels.

- Can support healthy responses to physical and psychological stress. May support healthy blood glucose levels
- Can support healthy cholesterol levels and cardiovascular function
- May help improve memory
- Is considered better for women's health issues than Chinese ginseng

**Instructions:** Take 1 or 2 tsp daily. Shake gently before using. Ingredients: American Ginseng, extract; Water; and Glycerin

Take Control  
of Your  
Weight!

# Weight Control

## Lose the weight once ... CONTROL your weight FOREVER!

### Why don't most diets work?

Most diet programs are designed for short-term weight loss. The idea behind them is that you deprive your body of calories and nutrients to focus on just weight loss. But in the process, you lose health as well. Our weight control program focuses on total cellular SATISFACTION. Yes, you will consume fewer calories, but you'll still be receiving all the nutrients your body needs to THRIVE.

### This isn't dieting!

We have designed products that are HEALTHY alternatives to the everyday food you eat. These simple changes can facilitate remarkable results. Instead of butter on your toast, use Organic Tropic Oil™. Do you have a hard time not snacking between meals? Use Activated Barley™ to help curb your appetite.

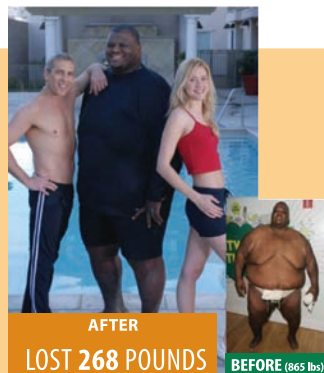
- Crave and eat less
- Increase your metabolism
- Block more sugars and carbs
- Convert less fat

## It's that simple. It's that revolutionary!

"One day 'on.' One day 'off.' Repeat. It's a simple rotation diet that I created for my first Celebrity Transformer. His name is Manny 'Tiny' Yarbrough. However, 'Tiny' wasn't so tiny. He is actually in the Guinness Book of World Records as the largest athlete in human history. And, by the time I met him, Manny was 865 pounds (300 pounds over his competition weight as a sumo wrestler) and could barely get out of bed. It was out of necessity that I had to create a program that could quickly impact his weight and his health, while at the same time, this program had to be something he could maintain over a long period of time. 5 months later, Manny had lost 268 pounds and everything about him had changed. He could run. He could lift weights. His vital signs were vastly improved. His energy was through the roof.

I have now applied the same 'rotation diet' philosophy as a bridge out of the 10-Day Transformation into a long-term healthy lifestyle. If you want the complete Transformation Experience, you can't stop at just 10 days!"

- David Sandoval



Above, 'Tiny' when he began (at 865 pounds) and again after his 5 month Transformation with David Sandoval (pictured above left.)



### CREAMY VANILLA MEAL OPTION

Item 2330 (297 g, 10 servings) • Item 2331 (892g, 30 servings)

Purium's Creamy Vanilla Meal Option™ is a delicious, high-quality whey protein drink mix that is a balanced and nutritious energy source. It is a great addition to smoothies and it tastes great when added to Purium's Power Shake™.

- May support a healthy weight-loss regimen
- Can help curb cravings and appetite
- Provides protein, complex carbs, good fats, and fiber

**Instructions:** Mix 2 scoops (4 tbsp) with 8oz of water, juice, or your favorite creamy beverage (i.e. almond, goat or rice milk). Works best when taken between or before meals. It is also great when added to smoothies.

**Ingredients:** Instant Whey Protein Isolate 90% (Serum lacticis), Activated Barley, Acacia Gum, Non-GMO Lecithin (Lecithinum ex soja), Natural Vanilla Flavor, Wheat Germ Oil (Triticum vulgare), MCT Powder (Medium-chain triglycerides), and Stevia Extract (Stevosides) 90%



### CONTROL WHOLE FOOD MEAL™

Item: 2371 (30 servings, 675g)

Purium's CONTROL Whole Food Meal™ is a naturally filling "meal" and nutrient source in one amazing product. It contains one serving of vegan protein and other key nutrients and is a great addition to any weight loss regimen. We always recommend taking it with our CONTROL Pre-Meal Capsules™.

- Can support stabilized blood glucose
- Contains slow-burning carbohydrates that deliver energy for 2-3 hours
- May promote healthy body weight
- Is a great source of vegan protein
- Supports healthy cholesterol levels and cardiovascular function

**Instructions:** Mix one scoop with 8-10 oz of your favorite creamy beverage. Best on an empty stomach or 2 hours after eating.

**Ingredients:** Organic Rice protein, Activated Barley powder, Organic chocolate flavor, sunflower oil powder, organic Spirulina, acerola cherry, d-alpha tocopherol (natural vitamin E blend), and Lo Han Guo Berry



## ORGANIC TROPIC OIL™

ITEM#: 2040 (16 oz.) ITEM#: 2041 (1 gallon)

Organic Tropic Oil™ is pure, extra virgin coconut oil. Our Organic Tropic Oil™ is hand poured into jars at a low temperature making a marbled texture that shows it is still in its raw state.

- Supports healthy immune function (especially when used raw)
- Is a healthy alternative to butter and other oils
- Does not contain any cholesterol nor promote platelet stickiness in the blood.
- Stable under high heat, which means it is ideal oil for cooking
- May help improve nutrient absorption

**Instructions:** A serving is one tablespoon of coconut oil, best taken raw (great when blended in smoothies or used to replace vegetable spreads or butter). It is also a great cooking oil.

**Ingredients:** Pure, organic coconut oil



## ACTIVATED BARLEY™

Item: 2445 (280g, 28 servings) Item: 2446 (900g, 90 servings)

Purium's Activated Barley™ is a unique, complex carbohydrate from pre-sprouted grain that is digested slowly, providing energy and endurance for hours. It is a great source of immune-enhancing beta-glucan and has extremely low gluten content. It makes a great addition to any green drink.

- May support healthy immune function
- Can help increase endurance and stamina
- Is great when taken prior to exercise or activity
- Can help promote healthy cholesterol levels and cardiovascular function
- Contains only slow-burning carbohydrates that deliver energy for 2-3 hours

**Instructions:** Mix one rounded tbsp. (10g) with 6-8 oz of your favorite juice, milk, smoothie, or green drink. Shake or mix well, and enjoy.

**Ingredients:** Activated Barley powder



## CONTROL PRE-MEAL CAPSULES™

Item: 2310 (180 capsules, 90 servings)

Purium's CONTROL Pre-Meal Capsules™ are specifically designed to help you eat less and reduce the impact of simple carbohydrates and sugars, lessening the possibility that your body will convert them into fat. It is a great addition to any weight loss regimen, and we always recommend combining it with our CONTROL Whole Food Meal™.

- May help curb cravings and reduce appetite
- Can support stabilized blood glucose
- Neutralizes starches found in processed carbohydrates
- May promote healthy body weight
- Can enhance mental alertness, endurance, and stamina
- Helps you feel satisfied faster and takes the edge off your cravings

**Instructions:** Take two capsules three times per day (approximately one hour prior to meals) with 8oz of purified water or take two to three capsules prior to any fatty meal or dessert followed by 8oz of water.

**Ingredients:** Nopal, Garcinia cambogia, Green Tea Extract 50% Polyphenols, American Ginseng, White Kidney Bean Extract, vegetarian cellulose capsules.



## SCOOP OF GREENS™

Item: 2380 (111g, 14 servings) Item: 2381 (478g, 60 servings)

Purium's Scoop of Greens™ has all the benefits of cereal grasses as well as whole grains. It has been given the Diabetes Resource Center's Seal of Approval because it is a valuable aid for anyone looking to maintain healthy blood glucose naturally. We recommend combining this product with Purium's Control Pre-Meal Capsules™.

- Can support healthy blood glucose levels
- Has a delicious green apple flavor
- Can help reduce hunger between meals
- Alkalizes and oxygenates tissues
- Provides green vegetable nutrients

**Instructions:** Mix one scoop with 6 to 8 oz of purified water. We recommend two to three servings per day on an empty stomach.

**Ingredients:** Organic Activated Barley; Rice Bran Solubles; Organic Kamut® Grass Juice Powder, Organic Barley Grass Juice Powder, Organic Apple Flavoring; Alpha Lipoic Acid; Lo Han Guo berry



Achieve Your  
Athletic Potential  
Naturally

# Sports & Fitness

## Boost Your Performance NATURALLY!

Unlike the illegal and often dangerous performance enhancing drugs used by many athletes, Purium's all-natural sports nutrition products are designed to SAFELY and EFFECTIVELY help you achieve the results you want while increasing endurance and strength.

## Performance-Enhancing SUPERFOOD

Our amazing line includes products for before, after, and during your workout. BURN fat and increase endurance by taking Master Amino Acid Pattern™ before your workout. BUILD lean muscle with Power Shake™. REPLENISH mineral deficiencies while exercising with Ionic Elements™. RECOVER more quickly with Astaxanthin Advantage™.

- Increase energy, endurance, and stamina
- Burn fat and build muscle
- Enhance metabolic function
- Improve muscle recovery



## Peter Thomas

*Professional Stuntman & Fight Choreographer*

As a martial arts instructor, Hollywood stuntman, and aspiring actor, I must be at my very best at all times. Purium Health Products provides the products that protect my body and allow rapid recovery from injury and ensure that I am maximizing my workouts. With Purium's awesome products for athletes, I am improving stamina, reaction time, and focus. That makes me feel strong, confident, and capable of anything. I recommend these products for anyone who needs to maximize their performance and realize their full potential!

PHOTOGRAPHY - PHILLIP RITCHIE

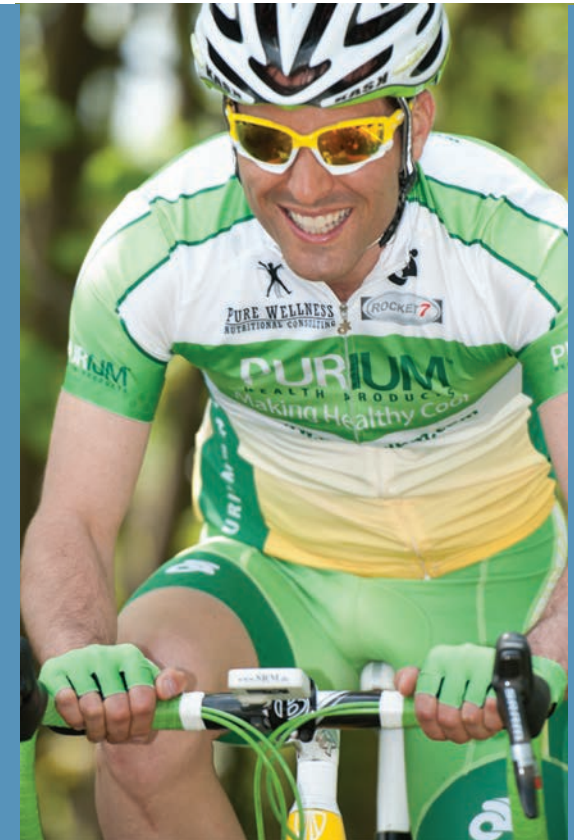
## Ian Farrar

### Achievements:

2011 World Master Cycling Championships, Belgium, finisher.  
Bethel Criterium, 1st place and 2 overall for series.

I have been taking Purium products for more than 8 years ... and I look, feel and perform better today than I did 8 years ago!

"Master Amino Acid Pattern gives me the edge when I compete in Master's Racing, which is super fast! Purium always keeps me at a 10!"



## MASTER AMINO ACID PATTERN™

Item: 3551 (150 tablets, 30 servings) Item: 3550 (50 tablets, 10 servings)

Master Amino Acid Pattern™ is pre-digested 100% vegetarian protein that has been featured in the Physician's Desk Reference and is comprised of non-soy legumes. For fitness goals, we recommend combining it with the Power Shake™.

- Aids in normalizing protein synthesis
- Assists with the stabilization or recovery of muscle strength, endurance, and volume
- Helps keep body tissues firm
- Helps minimize body fat
- May support a weight loss regimen

**Instructions:** Take 5 tablets daily. As an exercise aid take 5 - 10 tablets, 30 minutes prior to exercise. For those seriously intent on gaining muscle or losing weight, take 1-2 tablets per every 25 lbs of body weight on a daily basis.

**For best results:** Take 2 hours BEFORE or at least 3 hours AFTER taking other protein/amino acids sources (meat, eggs, dairy, jello, beans, bananas, lentils, nuts, grains, breads, cereals, oatmeal, soy products, etc.).

**Ingredients:** Patented proprietary blend of (non-soy) legumes. Amount Per Serving of MAP™ 5000 mg: L- Leucine, L- Valine, L- Isoleucine, L- Phenylalanine, L- Threonine, L- Methionine, L- Tryptophan, L- Lysine

## POWER SHAKE™

Item: 2206 - Original Flavor - (1065g powder, 30 servings)  
Item: 2205 - Original Flavor - (533g powder, 15 servings)  
Item: 2208 - Apple-Berry Flavor - (1065g powder, 30 servings)  
Item: 2207 - Apple-Berry Flavor - (533g powder, 15 servings)

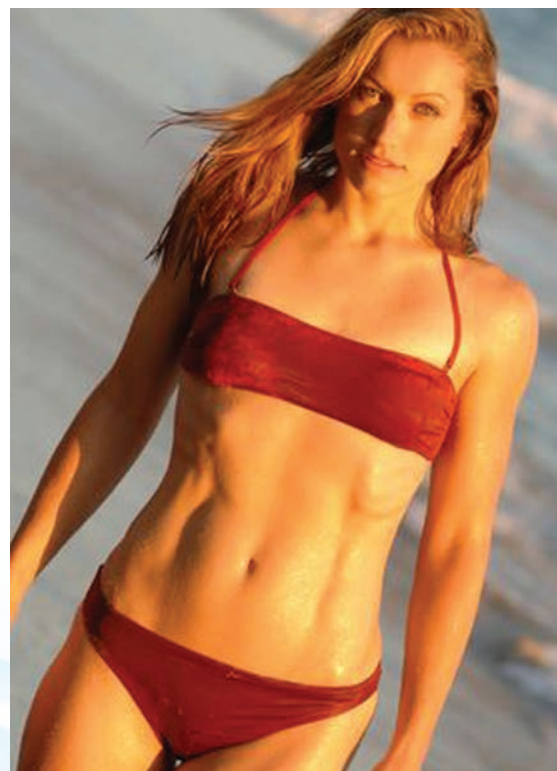
Purium's Power Shake™ was created so that you can easily consume several superfoods all at once, thus saving you time and money. For detoxification, we recommend using the Power Shake as part of Dave Sandoval's 10-Day Celebrity Transformation Cleanse.

- May help burn fat and build muscle
- May increase energy, endurance and strength
- May reduce cravings and appetite
- Can help curb cravings and appetite
- Is a great natural detoxifier
- Supports healthy blood glucose levels
- Contains ingredients rich in vitamins and nutrients to support total nutrition

**Instructions:** Mix 2 slightly rounded scoops (5 tbsp.) with 10-20 oz of cold, purified water or juice (carrot or apple would be ideal). Take on an empty stomach (or 2 hours after eating) 1-4 times per day. Great prior to, during, and after exercise or activity.

**Original Power Shake Ingredients:** Rice Bran Solubles, Organically Grown Activated Barley, Organic Carrot Juice Powder, Organic Spirulina, Organic Wheat Grass Juice Powder, Organic Oat Grass Juice Powder, Organic Alfalfa Leaf Juice Powder.

**Apple-Berry Power Shake Ingredients:** Rice Bran Solubles, Organically Grown Activated Barley, Organic Carrot Juice Powder, Organic Spirulina, Organic Wheat Grass Juice Powder, Organic Oat Grass Juice Powder, Organic Alfalfa Leaf Juice Powder, Organic Raspberry Flavor, Organic Apple Flavor, Lo Han Guo.



## Frieda Bobay

**Title:** Fitness Model/ Natural Body Builder

**Achievements:** 3rd place in Women's Fitness Model division of the Zac Titus "Fame Hollywood 2007" competition

I used to live fairly unhealthily. I've always wanted to get in shape, but the drive wasn't there until a friend of mine, a personal trainer [Koya Webb], got me to sign up for a fitness competition. I had a deadline. I had to shape up fast. In order for my body to perform like I needed it to perform, I knew I had to keep my energy level up. Coffee was out, and that was very difficult for me. I love coffee! So I had to find energy elsewhere. I used a combination of products - Spirulina, Organic Kamut, Rice Bran Solubles, and Activated Barley as well as the Master Amino Complex to dramatically improve my workout. Whenever I had a sugar craving while I was working out, I had a green shake. When I didn't I'd be lethargic and tired.

My hard work and dedication paid off when I competed in the prestigious Zac Titus "Fame Hollywood 2007" event on Sept. 15th and placed 3rd in the women's division in my very first competition!



## RICE BRAN SOLUBLES

Item: 2455 (360g, 60 servings)

Rice Bran Solubles are the most potent, nutrient-rich part of rice. They are amazing plant complexes that contain a wide variety of nutrients not found in other foods. Ours has a light, nutty, buttery flavor that is the perfect complement to any green drink or protein shake.

- May support healthy blood glucose
- Is a great source of healthy fats
- May support a healthy body weight
- Contains a wide variety of B vitamins
- Can help promote healthy cholesterol levels and cardiovascular function

**Instructions:** Mix 1-2 tbsp (6-12g) with 6-8oz of purified water, your favorite juice, milk, smoothie, or green drink. Shake or mix well and enjoy.

**Ingredients:** 100% Stabilized Rice Bran with germ.



## ASTAXANTHIN ADVANTAGE™

Item: 3535 (60 capsules, 30 servings)

Purium's Astaxanthin (as tah ZAN thin) Advantage™ is made from nature's most powerful antioxidant, which studies show is 550 times stronger than vitamin E. It helps combat free radical damage to muscles and helps reduce the buildup of lactic acid that causes post-workout soreness. We recommend combining this product with our Master Amino Pattern™ so you can get the most out of your workouts.

- Is nature's most powerful antioxidant
- May enhance metabolism
- May support eye health
- May improve recovery time and protect muscle tissue from damage
- Can provide some protection for the skin from UVA and UVB damage

**Instructions:** Take two capsules a day. When exercising, it is best to take one before beginning workout and one after.

**Ingredients:** Haematococcus Microalgae; High Oleic Safflower Oil; gelatin capsules.

## BEE ENERGETIC™

Item: 2050 (90 capsules, 30 servings)

Purium's Bee Energetic™ contains nature's most energizing foods without ephedrine or added caffeine. This powerful combination of plant powders can actually build up your immune system and support your adrenal glands while giving you the sustained energy you really need. We recommend combining Bee Energetic™ with our Revive-It-All™ for optimal mental and physical health.

- Can increase energy, strength, endurance, and vitality
- May improve mental clarity and circulation
- May help balance the adrenal system
- Contains nature's most nutrient-dense high protein energy food, Spirulina

**Instructions:** Take three capsules as needed for a nutritional boost or prior to exercise.

**Ingredients:** American Ginseng, Bee Pollen, Spirulina, Whole Algae, Cordyceps, Mycelial, vegetarian cellulose capsules.

## IONIC ELEMENTS™

Item: 2120 (4 fl oz, 33 servings)

Purium's Ionic Elements™ is a specially formulated combination of fulvic acid and ocean trace minerals. We start with a special, rare source of humic and fulvic base and use our proprietary (acid-free) refining method to accelerate the concentration and purity of the fulvic acid, which leaves it with a fresh, clean taste. We recommend adding Ionic Elements™ to your Power Shake™ or any other green drink.

- May reduce the effects of aging
- May promote restful sleep
- May support healthy immune function
- May increase alkalinity
- May promote the healthy growth of hair, skin, and nails

**Instructions:** Adults take 20 drops three times per day. For optimum results, circulate the liquid Ionic Elements in your mouth for ten to twenty seconds before swallowing. You can also simply drink it after diluting it in purified water or juice.

**Ingredients:** Supercharged activated fulvic acid; ocean- and plant-derived magnesium with over 72 ionic trace minerals

## Eric Nies

Reality TV star & natural health activist

Eric was determined to bring awareness to world hunger by fasting for 40 days. Two weeks into his fast, he was so weak he wasn't sure he could continue. When he called David Sandoval for advice, David designed the Purium Anabolic Fast, and Eric was reinvigorated. He completed 40 days, gained 13 lbs of muscle, felt great, AND tests showed that all of his nutrient levels were in the optimal range for wellness!

After being inspired by Eric, his friend Penny went on the fast and had similar results. Penny now raves about the "amazing, anti-aging, immune-boosting, alkalizing, full body detox" it provides to everyone she knows. One such person was her good friend, Tin Tin Puulei, who was struggling with his weight & general health.



## SUPER MALE FORMULA™

Item: 3520 (90 capsules, 30 servings)

Purium's Super Male Formula™ contains a variety of herbs and plant extracts that have been proven to help the male body increase muscle mass, build endurance, speed muscle recovery, and increase libido. We recommend combining Super Male Formula™ with our Master Amino Complex™ as part of any workout regimen.

- May support healthy testosterone levels in men and women
- May enhance sexual desire
- Can support healthy circulation
- May enhance mood or provide general sense of well-being

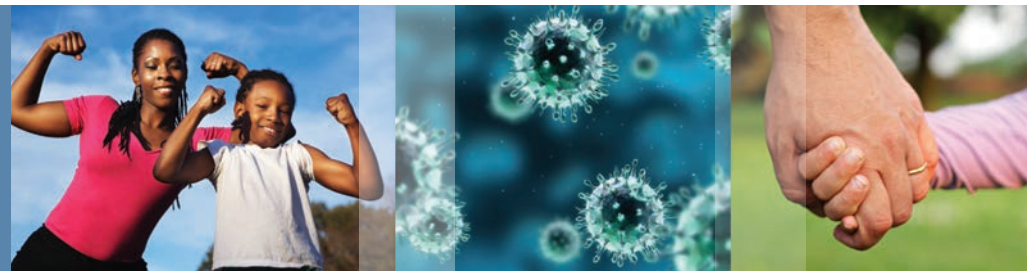
**Instructions:** Take three capsules daily.

**Ingredients:** Velvet Antler; Long Jax®, Green Lipped Mussel; Cordyceps, American Ginseng, Ginger Root, Rhizome; Oat Grass Whole, Yucca Root, Ginkgo Extract, leaf 24% Flavone Glycosides 6% Total Ginkgolides; gelatin capsules.



Fight Illness by  
PREVENTING It!

# Immune Support



## Support Your Immune System NATURALLY!

Stay healthy all year round with Purium's all-natural line of products designed to keep your immune response at the ready! Our products are designed to provide nutrients necessary to support healthy immune function as needed.

## Work WITH Your Body's Natural Defenses

Our incredible immune defense system is a healthy way to help your immune system function optimally without over-stimulating it. The effectiveness of these unique blends of whole foods and herbs are unparalleled by any lab-engineered multi-vitamin or herbal stimulant.



April Fifield

## Immune Support TESTIMONIAL

I am immune compromised on a daily basis due to a kidney transplant that I had — when I get sick, I GET SICK and it takes a full 2 weeks to recover from any illness. One Monday morning, I got worse as the day progressed. I took all my Purium supplements and remembered Dave saying to take MORE throughout the day of C from Nature and Vir-U-Sure if you feel something coming on. I am telling you, these results were like night and day to any other products that I have taken in the past because THESE WORK! I also have slowly been losing weight but the real happiness about that is knowing that while I am doing my health handling and lifestyle changes with Purium products, that the inside of my body is healing and I am transforming my body back to youth with cellular regeneration from super green foods.



## ORGANIC SPIRULINA™

Item: 2432 (1 lb, 45 servings) Item: 2430 (180 capsules, 30 servings)

Spirulina has been widely regarded as nature's most complete nutrient source. Purium's Organic Spirulina is a rich, whole-food source of vegetarian protein, chlorophyll, essential amino acids, antioxidants, and vitamins. It contains an abundant amount of phycocyanin, a unique, blue-green pigment that may support healthy immune function. We recommend combining Spirulina with our Rice Bran Solubles to create a natural multivitamin.

- Can help increase endurance and stamina
- Is a rich source of carotenoids
- May reduce cravings and appetite
- May support healthy immune function
- Can help promote healthy cholesterol levels and cardiovascular function

**Instructions:** Mix one rounded tbsp (10 g) per day with purified water or your favorite juice or smoothie. Or take 6-20 capsules daily.

**Ingredients:** Organic Spirulina; vegetarian cellulose capsules.



## MORE GREENS™

Item: 2410 (240g, 30 servings)

More Greens™ is a blend of super-foods, probiotics, ginseng, and bee pollen. More Greens™ is a great all-in-one supplement for anyone who wants to get maximum benefits from one supplement. For more comprehensive nutritional support, we recommend including More Greens™ along with Apothe-Cherry™ in your daily health regimen.

- Supports healthy immune function
- Is a great source of chlorophyll
- Supports natural detoxification
- May support increased energy
- Aids healthy digestion and can help improve nutrient absorption

**Instructions:** Take one scoop (1 round tbsp) each day. We recommend mixing it with purified water or juice (carrot or apple is ideal) and taking it on an empty stomach. Do not mix with hot beverages.

**Ingredients:** Organic Spirulina, Organic Oatgrass Juice Powder, Organic Alfalfa Whole Leaf Powder, Organic Kamut® Whole Leaf Powder, Organic Barley Grass Juice Powder, Organic Wheat Whole Leaf Powder, Arabinogalactin, Rice Bran Solubles, Inulin - FOS, Organic Carrot Juice Powder, Bee pollen, Pineapple Natural Flavor, Cruciferous Vegetable Blend containing: Broccoli Powder, Cabbage Powder, Parsley Powder, Kale Powder; American Ginseng, Shelf Stable Probiotic Blend, Chlorozyme™, Cracked Cell Chlorella, Kelp, Broccoli Sprout, Lo Han Guo.

**"Let food be thy medicine and medicine be thy food."**  
**- Hippocrates, the Father of Medicine (460 BC - 380 BC)**



## Did You Know...

**FREE** Health & Nutrition Consultations  
are Available With Our Naturopath,  
**Michael Wohlfeld**  
Call Him at **(800) 962- 5433** or E-mail Him at  
**PuriumNaturopath@gmail.com.**

## VIR-U-SURE™

Item: 2510 (60 capsules, 30 servings)

Vir-U-Sure™ is a proprietary blend of herbs and whole foods that offer synergistic, targeted support for healthy immune function and viral response. We recommend combining Vir-U-Sure™ with Purium's Immuno-Max™ and any of our green foods as a triple-pronged approach for complete immune health.

- **Supports healthy immune function**
- **May support natural healing processes**
- **Contains sulphated polysaccharide compounds that support a healthy immune response to viruses**

**Instructions:** Take two capsules daily with food as a maintenance dose. Take up to 6 capsules daily for more therapeutic support.

**Ingredients:** Red Algae Gigartina, Red Algae Dumontacea, Neem Extract, Olive Leaf, Spirulina, Oregano Oil Powder, Chlorozyme™ and vegetarian cellulose capsules.



## IMMUNO-MAX™

Item: 2540 (180 capsules, 30 servings)

Immuno-Max™ is a synergistic blend of herbs and plant extracts from around the world designed to support healthy immune function. We recommend taking it in conjunction with any of our green foods and Vir-U-Sure™ for comprehensive immune support.

- **Supports healthy immune function**
- **May be taken daily**

**Instructions:** Take six to twelve capsules per day.

**Ingredients:** ImmunEnhancer™ AG (Arabinogalactan); Colostrum; Astragalus, Cat's Claw, Green Tea Extract Polyphenols, Self Heal, Aloe 200:1, gelatin capsules



## 40X ALOE VERA CONCENTRATE™

Item: 2150 (4.2 oz, 25 servings)



Aloe Vera is one of the most revered of all African herbs and has been exported to every corner of the world. Hippocrates himself called aloe "the potted physician" for its amazing healing properties. We recommend combining it with Purium's Apothe-Cherry™.

- **Supports healthy immune function**
- **May aid in healthy digestion**
- **May support healthy joint function**
- **May support healthy blood glucose levels**

**Instructions:** Dilute one teaspoon into purified water, juice, green drink, or any cold beverage and drink daily. DO NOT DRINK UNDILUTED.

**Ingredients:** 40x Aloe Vera Concentrate. Other ingredients required by law and to preserve freshness: Potassium Sorbate 0.08%, Sodium Benzoate 0.08%.

### Beauty Sleep Cocktail

1 serv. of Aloe Vera (1 tsp)

1 serv. of Apothe-Cherry (1 tbsp)

6 – 10 ounces of water, juice or tea (to taste)

Stir and enjoy! Best 30 – 60 min before bed.







## ADVANCED PROBIOTIC BLEND™

Item: 2640 (60 capsules, 30 servings)

Purium's Advanced Probiotic Blend™ is a potent, all-vegetarian blend of the most vital friendly bacteria available. We recommend supporting your body's immune system by taking Purium's Advanced Probiotic Blend™ in conjunction with any of our green foods.

- Is dairy-free and does not need to be refrigerated
- Supports healthy levels of good bacteria
- Aids in healthy digestion and can help improve nutrient absorption
- Supports healthy immune function
- Contains strains clinically proven to be beneficial

**Instructions:** Take two capsules daily.

**Ingredients:** Proprietary Blend: L. gasseri, B. bifidum, B. longum, L. paracasei; Lactospore (B. coagulans); Inulin - FOS; Fiber Gum; vegetarian cellulose capsules.



## ENZYME ADVANTAGE™

Item: 2610 (90 capsules, 90 servings)

Purium's Enzyme Advantage™ is a patented, shelf-stable, aspergillus derived formula that helps your body break down and assimilate nutrients in the foods you eat. This also ensures that no food remains in your body undigested, causing gastrointestinal distress or discomfort. We recommend combining this product with our Advanced Probiotic™ for your best digestive health.

- May support healthy digestion
- Can help eliminate toxins
- May support healthy immune function
- May enhance nutrient absorption when taken with meals
- May be used as part of a natural allergy defense regimen

**Instructions:** Take one or two capsules with each meal.

**Ingredients:** Protease, Lipase, Amylase, Cellulase, Calcium, Magnesium, Zinc, Manganese, 72 trace minerals, sea kelp, and vegetarian cellulose capsules.



## RED MARINE ALGAE™

Item: 3620 (1.59 oz, 22 servings)



Purium's Red Marine Algae™ is a natural combination of red and blue-green alga that is a powerful tool for your body's immune system. The sulfated polysaccharide compounds found in the red alga support the anti-viral activities within your body. We recommend combining this product with any of our other immune-supporting products to help keep you healthy, especially during cold and flu season.

- May provide a boost to the immune system
- Contains sulfated polysaccharide compounds that support anti-viral defenses
- May help prevent viral outbreaks
- Can support healthy cholesterol levels

**Instructions:** Take three 500mg capsules daily.

**Ingredients:** Proprietary blend of Red Algae Gigartina and Red Algae Dumontacea (contains sulfated polysaccharides); Spirulina (Spirulina platensis), vegetarian cellulose capsules.

## AMLA-C PLUS™

Item: 3615 (500 tablets, 50 servings)

Item: 3610 (4 oz., 23 servings)



The Amla berry, or Indian gooseberry, provides the highest concentration of vitamin C of any natural source. This whole food vitamin C is twelve times more assimilable than synthetic vitamin C. At Purium we've combined this potent superfruit with organic spirulina to maximize the health benefits. We recommend taking this product in combination with Immuno-Max and Vir-U-Sure for even more immune support.

- May support healthy immune function
- Contains high levels of antioxidants
- Contains tannins, which may help protect the body against oxidative stress
- Can increase protein synthesis

**Ingredients:** Organic Amla Berry; Organic Spirulina

**Instructions:** Mix 1.5 teaspoons with 8oz of purified water. Drink once or twice daily. Or take 2 to 10 tablets daily.



The Amla berry has been revered  
in Ayurvedic medicine  
for over 5000 years!



Detoxify  
Naturally

# Detoxification

## WHY Detoxify?

Air pollution, stress, and poor diet are just a few effects of modern life that can leave us feeling fatigued and overwhelmed. Purium's all-natural, whole-food detoxification products are designed to gently restore your body's natural balance. Natural detoxification is an important part of any healthy lifestyle regimen.

## RESTORE Your Body's Natural Balance

With Purium's superior detoxification products, eliminating these impurities has never been easier. Daily Fiber Blend™ and Herbal Fiber Cleanse™ help your body effectively ELIMINATE toxins. Fulvic Zeolite™ and chlorella act as magnets for heavy metals while the green foods help detoxify and provide TOTAL NUTRITION benefits.

## DETOXIFICATION TESTIMONIAL

Jackie Page

To me there is no other Kamut or wheatgrass on the planet that is as pure as Purium's Organic Kamut Blend – it is absolutely my favorite product. Nothing out there compares to the quality and the integrity of this blend. I use it every day because it goes right into your cells and starts detoxifying them right away. I am a huge advocate for all of Purium's wonderful products, but when I introduce the line to others, I always insist they try the Organic Kamut Blend first and foremost. Other products may take a bit of time to demonstrate results, but as soon as you start taking the Kamut, you feel it. My friends try the Kamut, and say, "Wow!" It gives fast results, and then they are hooked like me!



## PURIUM = Pure + Premium

- All-Natural
- From the Farm to Your Family
- Nothing Genetically Modified
- Nothing Artificial



## ORGANIC KAMUT BLEND™

Item: 2420 (90g, 60 servings) Item: 2421 (270g, 180 servings)

Purium's Organic Kamut Blend™ is grown in nutrient-rich, organic soil, watered with mineral springs, and harvested at the peak of nutrition. Kamut® is a superior non-GMO, non-crossbred, nutrient-dense heirloom-seed Egyptian wheatgrass. We have combined it with oat and alfalfa to give it a sweet taste and increase the mineral and trace mineral content. We recommend combining Organic Kamut Blend™ with our Organic Spirulina.

- May support healthy immune function
- May support natural detoxification
- Supports healthy digestive function
- Can help combat fatigue and increase energy
- Helps naturally alkalize and oxygenate the body

**Instructions:** Take one scoop (2 tsp) mixed in purified water, aloe, apple, carrot, or other vegetable juice twice a day on an empty stomach.

**Ingredients:** Organic Kamut Grass Juice Powder, Organic Oat Grass Juice Powder, Organic Alfalfa Leaf Juice Powder, Chlorozyme

# Harness the Healing Power of Nature

## ORGANIC BARLEY GREEN JUICE™

Item: 2440 (240g, 160 servings)



Purium's Organic Barley Green Juice™ is grown in pristine fields and watered with mineral springs to ensure it has nature's maximum nutritional input. It contains highly assimilable chlorophyll, which is important for total nutrition. We recommend combining it with our Carrot Juice Plus™ for an extra smooth taste and added nutritional benefit.

- Can help maintain healthy cholesterol levels
- Is great for natural detoxification
- May support healthy blood sugar levels when taken between meals

**Instructions:** Take 1 scoop (2 tsp) once or twice daily on an empty stomach. Best when mixed with purified water or alkaline juices. Do not mix with hot beverages.

**Ingredients:** Organic Barley Grass Juice Powder

## DAILY FIBER BLEND™

Item: 2210 (500g, 30 servings)

Daily Fiber Blend™ is unlike any other fiber product on the market. It is designed so that your body gets the purest and most potent protein, essential fatty acids, enzymes, and essential fibers. We recommend combining it with the Herbal Fiber Cleanse™ and our green drinks for comprehensive digestive and immune support.

- May enhance bowel function
- Supports healthy cardiovascular function
- Contains highly digestible amino acids
- May support a weight loss regimen

**Instructions:** Take 1 scoop (2 tbsp) mixed with purified water, juice, or your favorite smoothie—best taken 1-2 hours before bedtime or instead of a snack.

**Ingredients:** Flax Seed, Acacia Gum, Rice Bran, Psyllium Husk, Apple Fiber, Activated Barley, Chia Seed, Inulin - FOS, Fennel Seed, Glucomannan, Black Walnut, Pineapple Powder Flavor, Sprouted Quinoa, Sprouted Amaranth, Sprouted Spelt, Sprouted Kamut®, Arabinogalactin



## CARROT JUICE PLUS™

Item: 2470 (225g, 30 servings)

Carrot Juice Plus™ is a flavorful blend of carrots and soluble rice bran. Carrots are packed with nutrients that make them a valuable part of any healthy diet. For more comprehensive nutritional support, we recommend adding it to our Organic Best of Greens™ or any of our other green foods.

- Supports healthy immune function
- Is a rich source of carotenoids
- Contains powerful antioxidants

**Instructions:** Mix one scoop (1 tbsp.) with 8 oz of purified water or add to your favorite beverage, great with green foods and/or in your favorite smoothie.

**Ingredients:** Organic Carrot Juice Powder, Rice Bran Solubles



## ORGANIC BEST OF GREENS™

Item: 2400 (150g, 60 servings)

Purium's Organic Best of Greens™ is a synergistic blend of super-foods from both land and sea. Each ingredient contains valuable phyto-nutrients and was selected for its purity and potency. We recommend including Organic Best of Greens™ and Bio Fruit™ in your daily health regimen for comprehensive nutritional support.

- Is a great source of chlorophyll
- Supports natural detoxification
- May support healthy immune function
- Can help balance pH levels
- May support increased energy
- Can increase mental acuity

**Instructions:** Mix 1 heaping teaspoon (2.5g) with 6 ounces of purified water or juice\* twice per day. We recommend drinking this on an empty stomach. \*Best mixed with carrot, apple, or aloe vera juices. Citrus juices are not recommended.

**Ingredients:** Organic Cereal Grass Blend (contains Organic Alfalfa Juice, Organic Wheatgrass Juice, Organic Barley Grass Juice, Organic Oat Grass Juice), Organic Cruciferous Vegetable Blend (contains Organic Broccoli, Organic Cabbage, Organic Parsley, Organic Kale), Organic Spirulina, Organic Chlorella, Organic Sea Vegetable Blend (contains Organic Kelp and Organic Dulse), Organic Dandelion Greens, Organic Three Day Old Broccoli Sprouts



## CRACKED-CELL CHLORELLA™

Item: 2481 (600 tablets, 40 servings) Item: 2482 (8oz, 75 servings)

Purium's cracked-cell chlorella is cultivated in a controlled outdoor environment in ponds filled with mineral-rich water. Our easily-digestible tablets and powder are a great addition to any detoxification regimen. We recommend combining it with any of our green foods for a smoother taste and added nutritional benefits.

- Can help break down heavy metals
- Is nature's richest whole-food source of chlorophyll
- May support healthy cholesterol levels
- May support natural detoxification
- May help decrease plaque buildup in arteries

**Instructions:** Take fifteen tablets (3g) per day or take one rounded teaspoon (3g) of the powder mixed with juice, purified water or blended with a smoothie.

**Ingredients:** Chlorella powder

## FULVIC ZEOLITE™

Item: 2125 (1 fl oz, 122 servings) Item: 2126 (3-pack of 1 fl oz bottles)

Zeolite, one of the few negatively charged minerals, is formed naturally when volcanic lava reacts with salt water. Our zeolite has been synergistically combined with fulvic acid to create Fulvic Zeolite™, which acts like a magnet, drawing positively charged toxins and heavy metals out of the body. We recommend combining it with any of our green foods for added assimilation and detoxification.

- Is an effective part of any detoxification program
- Contains no chemicals
- Balances pH levels and helps restore electrical conductivity in the body
- Safe for all ages over 2 years\*

**Instructions:** For adults: Hold 3 drops under tongue for 10 seconds then swallow. Or mix 3 drops with any juice or water 3 times a day. Start with one drop 3 times a day and slowly increase to 3 drops, 3 times a day over a period of 2 weeks. Best results when mixed with a green drink. *\*For children: take one drop a day mixed with juice or purified water.*

**Ingredients:** Supercharged activated fulvic acid, zeolite

## HERBAL FIBER CLEANSE™

Item: 2250 (180 capsu, 30 servings)

Purium's Herbal Fiber Cleanse™ is a unique, all natural blend of herbs and fibers that help cleanse, detoxify, purify, and remove impacted fecal matter. We recommend taking it with one of our green foods and the Daily Fiber Blend™ to ensure proper detoxification and digestion.

- Supports a natural detoxification of the bowels
- Helps remove impacted fecal matter and toxins
- Can help restore healthy digestive function
- Supports healthy immune function
- Helps cleanse the bloodstream and various organs

**Instructions:** Take 3 capsules twice a day. We recommend taking this with a green drink.

**Ingredients:** Alfalfa Leaf, Apple Fiber, Organic Burdock Root, Cascara Sagrada, Organic Dandelion Leaf, Fennel Seed, Fenugreek, Fiber Gum, Organic Ginger Root, Glucomannan, Guar Gum, Irish Moss, Lemon Peel, Licorice Root, Locust Bean Gum, Marshmallow Root, Papaya Leaf, Organic Peppermint Leaf, Plantain Leaf, Psyllium Husks, Red Clover, Red Raspberry, Rice Bran, Skull Cap, Slippery Elm, Yellow Dock; cellulose capsules



Improve the Health  
of Your Pets  
the Natural Way



PET CARE PRODUCTS

### GREAT STUFF FOR CATS™

Item: 4810 (240 tablets, 40 servings)

Great Stuff For Cats™ provides important nutrients that can extend the life of your feline friend. Cats need the phyto-nutrients that foraging provides, but foraging where there are toxic lawn chemicals and pesticides can do more harm than good. This product delivers all the benefits of foraging in a non-toxic tablet.

- May support immune function
- Supports healthy digestion
- Helps maintain skin and coat health
- May help increase circulation

**Ingredients:** Barley Grass, Wheat Grass, Oat Grass, Desiccated Liver, Whey Protein, Dried Yeast, Taurine, Acacia Gum

### GREAT STUFF FOR DOGS™

Item: 4820 (240 tablets, 40 servings)

Great Stuff for Dogs™ provides important nutrients that dogs require to live a long and healthy life. Cooked and processed foods do not contain all the necessary phyto-nutrients that dogs need. Great Stuff for Dogs™ is an excellent, non-toxic source of these nutrients.

- May support immune function
- May help increase circulation
- Supports healthy digestion
- Helps maintain skin and coat health

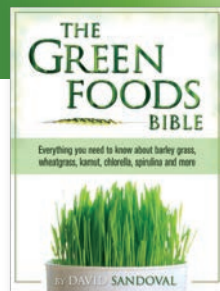
**Ingredients:** Spirulina, Flax Seed, Goat Whey, Acacia Gum, Barley Grass, Kamut Grass Juice Powder, Oat Grass Juice, Garlic, Rice Bran, Rice Solubles, Carrot, Chia Seed, Chlorella, Glucosamine Sulfate, MSM, Beet Juice, Citrus Bioflavonoids, Kelp, Probiotics, Natural Spices and Flavorings, Yucca, Fennel Seed.

## BOOKS

### THE GREEN FOODS BIBLE

Item: 8410 (189 pages)

By David Sandoval. Everything you need to know about green foods and much more.



## PURIUM PRICE LIST

DAVE SANDOVALS 10-Day CELEBRITY TRANSFORMATION	PAGE	MSRP	BV
1121 10-Day Transformation PACK (With Original Flavor Power Shake)	04	\$225.00	100
1127 10-Day Transformation PACK (With Apple-Berry Power Shake)	04	\$225.00	100
1151 10-Day Transformation CLEANSE (With Original Flavor Power Shake)	05	\$270.00	130
1157 10-Day Transformation CLEANSE (With Apple-Berry Power Shake)	05	\$270.00	130

LIFESTYLE PLUS PACKS - CORE PACKS	PAGE	MSRP	BV
7610 Total Weight Control - CORE PACK (With Original Flavor Power Shake)	06	\$220.00	100
7611 Total Weight Control - CORE PACK (With Apple-Berry Power Shake)	06	\$220.00	100
7620 Maximum Fitness - CORE PACK	06	\$214.29	105
7630 Ultimate Anti-Aging - CORE PACK	06	\$121.43	65
7640 Core Nutrition - CORE PACK	06	\$135.71	75

LIFESTYLE PLUS PACKS - BOOSTER PACKS	PAGE	MSRP	BV
7650 Fat Fighter - BOOSTER PACK	07	\$50.00	25
7655 Total Detox - BOOSTER PACK	07	\$57.14	30
7660 Brain Booster - BOOSTER PACK	07	\$64.29	35
7665 Body Repair - BOOSTER PACK	07	\$107.14	60
7670 Renew Energy - BOOSTER PACK	07	\$92.86	55
7680 Super Immunity - BOOSTER PACK	07	\$71.43	40
7685 Sugar Stabilizer - BOOSTER PACK	07	\$100.00	55
7690 Digestion Relief - BOOSTER PACK	07	\$85.71	50

L.O.V.E. SUPER MEAL	PAGE	MSRP	BV
2710 L.O.V.E. Super Meal (3-pack, 10 serv. each)	09	\$107.15	60
2700 L.O.V.E. Super Meal (10 Servings)	09	\$45.00	25
2735 Chocolate Raspberry Flavor (2 oz.)	09	\$10.00	5
2736 Vanilla Cheesecake Flavor (2 oz.)	09	\$10.00	5
2737 Tropical Coconut Flavor (2 oz.)	09	\$10.00	5
2730 (3) Flavor Combo (2 oz., ea.)	09	\$28.57	15
2720 L.O.V.E. Super Meal (30 serv) +3-Pack Flavor Combo (2 oz. each) Chocolate Raspberry, Vanilla Cheesecake and Tropical Coconut	N/A	\$135.72	75
2721 L.O.V.E. Super Meal (30 servings) plus Chocolate Raspberry (2 oz.)	N/A	\$117.15	65
2722 L.O.V.E. Super Meal (30 servings) plus Vanilla Cheesecake (2 oz.)	N/A	\$117.15	65
2723 L.O.V.E. Super Meal (30 servings) plus Tropical Coconut (2 oz.)	N/A	\$117.15	65

ANTI-AGING	PAGE	MSRP	BV
2110 Apothe-Cherry 16 oz.	11	\$27.95	15
4010 Revive-It-All 90 ct.	12	\$46.95	27
2490 Bio Fruit 240 g	12	\$33.95	19
3020 Renew Hair, Skin & Nails	13	\$29.95	17
2030 C From Nature 90 ct.	13	\$21.95	13
2031 C From Nature 270 ct.	13	\$57.95	33

ANTI-AGING CONTINUED	PAGE	MSRP	BV
4020 Joint-Flex 180 ct.	14	\$46.95	26
4030 Heart-Aid 180 ct.	14	\$31.95	18
2115 Power of 10 Veggie	15	\$43.95	25
2130 White American Ginseng Extract 8 oz.	15	\$44.95	25

WEIGHT CONTROL	PAGE	MSRP	BV
2310 CONTROL Pre-Meal Caps 180 ct.	17	\$38.95	21
2330 Creamy Vanilla Meal Option 10 serv	17	\$27.95	16
2331 Creamy Vanilla Meal Option 30 serv	17	\$69.95	39
2040 Organic Tropic Oil 16 oz.	18	\$17.50	7
2041 Organic Tropic Oil 1 gallon	18	\$72.95	31
2371 CONTROL Whole Food Meal	18	\$69.95	35
2445 Activated Barley 280 g	19	\$24.95	14
2446 Activated Barley 900 g	19	\$69.95	39
2380 Scoop of Greens 14 servings	19	\$28.95	16
2381 Scoop of Greens 60 servings	19	\$66.95	38

SPORTS & FITNESS	PAGE	MSRP	BV
3550 Master Amino Acid Pattern (50 ct)	21	\$40.64	19
3551 Master Amino Acid Pattern (150 ct)	21	\$89.64	39
2205 Power Shake (Original Flavor) 533 g	22	\$54.95	31
2207 Power Shake (Apple-Berry Flavor) 533 g	22	\$54.95	31
2206 Power Shake (Original Flavor) 1065 g	22	\$99.95	56
2208 Power Shake (Apple-Berry Flavor) 1065 g	22	\$99.95	56
2455 Rice Bran Solubles 360 g	23	\$42.95	24
3535 Astaxanthin Advantage 60 ct.	24	\$26.95	11
2050 Bee Energetic 90 ct.	24	\$24.95	14
2120 Ionic Elements 4 oz.	24	\$38.95	21
3520 Super Male Formula 90 ct.	25	\$69.95	40

IMMUNE SUPPORT	PAGE	MSRP	BV
2430 Organic Spirulina Caps 180 ct.	27	\$20.95	10
2432 Organic Spirulina Powder 1 lb.	27	\$43.95	25
2410 More Greens 240 g	27	\$41.95	23
2510 Vir-U-Sure 60 ct.	28	\$34.95	20
2540 Immuno-Max 180 ct.	28	\$41.95	24
2640 Advanced Probiotic Blend 60 ct.	30	\$24.95	14
2610 Enzyme Advantage 90 ct.	30	\$28.95	15
2150 40X Aloe Vera Concentrate 4.2 oz.	31	\$31.95	18
3610 Amla-C Plus 4oz.	31	\$15.95	8
3615 Amla-C Plus 500 ct.	31	\$43.95	25
3620 Red Marine Algae 90ct	31	\$40.95	22

DETOXIFICATION	PAGE	MSRP	BV
2420 Organic Kamut Blend 90 g	33	\$29.95	17
2421 Organic Kamut Blend 270 g	33	\$75.95	43
2440 Organic Barley Green Juice 240 g	34	\$56.95	32
2210 Daily Fiber Blend 500 g	34	\$26.95	15
2470 Carrot Juice Plus 225 g	35	\$35.95	17
2400 Organic Best of Greens 150 g	35	\$35.95	20
2481 Cracked Cell Chlorella 600 ct.	36	\$30.95	16
2482 Cracked Cell Chlorella Powder 8 oz.	36	\$38.95	21
2125 Fulvic Zeolite 1 oz.	36	\$79.95	45
2126 Fulvic Zeolite 1 oz. (3 pack)	36	\$209.85	118
2250 Herbal Fiber Cleanse 180 ct.	36	\$33.95	18

PET CARE PRODUCTS	PAGE	MSRP	BV
4810 Great Stuff for Cats 240 ct.	37	\$18.00	10
4820 Great Stuff for Dogs 240 ct.	37	\$18.00	10

MISCELLANEOUS	PAGE	MSRP	BV
8410 The Green Foods Bible by David Sandoval 189 pgs.	38	\$14.00	N/A
9815 BPA-Free Purium Shaker Bottle	N/A	\$10.00	N/A

PURIUM  
HEALTH PRODUCTS™

60 DAY  
Money Back  
Guarantee

TO ORDER:  
CALL US AT  
(888) 747-6733



# PURIUM HEALTH PRODUCTS ARE NOT SOLD IN STORES

**You must provide a referral code when ordering:**

YOUR PURIUM MEMBER IS:

USE MY GIFT CARD CODE:

**PURIUM HEALTH PRODUCTS**  
1495 SEABRIGHT AVE, LONG BEACH, CA 90813  
**(888) 747-6733 • WWW.PURIUMCORP.COM**



© COPYRIGHT 2014 - PURIUM HEALTH PRODUCTS  
Purium Health Products is a Division of Organic By Nature, Inc.  
ITEM# 8106 • RD0414