

21-DAY PURIFY PROGRAM

SYNERGY

DIETARY GUIDELINES

In order to gain the full benefits of our Purify Kit, there are a few dietary guidelines that should be followed:

- Stay away from fruit juices, sports drinks, and soda. Drink plenty of water instead.
- Practice portion control during your main meals and snacks by following recommended serving sizes.
- Focus on adding leafy greens, more vegetables, and lean proteins into your daily meals. These include broccoli, asparagus, zucchini, spinach, kale, turkey, and chicken.
- Gradually eliminate sugar, processed foods, wheat (bread and pasta), rice, caffeine, and alcohol from your diet. Also, reduce starch-based vegetables such as potatoes, sweet potatoes, and sweet corn.



ELITE HEALTH IS POSSIBLE, AND A BALANCED AND PROPERLY FED MICROBIOME IS THE KEY TO ACHIEVING IT.

NOW, YOU'RE READY TO GET STARTED

The closer you follow the guidelines of the program, the more success you'll have. Microbiome health positively affects your brain function, weight, mood, immune system, and gastrointestinal tract. This occurs by protecting and supporting good microbes while eliminating the bad ones.

To learn more and to view the 7-Day Purify Program, **SCAN HERE** or visit: www.synergyworldwide.com/purifyguide



THE PURIFY KIT

The microbiome suffers due to toxic environments, nutrient-stripped foods, and a stressful, sedentary lifestyle. This suffering results in an unhealthy balance of good and bad bacteria, which ultimately impacts every system in the body.



The Purify Kit includes a supply of clinically formulated nutrition for the microbiome. Probiotics, vegetable proteins, and many other powerful ingredients combine to promote detoxification, cleansing, and balance. Use these carefully engineered supplements, and adhere to the dietary guidelines as you begin your journey to Elite Health.

*As with any nutritional product, please consult your physician before use, especially if pregnant, lactating, or have a known medical condition. This product is not intended to diagnose, treat, or prevent any disease.

DAYS 1-5

DAYS 6-12

DAYS 13-21

BREAKFAST

Biome Shake
2 scoops
Biome Actives
1 capsule



COMPLETE THE PURIFY PROGRAM:

Continue eating healthy meals filled with microbiome-friendly foods and use all products until your supply is depleted.

MID-MORNING SNACK

PREPARE FOR THE PURIFY PROGRAM:

Review the dietary guidelines and recommended foods. Begin to eliminate sugar, processed foods, wheat (bread and pasta), rice, caffeine, and alcohol. Reduce starch-based vegetables (potatoes, sweet potatoes, and sweet corn).

Biome DTX
2 packets



LUNCH

Biome Shake
2 scoops
Biome Actives
1 capsule
ProArgi-9+
1 packet



Biome Actives
1 capsule
ProArgi-9+
1 packet



AFTERNOON SNACK

Biome DTX
2 packets



WHAT'S NEXT?

After PURIFY, make the most of your momentum with the "BIOME CORE KIT." Formulated for continuous biome maintenance benefits.

DINNER

Body Prime
2 capsules



Biome Actives
1 capsule
Body Prime
2 capsules
ProArgi-9+
1 packet



Biome Actives
1 capsule
Body Prime
2 capsules
ProArgi-9+
1 packet



RECOMMENDED FOODS

Eat these microbiome-friendly foods for snacks and meals to maximize your success with the Purify Kit.

DAIRY

Unsweetened almond and coconut milk, yogurt, kefir, sour cream

FRUITS

Apples, apricots, bananas, berries, cherries, grapefruit, grapes, kiwi, mangos, melon, nectarines, oranges, peaches, pears, pineapple, plums, tangerines

LEGUMES

Soybeans, dried beans, lentils, chickpeas

PROTEIN

Fish, shellfish, beef, lamb, poultry, wild game, eggs, cottage cheese, low fat cheese. Vegetarian/Vegan: tofu, tempeh, seitan, veggie burgers, nuts

SEASONING & CONDIMENTS

Dry and fresh herbs, all spices, mustard, lemon and lime juice, salsa, vinegar, soy sauce, stevia

VEGETABLES

Fresh lettuces and greens, such as spinach and kale, artichoke, asparagus, bamboo shoot, bean sprout, beet, bok choy, broccoli, Brussels sprouts, carrots, cauliflower, celery, cucumber, eggplant, fennel, garlic, green bean, jicama, leek, mushroom, okra, onion, pepper, radish, scallions, shallot, snap pea, snow pea, squash, tomato, water chestnut

FOODS TO AVOID

Sugar, alcohol, processed foods, starchy vegetables (e.g. potatoes, sweet potatoes, sweet corn, green peas, etc.), wheat, rice, flour

Day 1

Day 6

Day 13

Day 21

Track your progress by checking off each completed day:



SYNERGY