

Power Shake



NOURISHING GREENS

Nutrition Facts

15 servings per container

Serving size 5-1/2 Tbsp (35.5g)

Amount per serving

Calories 140

% Daily Value*

Total Fat 4g 5%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 55mg 2%

Total Carbohydrate 19g 7%

Dietary Fiber 5g 18%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 7g

Vitamin D 0mcg 0% • Vitamin B₆ 0.82mg 50%

Calcium 50mg 4% • Folate 20mcg DFE 4%

Iron 5.2mg 30% • Vitamin B₁₂ 5.32mcg 220%

Potassium 480mg 10% • Pantothenic Acid 1.5mg 30%

Vitamin A 650mcg 70% • Phosphorus 350mg 30%

Vitamin C 2mg 2% • Iodine 47mcg 30%

Vitamin E 0.9mg 6% • Magnesium 170mg 40%

Vitamin K 111mcg 90% • Zinc 2.2mg 20%

Thiamin 0.65mg 50% • Selenium 5mcg 10%

Riboflavin 0.22mg 15% • Copper 0.38mg 40%

Niacin 7.3mg 45% • Manganese 2.85mg 120%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nourish your body with super greens and healthy fats. This green drink helps nourish, energize and detoxify your body with organic superfoods. Consuming organic vegetables has never been this easy or tasted this good! This delicious Apple-Berry shake supports healthy blood glucose, helps burn fat and satisfies hunger. Contains only certified organic superfoods.

May help:

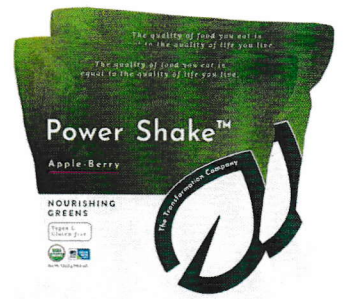
- Energy Levels
- Reduce Cravings
- Detoxify Cells
- Satisfy Hunger
- Burn Fat

Power Shake

16 different pure, organic phytonutrients

Ingredients:

- **Rice Bran Extract** - Vital for maintaining normal cholesterol levels and blood glucose control. It is also an all-natural source of vitamin E, tocopherols and tocotrienols. It also contains a variety of B vitamins, CoQ-10, gamma oryzanol, folate, B12 and more. Rice Bran Solubles is the outer, soluble part of brown rice that normally gets cooked away. Soluble rice bran is the fuel of many Asian martial artists.
- **Organic oats** – Contains the soluble fiber beta-glucan to support healthy blood lipids and healthy blood sugar, antioxidant polyphenol avenanthramides to support healthy blood pressure plus many vitamins and minerals including manganese, phosphorous and copper.
- **Organic spirulina** - Nature's most complete nutrient source, containing over 60% complete vegetarian protein, an abundance of chlorophyll and essential fatty acids, vitamins, minerals and nucleic acids. It is nature's highest source of phycocyanin, a photosynthetic pigment that absorbs sunlight. Spirulina is a cyanobacterium, also known as blue-green algae. This protein packed marine green is known for being nutrient and antioxidant rich. Spirulina studies have been tied to supporting endurance, muscle strength and healthy immune function. Used for centuries, Spirulina was the fuel of the Aztecs.
- **Organic carrot juice** - Known as one of the most important parts of any juice fast or raw food regimen. Its deep, rich, orange color comes from the abundance of beta-carotene, minerals, and other phyto-nutrients that are unique to the tuber family. It also has a naturally sweet taste that perfectly complements the other superfoods.
- **Organic wheatgrass** - Clinics all over the world have been set up to administer the miraculous juices extracted from sprouted wheat plants. People report that the intensive cleaning the chlorophyll and enzymes provide is unsurpassed in its abilities to support the immune system and instigate healthy cell regeneration.

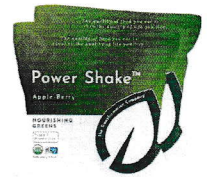


Power Shake

16 different pure, organic phytonutrients

Ingredients Continued:

- **Organic amaranth:** *This pseudocereal, meaning that it's not technically a cereal grain but rather a seed, has roots in Incan and Mayan civilizations. Amaranth contains fiber, vitamins and minerals. Unlike most grains, it contains the amino acid L-lysine*
- **Organic buckwheat:** *Not technically a grain, it comes from a fruit seed in the rhubarb family, and is therefore gluten free. Buckwheat contains a rich supply of flavonoids, particularly rutin, and may help support healthy blood sugar levels.*
- **Organic quinoa:** *This gluten-free pseudocereal has grown in popularity due to its high nutrient density. It is rich in fiber, protein, vitamins and minerals. Quinoa has been a food staple for thousands of years from South America.*
- **Organic chia:** *A staple in Mayan and Aztec diets for centuries, chia is a rich source of fiber, omega-3 fatty acids, fiber, and antioxidants.*
- **Organic millet:** *Rich in fiber and the B complex vitamins, also aids in digestive health and supports healthy blood glucose.*
- **Organic alfalfa leaf juice:** *The father of all foods, Alfalfa has roots that reach up to 60 ft. into the soil to absorb trace minerals. Its lightweight proteins support the rebuilding of tissues and strengthen the hair, skin, and nails.*
- **Organic oat grass juice:** *One of the little known superstars among cereal grasses, recent and ongoing studies indicate that unique proteins and lipids in oat greens may support reproductive and sexual function.*
- **Luo han guo:** *Contains natural sweetening compounds called Mogrosides. This extract is 150-250 times sweeter than sugar. It is in the same family as cucumber, squash and melon and has been used extensively in Traditional Chinese Medicine.*
- **Organic Natural Flavoring:** *Raspberry and apple flavoring is used to enhance the taste without adding artificial substances. Derived from apples and raspberries it offers a natural alternative for flavoring.*



WHY WE MAKE IT?

In a fast-paced world full of fast food drive-thru and delivery conveniences, it can be a struggle to get your daily nutrition and intake of green vegetable nutrients.

Power Shake is a convenient way to get phytonutrients from pure, organic superfoods, and stay satiated and energized throughout the day.

For this reason, Power Shake has become a Purium staple in the Ultimate Lifestyle Transformation packs. For many it is a must have daily dose of nourishment and often referred to as "liquid sunshine".

While there are different nutritional shakes and juices, not many take gluten into account. In the age of consumers who cannot tolerate gluten or simply do not wish to consume it, Purium created a gluten-free formula. With its easily digestive mix and smooth taste, this product is understandably a superfoods powerhouse.

This product is organic, gluten-free, vegan and Kosher.

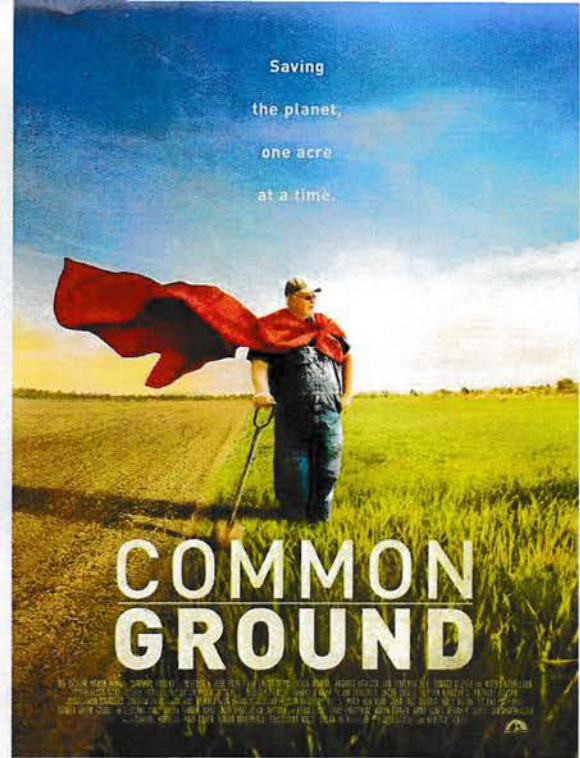
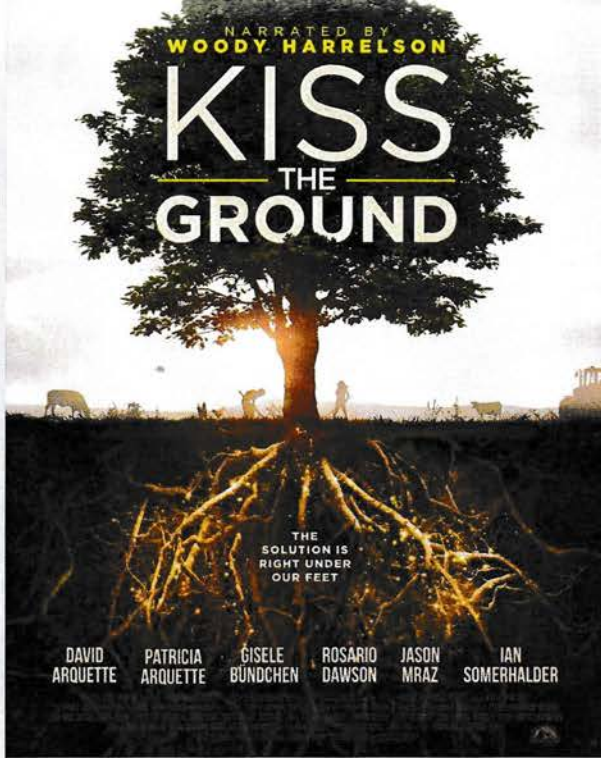
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**Adiponectin
The Skinny
Hormone**



**Reduce
your
Carbon
Food Print**



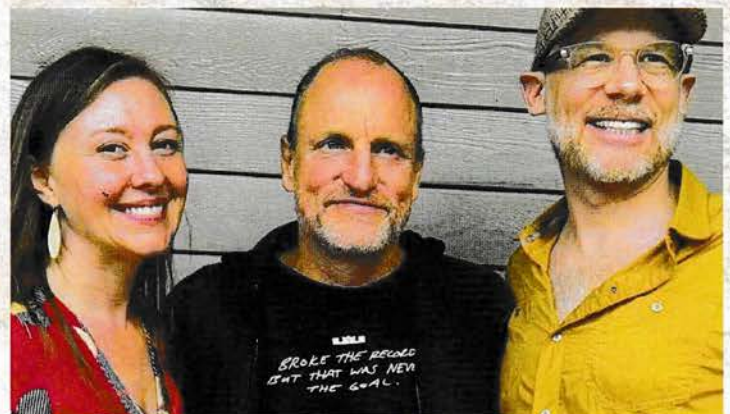


Join the solution-driven movement of regenerative leaders as they make a case for soil health across North America and beyond. We can all find our 'common ground' to heal the soil, our health, and the planet. No action is too small.

COMMONGROUNDFILM.ORG



Even the most insurmountable problems have solutions. Revolutions often start with one radical idea.
 – Laura Dern





Biome Medic

Supports a Healthy Gut Microbiome

Vegan

Daily supplement
60 capsules



Biome Medic



VEGAN

Supplement Facts

60 servings per container

Serving Size 1 capsule (550mg)

	Amount Per Serv.	% DV
PrebioSure™ Digestive		
Wheat Germ Extract	350mg	†
Chicory Root Fiber Extract	135mg	†
HumicSure™ Fulvic & Humic acid blend	50mg	†
Lactospore® (<i>Bacillus coagulans</i> 15 billion cfu/g)	15mg	†

† Daily value not established



Ingredients: PrebioSure™ Digestive Wheat Germ Extract, Chicory Root Fiber Extract, HumicSure™ Fulvic & Humic acid blend, Lactospore®

Other Ingredients: Cellulose Capsule

DETOXIFY

Biome Medic can help flush harmful toxins, support “good” bacteria and protect your microbiome from GMO damage.

Support a healthy gut, aka the “second brain” by detoxifying harmful food additives. This exclusive and proprietary formula filled with all-natural ingredients was awarded a Gold Seal by the Detox Project as a glyphosate detox solution.

May help:

- Detoxify glyphosate
- Support healthy digestion
- Support healthy immune function
- Sustain healthy C-reactive protein levels and the body’s healthy response to inflammation

Biome Medic

Repair, restore, rebuild

The Crisis

Our gut microbiomes and gut linings are being compromised by a toxic, cancer-inducing herbicide known as glyphosate. This prevalent weed killer, found in 75% of our food and 90% of beer and wine, primarily affects crops with genetically modified seeds (GMOs). It's also used as a desiccant on other crops like wheat, oats, and barley. The plants absorb these chemicals into their cells, making it ineffective to remove them by washing or cooking.

An alarming 95% of Americans carry this chemical in their bodies. In 2017, the State of California confirmed that glyphosate "causes cancer and birth defects," and subsequently added it to the Proposition 65 list.

Our gut, often referred to as our "second brain," plays a crucial role in nutrient absorption, hormone production, and immune response.

The Solution

Biome Medic offers a proven solution. It has demonstrated the ability to remove glyphosate and promote a healthy gut, both safely and effectively.

Biome Medic is designed to:

- FLUSH glyphosate out of the body,
- SUPPORT good gut bacteria,
- SUPPORT healthy gut lining and function.
- SUPPORT cell nourishment through healthy absorption.

Proven Results* in just 6 weeks:

74% Reduction in Glyphosate

75% Reduction in C-Reactive Protein

35% Increase in Intestinal Integrity

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Full Trial Results*



Press Release



Detox Project Press Release



Biome Medic Video



Biome Medic

Repair, restore, rebuild

Ingredients:

- **PrebioSure™ Digestive Wheat Germ Extract:** (Patented Super Prebiotic) From a fraction of wheat germ which is proven to specifically support the rebuilding of the aerobic bacteria colonies integral to healthy immune function. Containing compounds such as benzoquinone, amino acids and prebiotics, it encourages nutrient and vitamin absorption.
- **Chicory Root Fiber Extract:** This root contains inulin, a prebiotic fiber that supports digestive health. Inulin helps feed good bacteria in the gut, allowing them to flourish. The root may also support nutrient absorption and the body's response to inflammation. Finally, inulin assists in normal and regular bowel function and elimination.
- **HumicSure™ Fulvic & Humic Acid Blend:** Helps feed vital minerals directly to the gut and chelate away toxins. Together this supports healthy villi to fortify normalized integrity in the lining of the gut.
- **Lactospore®*:** This is THE specific bacteria the micro biome uses to eliminate TOXINS and stop the poisoning of your body. This well researched strain withstands the acidic environment of the stomach, encouraging healthy digestion and overall gut health.

*Lactospore® is a registered trademark of the Sabinsa Corporation.

Does Biome Medic contain gluten?

Yes, a very small amount per serving (1 capsule).

In a study conducted regarding gluten content in Biome Medic, the conclusion was that one would have to ingest almost 10 capsules per day to be exposed to the same amount of gluten allowed in a single serving of gluten free pasta.



If you are sensitive:

**Is it the
gluten
or the
glyphosate?**

GLYPHOSATE CONTAMINATION



THE POISON IN OUR DAILY BREAD

Pre-harvest spraying of Monsanto-Bayer's Roundup is leading to contamination of essential 'healthy' foods.



Report by The Detox Project

Read Full Article

World Health Organization Declared Glyphosate to be (The active ingredient in Round Up)

CARCINOGENIC



GLYPHOSATE

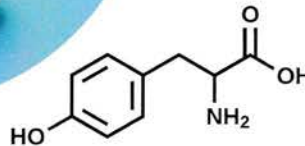
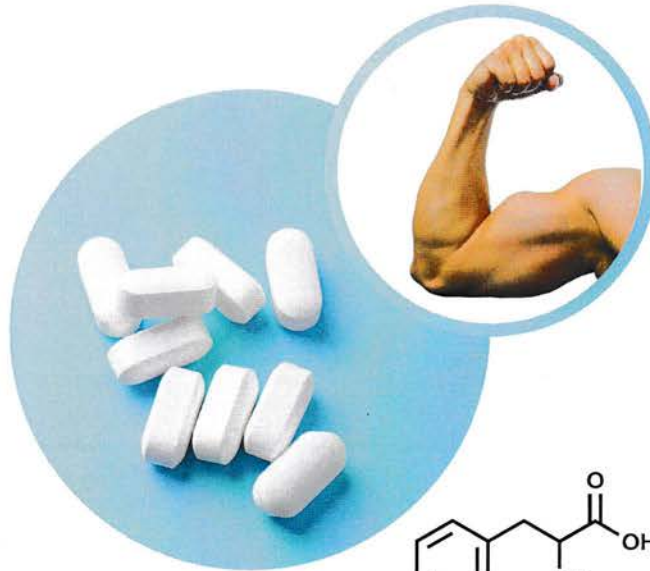
LINKED TO: Kidney Disease, Diabetes, Obesity, Autism, Inflammatory Bowel Disease, Depression, ADHD, Alzheimer's, Parkinson's, ALS, Cancer, Infertility, Senile Dementia, Multiple Sclerosis.



Glyphosate destroys the microbiome (the gut) of humans, which is the root cause of many modern diseases.

Biome Medic has been awarded the Detox Project's Gold Standard Detox certification as an effective glyphosate removal solution.





Super Aminos 23



BUILD MUSCLE

These 100% pre-digested vegan amino acid tablets (the building blocks of protein) can help build lean muscle, burn fat and aid in body protein synthesis. Super Amino 23 is featured in the Physician's Desk Reference for rapid absorption into the bloodstream in 23 minutes and has over 30 clinical studies published.

May help:

- Build lean muscle & strength
- Burn fat
- Skin Elasticity
- Body Protein Synthesis
- Anti-Aging Growth & Repair of Body Tissues

Supplement Facts

30 servings per container
Serving size 5 tablets (5g)

Amount per serving	% DV*
MAP Master Amino Acid Pattern® Proprietary Blend 5000mg	†
L-Leucine, L-Valine, L-Isoleucine, L-Lysine HCL, L-Phenylalanine, L-Threonine, L-Methionine, L-Tryptophan	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
 † Daily value not established

Ingredients: L - Leucine, L - Lysine Acetate, L - Valine, L - Isoleucine, L - Phenylalanine, L - Threonine, L - Methionine, L - Tryptophan.

Super Aminos 23

Vegan Protein

Super Amino 23 tablets are 100% non-GMO, pre-digested natural vegan protein in its purest form.

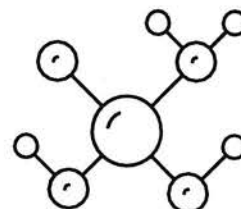
It is derived from vegetable matter and non-soy legumes, contains no gluten or whey. Super Amino 23 is a patented protein with over 30 independent clinical studies proving it is far superior to all other sources of protein and is even listed in the Physician's Desk Reference Manual.

Benefits:

1. *Aids in normal body protein synthesis.*
2. *Supports muscle strength, mass, endurance and recovery.*
3. *Aids in keeping body tissues firm.*
4. *Helps minimize body fat.*
5. *Supports a weight loss regimen.*
6. *Aids in tightening skin during and after weight loss.*

Super Amino 23 is designed to stabilize muscle during a fast and/or low carbohydrate/low caloric dietary regimen. When taken between meals, it supports healthy blood sugar levels and fat burning. In addition, when taken within 30 minutes of intense exercise, it is absorbed into muscle tissue, increasing its mass, tone, strength and endurance.

Medical doctors use Super Amino 23 to maximize protein utilization. Olympic athletes and fitness buffs around the world use it to increase muscle strength and endurance.



**Watch Video
for more info**



Super Aminos 23

Vegan Protein

The typical absorption rate of ordinary proteins fluctuates between 13% and 48%, with the remaining 52% to 87% being wasted. This waste needs to be processed by the body, which can strain the kidneys, liver, and other organs.

In contrast, Super Amino 23 is quickly absorbed as it does not require the assistance of peptidases, and is instead absorbed through the initial 100 cm of the small intestine within just 23 minutes. Most dietary protein sources take hours. Furthermore, Super Amino 23 does not produce fecal residue and can function as either an acid or a base.

Super Amino 23 boasts a 99% Net Nitrogen Utilization (NNU). This means it doesn't place stress on the kidneys or liver like other proteins since these organs aren't tasked with eliminating the catabolic waste that's commonly associated with the digestion of regular dietary protein. This also means that 99% of Super Amino 23 constituent amino acids follows the anabolic pathway, thus acting as precursors of body's protein synthesis (BPS). By comparison, dietary proteins only provide between 16 to 48% NNU. Hence, Super Amino 23 is more nutritious than dietary proteins.

How does Super Amino 23 compare to other protein sources?

Since there are not other proteins similar to Super Amino 23, it's challenging to make a comparison or determine an equivalent amount of standard dietary protein. However, for the sake of approximate comparison, let's assume that dietary protein has an average of 32% NNU.

1 tablet of Super Amino 23 = 3 grams of dietary protein

2 tablets of Super Amino 23 = 6 grams of dietary protein

3 tablets of Super Amino 23 = 9 grams of dietary protein

4 tablets of Super Amino 23 = 12 grams of dietary protein

5 tablets of Super Amino 23 = 15 grams of dietary protein

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CLINICAL STUDIES

Findings from comparative, double-blind, triple and quadruple-crossover NNU clinical studies reveal that participants who used Super Amino 23 as a dietary protein substitute attained an impressive 99% NNU in their bodies.

This indicates that 99% of Super Amino 23's constituent amino acids employed the anabolic pathway, thereby functioning as a precursor to the body's protein synthesis. As previously stated, other dietary proteins offer between 13% and 48% NNU. Consequently, Super Amino 23 stands out as more nutritious than its competitors. This was substantiated by the fact that throughout the studies, the body nitrogen balance of each participant remained in equilibrium when Super Amino 23 was used as the sole total replacement for dietary proteins.

The studies' findings also highlighted that 1% of Super Amino 23's constituent amino acids utilized the catabolic pathway, releasing merely 1% of nitrogen catabolites and energy. In comparison, regular dietary proteins discharge between 52% and 87% nitrogen catabolites and energy.

These points underscore that Super Amino 23 is safer than dietary proteins and discharges the least amount of energy compared to other alternatives in the market.

DOSAGE

If administering more than 10 tablets per day, increase dosage gradually. (No more than 10 tablets should be administered within a two hour period.)

Super CleansR

7 traditional use & cleansing ingredients

Ingredients:

- **Black Walnut Hull:** Historically used for centuries by many cultures, these hulls naturally contain tannins and juglone which are known to support deep cleansing of certain parasites and support immune response to fungal infections.
- **Marshmallow Root:** This centuries old gut health remedy contains mucilage (fluid substance) that is thought to help coat the digestive tract, support immunity and the release of parasites.
- **Clove:** High in vitamins, antioxidants and the terpene eugenol which is thought to help dissolve the casing around parasite larvae and eggs. Clove is known historically as a digestive aid and traditionally used more as a medicine than in food preparation.
- **Wormwood:** This herb containing terpenes, flavonoids, phenolic acids, and artemisinin was used in traditional Chinese medicine to help rid the body from parasites. Naturopaths also believe that pairing wormwood with black walnut and clove is a powerful way of eliminating parasites in the body by breaking its life cycle.



Super CleansR

7 traditional use & cleansing ingredients

Ingredients Continued:

- **Amalaki:** *Used in ancient Ayurvedic medicine, the antioxidant-rich amalaki berry (also know as Indian gooseberry or amla berry) boasts a huge source of vitamin C as well as amino acids, pectin, and antioxidant-rich polyphenols such as tannins and gallic acid. Amalaki is known for support immune function.*
- **Cascara Sagrada Bark:** *Used in Native American medicine, this herb is thought to support digestive health. A plant compound called anthraquinones can encourage elimination and detoxification of the gut. It is believed to stimulate peristalsis (colon muscle contractions).*
- **Senna Leaf:** *Naturopaths have used this leaf to encourage relief from sluggish bowels in ancient healing practices. Anecdotal evidence also suggests that Senna leaf and fruit can support cleansing the body of parasites.*

NOTE:

Every day, our bodies can be exposed to toxins and parasites, not just in raw fish, but in contaminated foods, water and soil.

Super CleansR is a synergistic combination of ancient herbs that are thought to target the bowels and deep cleanse the colon for a thorough detoxification process. The herbs may help gently, but efficiently normalize peristaltic action and bowel movements while and loosening embedded and impacted fecal matter.

Because of the strength of this formula, it is recommended to be used for only 10 days, then take 20 days off and use for another 10 days, only two to three times per year.

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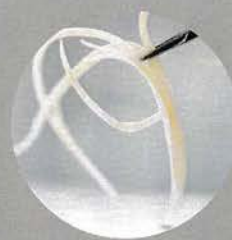
Toxoplasmosis



Pinworm



Tapeworm



Whipworm

Here are 20 symptoms that could potentially suggest a parasitic infection:

- 1. Gastrointestinal disturbances:** This can include persistent diarrhea, constipation, gas, or other types of stomach upset.
- 2. Unexplained weight loss:** Some parasites can interfere with the absorption of nutrients, leading to weight loss even if you're eating normally.
- 3. Fatigue:** Persistent, unexplained fatigue can be a sign of many health issues, including parasitic infections.
- 4. Fever:** Many types of infections, including parasitic ones, can cause a fever.
- 5. Skin issues:** Some parasites can cause skin symptoms, such as rashes, sores, or lesions.
- 6. Abdominal pain or discomfort:** Parasites that affect the digestive system can cause abdominal pain.
- 7. Changes in appetite:** Some people with parasitic infections may experience increased or decreased appetite.
- 8. Nausea or vomiting:** These are common symptoms of many types of illnesses, including parasitic infections.
- 9. Anemia:** Some parasites, particularly hookworms, can cause anemia by causing blood loss in the intestines.
- 10. Sleep disturbances:** This can include insomnia or other sleep disturbances.
- 11. Bloating and gas:** Some parasites live in the gut and can cause digestive issues like bloating and gas.
- 12. Itching or irritation around the anus:** Certain parasites, such as pinworms, can cause intense itching in this area.
- 13. Muscle aches or joint pain:** Some parasites can cause inflammation and discomfort in muscles and joints.
- 14. Allergic reactions:** Parasites can trigger allergic reactions in some people, leading to symptoms like itching, a rash, or breathing difficulties.
- 15. Swollen lymph nodes:** The body's immune response to a parasitic infection can sometimes lead to swelling in the lymph nodes.
- 16. Dysentery (bloody stools):** Some parasites, like amoebas, can cause severe diarrhea that contains mucus and blood.
- 17. Persistent coughing:** Some parasites can affect the respiratory system, causing symptoms like a persistent cough.
- 18. Frequent infections:** Parasites can weaken the immune system, leading to frequent infections.
- 19. Teeth grinding:** Toxins released by parasites can contribute to anxiety, mood swings and teeth grinding.
- 20. Problems with vision:** Certain parasites can affect the eyes, leading to vision problems.

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Apothe-Cherry



SLEEP & ANTI-AGING SUPPORT

Apothe-Cherry contains a wide variety of unique antioxidants and phytochemicals to help balance circadian rhythms, support healthy joint function and promote healthy uric acid metabolism.

May help:

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

Nutrition Facts

Servings per container Approx. 32 Approx. 16
 Serving size 1 tbsp (15ml) 2 tbsp (30ml)

Amount Per Serving	30		60	
Calories	% DV*		% DV*	
Total Fat	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g	0%	0g	0%
Sodium	0mg	0%	0mg	0%
Total Carb.	7g	3%	14g	5%
Total Sugars	6g		12g	
Protein	<1g		<1g	
Vitamin D	0mcg	0%	0 mcg	0%
Calcium	10.5mg	0%	21mg	2%
Iron	0mg	0%	0mg	0%
Potassium	128mg	2%	256mg	6%

Not a significant source of cholesterol, dietary fiber, and added sugars. *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*Ingredients: Organic Sour/Tart
 Cherry Juice Concentrate.*



What Is Apothe-Cherry?

Purium's Apothe-Cherry is a tart cherry extract that condenses the nutritional potency of approximately 30 sour/tart cherries into 1 oz. of concentrate.

What's In It?

Sour/tart cherry extract is the only ingredient.

Why Do We Make It?

From sleep aid to healthy joint function, tart cherries contain phytonutrients and antioxidants that offer health-promoting benefits to issues many people face daily:

- *Melatonin: Your body produces this hormone, which signals the circadian rhythm to prepare for sleep. Tart cherries can help balance circadian rhythm due to this safe naturally occurring melatonin boost from tart cherries.*
- *Ellagic Acid: Research suggests that this antioxidant has the potential to support brain function and the body's response to inflammation.*
- *Anthocyanin: This is deep pigment found in red, purple and blue plants. It is a flavonoid that has been shown to support cardiovascular, eye and cognitive health.*

Consumption of tart cherry juice has also been connected to:

- *Healthy uric acid metabolism*
- *Joint health and recovery*
- *Healthy response to inflammation*

Deeply pigmented fruits have many antioxidants and cherry is one of the highest sources of this antioxidant power. While cherries are seasonal, its nutrients are needed all year-round.



Apothe Cherry Video