



PURIFY 2.0

A Revolutionary Heavy Metal Detox Program

HOW-TO GUIDE

NATURE'S SUNSHINE®

“After Purify 2.0, my energy was better, I lost some weight, I felt less bloating and I was coping better with every day stressors.”

Kim C., Ohio

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A Revolutionary Heavy Metal Detox Program



WELCOME

TO THE BEST HEAVY METAL DETOX AVAILABLE!

Purify 2.0 is a patent-pending, four-week program that uses four scientifically formulated products to eliminate toxins, purify the gut and restore microbial balance.



WE ALL CARRY A TOXIC BURDEN HOW TOXIC ARE YOU?

THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC) ESTIMATES THAT:

420

HARMFUL CHEMICALS
ARE FOUND IN THE
AVERAGE PERSON

6 MILLION LBS.


OF MERCURY
CONTAMINATES OUR
ENVIRONMENT

2.5 BILLION LBS.

OF TOXINS CLOG OUR
AIR, WATER, SOIL AND
FOOD SUPPLY

200+

CHEMICALS ARE FOUND
IN THE BLOODSTREAM OF
NEWBORN BABIES



TOXIC
WORLD
+
TOXIC
GUT
=
TOXIC
HEALTH

Up to 90% of our body's cells are actually bacteria, fungi and other microbes that live in the gut. These visitors affect key body functions like cardio, glandular, immune and nerve function and impact weight, blood sugar, energy and skin health. In addition to toxins, stress, a poor diet and lifestyle can create a critical imbalance in gut bacteria.

When bad bacteria dominate the gut they produce endotoxins. These weaken or damage the gut lining, allowing food and toxins to escape and spread throughout the body, impairing health.

NOW THERE'S PURIFY 2.0.

“Before starting Purify 2.0, I was in pretty good overall shape, but I felt tired and sluggish. Now I have way more energy to play with my kids and enjoy life! My blood sugar levels and cholesterol (LDL) went down, and my skin issues cleared up. Being healthy feels good mentally and physically.”

Bryan R., Utah




WITH THE PURIFY 2.0 PROGRAM


**SEE RESULTS
IN AS LITTLE
AS 7 DAYS!**

HERE'S THE SCIENCE TO BACK IT UP.


Clinical results show that the Purify 2.0 four-week program:



Increases
Heavy Metal Elimination
up to 76%




Lowers Gut
Inflammation
by 35%



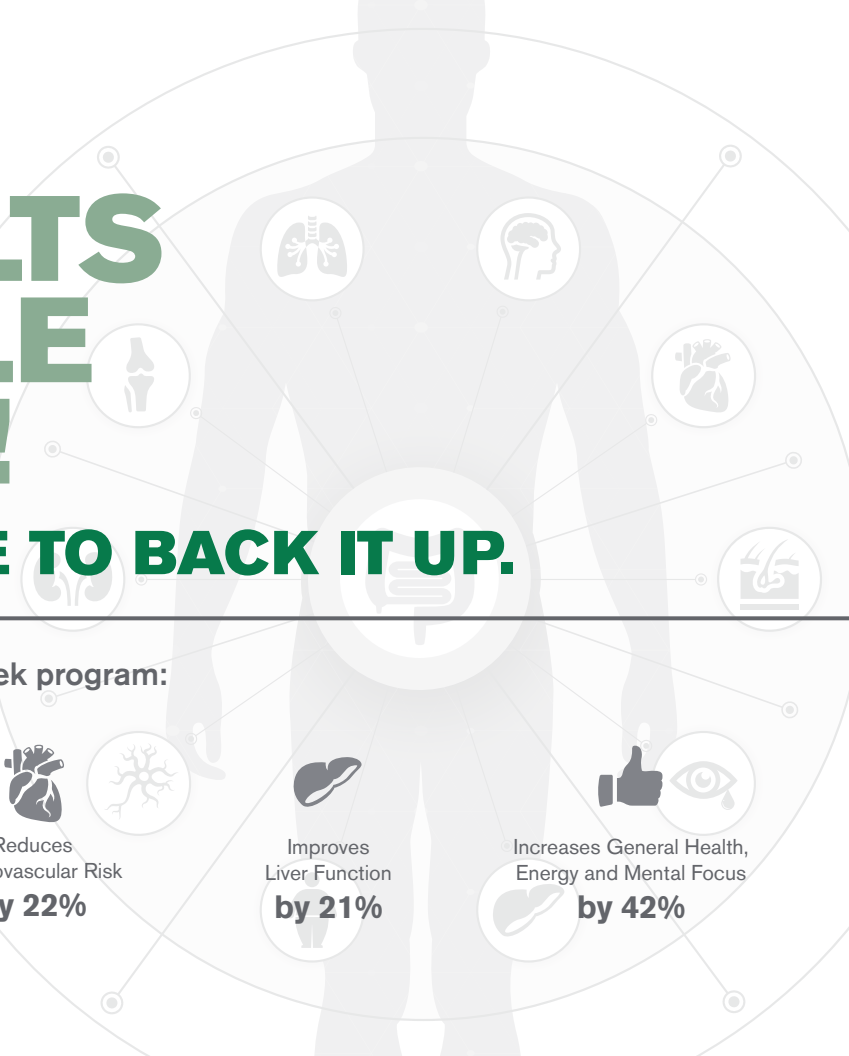
Reduces
Cardiovascular Risk
by 22%



Improves
Liver Function
by 21%



Increases General Health,
Energy and Mental Focus
by 42%



PURIFY 2.0 ESSENTIALS FOR SUCCESS:

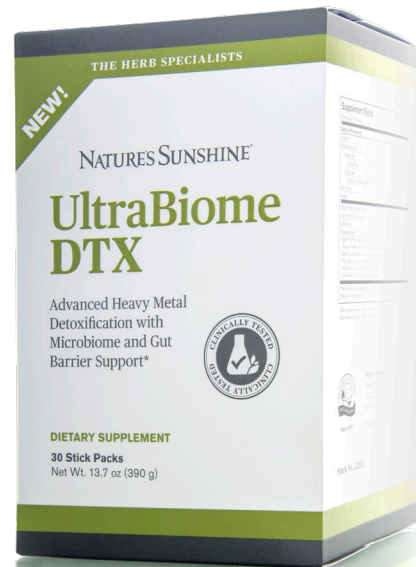


1 Nature's Sunshine Rejuvenaid

- Increases nitric oxide levels
- Improves energy production, physical stamina and brain circulation
- Supports healthy blood pressure and optimal blood flow

2 UltraBiomeDTX

- Eliminates heavy metals from the body
- Helps purify and rebalance the gut, promoting healthy bacterial balance
- Helps keep waste and toxins out of the bloodstream by strengthening and tightening cellular junctions



3 Bacillus Coagulans

- Nourishes and strengthens the gut microbiome with friendly bacteria
- Supports gastrointestinal health

4 Love and Peas

or Nature's Sunshine protein of choice

- Feeds and strengthens the gut
- Supports a healthy metabolism
- Builds lean muscle mass



Four scientifically formulated natural products work synergistically to provide unparalleled health benefits!

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

GETTING STARTED IS EASY!

Purify 2.0 is a comprehensive, clinically studied, four-week program to detoxify the body, eliminate heavy metals and restore balance to the gut, clearing the way for total health.

Here are some tips to enjoying better health and greater energy:

**ADD LEAN PROTEIN AND
VEGETABLES TO YOUR DIET**

DRINK PROTEIN SHAKES

CHOOSE HEALTHY SNACKS

DRINK MORE WATER

SKIP THE SODA

**WALK AT LEAST 2,500
STEPS A DAY**

**REMEMBER, YOU'RE IN
THIS FOR LIFE...YOUR LIFE.**



HEALTHY TRANSFORMATION SIMPLE MEAL PLAN

Follow these dietary guidelines for optimum results.



BREAKFAST

1 Nature's Sunshine protein shake



SNACK

1 glass of Rejuvenaid
1 glass of UltraBiomeDTX
1 healthy snack*



LUNCH

1 Nature's Sunshine protein shake



SNACK

1 glass of Rejuvenaid
1 glass of UltraBiomeDTX
1 healthy snack*



DINNER

1 serving of lean protein*
1 serving of leafy greens*
1 serving of vegetables*



PROBIOTIC

3 capsules of
Bacillus Coagulans daily

*See recommended foods.

RECOMMENDED LEAN PROTEINS

Meal portions are palm-sized; while snack portions are one half-palm-sized. Wild-caught, free-range, organic sources are preferred over farm-raised.

FISH / SHELLFISH

WILD GAME (VENISON, ELK, BISON)

BEEF / LAMB

POULTRY

EGGS

VEGETABLE SOURCES (TOFU, TEMPEH, VEGGIE BURGERS)

COTTAGE CHEESE 6 OUNCES

LOW-FAT CHEESES 2 OUNCES

MILK 4 OUNCES (COW, GOAT, UNSWEETENED ALMOND, COCONUT)

YOGURT 4 OUNCES (PLAIN DAIRY, GREEK OR COCONUT)

RECOMMENDED NUTS/SEEDS

ALMONDS 16 WHOLE

BRAZIL NUTS 6 WHOLE

CASHEWS 14 WHOLE

HAZELNUTS 14 WHOLE

PEANUTS 20 WHOLE

PECANS 10 HALVES

PINE NUTS 1½ TABLESPOONS

PISTACHIOS 2 TABLESPOONS

PUMPKIN, SESAME, SUNFLOWER 2 TABLESPOONS

WALNUTS 10 HALVES

NUT/SEED BUTTERS (FROM ABOVE LIST) 1 TABLESPOON

COCONUT (UNSWEETENED) 3 TABLESPOONS, GRATED





RECOMMENDED VEGETABLES

Use ½ cup portions for finely chopped or tightly packed veggies.
Use 1-cup servings for larger, loosely packed veggies like broccoli or cauliflower. Most cooked vegetables should be ½ cup portions.

ARTICHOKE	CUCUMBER	RADISHES
ASPARAGUS	EGGPLANT	SNAP PEAS
BAMBOO SHOOTS	GARLIC	SNOW PEAS
BEAN SPROUTS	GREEN BEANS	SQUASH
BEETS (¼ CUP)	JICAMA	TOMATOES
BROCCOLI	LEEKs	TURNIPS
BRUSSEL SPROUTS	MUSHROOMS	WATER CHESTNUTS
CARROTS	OKRA	ZUCCHINI
CAULIFLOWER	ONIONS	
CELERY	PEPPERS	

RECOMMENDED FRESH LETTUCES AND GREENS

Eat a total of 5 ounces by weight each day.

ARUGULA	RED/GREEN LEAF LETTUCE
BEET GREENS	ROMAINE
CABBAGE	SPINACH
CHICORY	SWISS CHARD
COLLARD GREENS	TURNIP GREENS
DANDELION	WATERCRESS
ENDIVE	
KALE	
MUSTARD GREENS	
PARSLEY	
RADICCHIO	

RECOMMENDED FRUITS

APPLE 1 SMALL	NECTARINE 1 SMALL
APRICOT 2 SMALL	ORANGE 1 SMALL
BANANA ½ SMALL	PEACH 1 SMALL
BLACKBERRIES ½ CUP	PEAR 1 SMALL
RASPBERRIES ½ CUP	PINEAPPLE ½ CUP
STRAWBERRIES ½ CUP	PLUMS 2 SMALL
BLUEBERRIES ¼ CUP	TANGERINES 2 SMALL
CHERRIES 15	
GRAPEFRUIT ½ MEDIUM	
GRAPES 15	
KIWI 1 SMALL	
MANGO ½ SMALL	
MELON ½ CUP	

WATER

Calculate half of your body weight. Drink that number of ounces of water per day (Max 100 fl. oz.).





CONGRATULATIONS!

You're on a proven path to wellness. Detoxifying and nourishing the gut benefits the whole body and opens the door to optimal total health.

PURIFY 2.0

www.nsppurify2.com

NATURE'S SUNSHINE®