

# PURIFY 2.0

**LIVE VIBRANT. GET PURIFIED.**

A patent pending heavy metal detoxification  
program for optimal health.

NATURE'S SUNSHINE®



**GET  
READY  
FOR**

**TOTAL  
OPTIMAL  
HEALTH!**



# CONGRATULATIONS!

You have just taken a big step towards optimal total health.

It's a toxic world out there, but there is a solution. Purify 2.0 from Nature's Sunshine is an exciting, new, patent-pending four-week program that includes four scientifically formulated products that work together to help the body eliminate toxins, purify the gut, restore bacterial balance and clear the way for optimal body function and well-being.

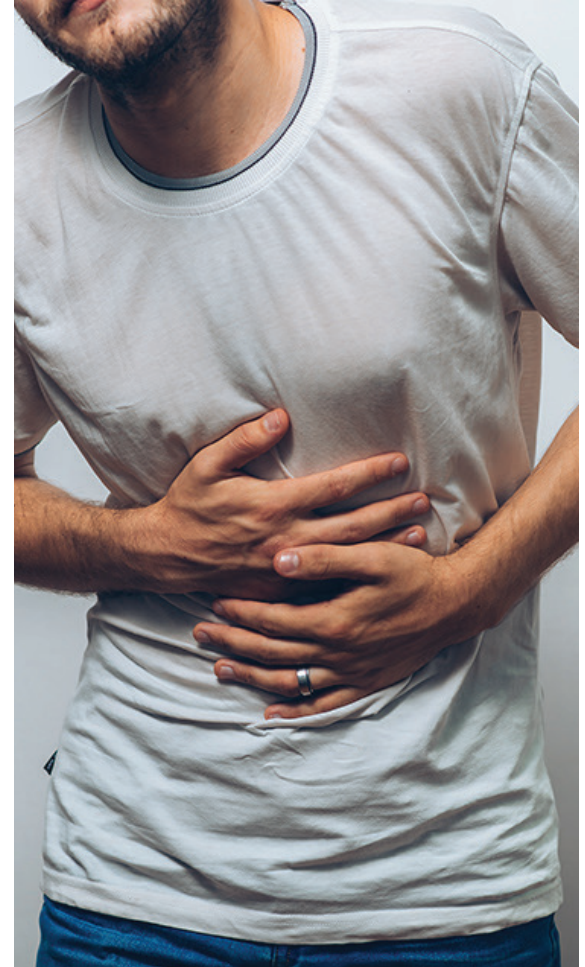


# IT'S NOT IF YOU'RE TOXIC, BUT HOW TOXIC YOU ARE

We're exposed to 6 million pounds of mercury and 2.5 billion pounds of other toxins in our air, water and food supply each year!

Unfortunately, these toxins and more end up in our bodies. In fact, the Center for Disease Control found that the average person has 420 chemicals known to be highly harmful in their bodies. These toxins negatively affect the function of our bodies in ways we are just now beginning to understand, making it difficult to achieve and maintain optimal health.

You see, we are only 10% human. Up to 90% of the cells in our bodies are actually bacteria, fungi and other microbes, and most of them live in and are influenced by the gut. In turn, these microbes influence many key body functions, including cardiovascular, respiratory, neurological, glandular and immune function, as well as blood sugar, skin, weight, emotions, energy and more.

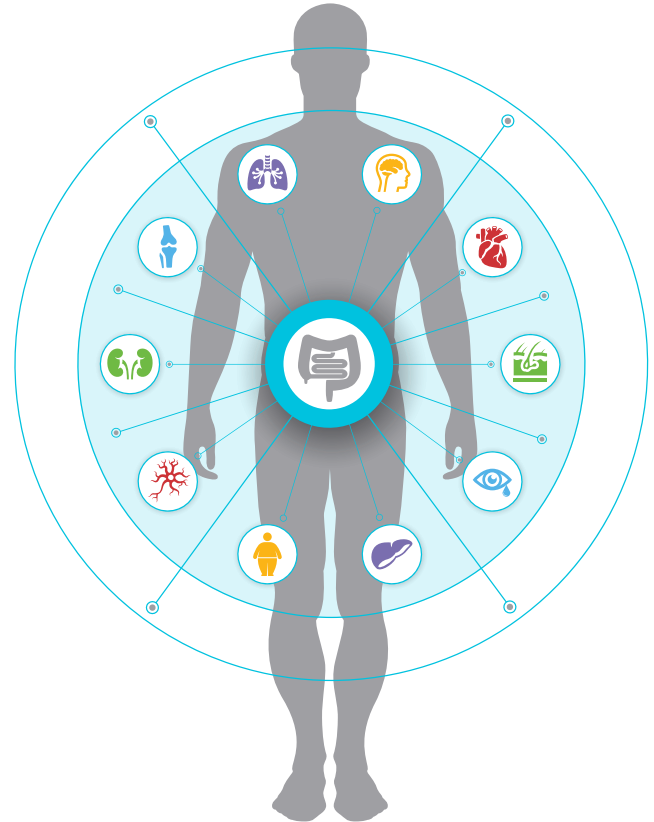


# TOXIC WORLD → TOXIC GUT → TOXIC HEALTH

The toxic burden of our modern world, together with stress, poor diets and lifestyles, disrupts the healthy balance of bacteria in the gut, leading to poor health.

As bad bacteria dominate the gut, they produce endotoxins that weaken and damage the lining of the gut, allowing food and toxins to escape.

As toxins spread throughout the body, they impair healthy function and create a fertile path to poor health.





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

***Bryan R., Ohio***



# RISE ABOVE THE POLLUTED WORLD!

Purify 2.0 is a comprehensive, clinically studied, 30-day program designed to detoxify the gut and body, eliminate heavy metals, and restore balance to the gut, clearing the way for optimal body function and total health.

## The Clinical Study found that PURIFY 2.0:

- Increased heavy metal elimination up to 76%
- Lowered gut inflammation by 35%.
- Reduced cardiovascular risk by 22%.
- Improved liver function by 21%.



Purify 2.0 users also reported a 42% improvements in energy, mental focus, general health and well-being.

Best of all participants saw benefits in as little as 7 days!

Don't allow a toxic life to keep you from your best! Purify yourself and live a vibrant life.



## GETTING STARTED WITH PURIFY 2.0

Follow these simple guidelines, and it won't be long before you're enjoying a healthier new you. Think about dietary changes like a home renovation. You repaint the walls, put up new light fixtures and buy new furniture and flooring for your living space.

Now do the same for the space you REALLY live in!



- Upgrade your meals with more lean protein and more fresh, colorful vegetables.
- Switch the morning coffee and donuts for a nutritious protein shake to feel more energetic than you have in a LONG time.
- Stay powered up all day long with healthy snacks.
- Skip the sugary soda (and even the sugar-free). Drink more water to hydrate your cells and support intestinal function.
- Move it. Take the stairs at work. Park farther away at the mall. Go for a walk. Eventually work up to at least 2,500 steps/day. It's easier than you might think!
- Focus on the big picture...the one where you feel vibrant and energetic, and you love the healthy body you're in.
- Remember, you're in this for life...YOUR life.



# DETOXIFY WITH AN ALL-STAR LINE-UP!

*Purify 2.0 uses four scientifically formulated products to provide unparalleled health benefits:*



## ULTRABIOME DTX

Provides targeted support to eliminate heavy metals. It also helps purify and rebalance the gut, promoting healthy bacterial balance. And it supports healthy intestinal permeability by strengthening and tightening cellular junctions to keep waste and toxins out of the body.



## REJUVENAID

Produces superior levels of nitric oxide, which can improve energy production, physical stamina and brain circulation, and it supports healthy blood pressure and optimal blood flow.



## LOVE & PEAS

Love and Peas (or other Nature's Sunshine protein of choice) helps to feed and strengthen the gut while supporting a healthy metabolism and building lean muscle mass (as part of a healthy diet and exercise program).



## BACILLUS COAGULANS

Provides friendly bacteria to nourish and strengthen the gut microbiome.

# HEALTHY TRANSFORMATION MEAL PLAN

*Follow this guidelines for optimum results*

## Breakfast



## Snack



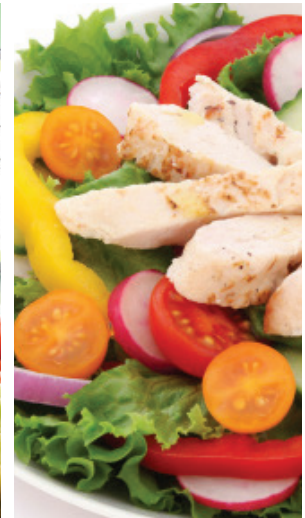
## Lunch



## Snack



## Dinner



## LEAN PROTEIN

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

## RECOMMENDED FOODS

Fish/Shellfish: salmon, halibut, herring, sardines, tuna, cod, etc.

Wild game: venison, elk, buffalo, bison, ostrich. Beef and Lamb.

Poultry (skinless): chicken, turkey, Cornish hens, quail, etc.

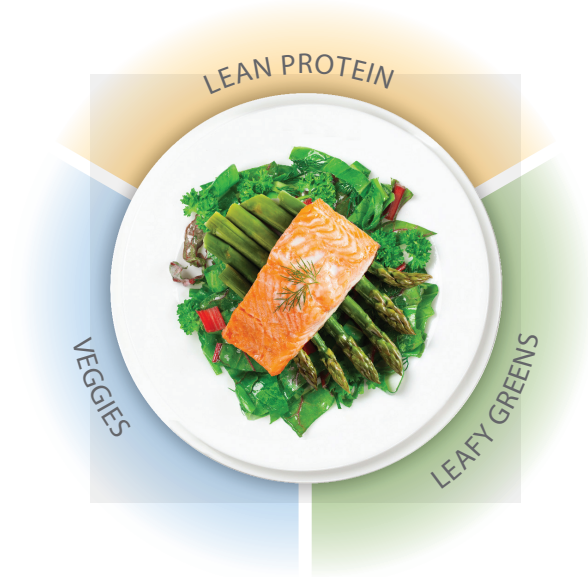
Eggs (2 large eggs are a palmsized serving).

Cheeses: Cottage cheese: 6 ounces. Low fat cheese: cheddar, Colby Jack, mozzarella, Swiss, etc. (2 ounces)

Parmesan/Romano (6 tablespoons grated).

Vegetable sources: tofu, tempeh, seitan, veggie burgers.

Milk (butter, cow and goat): 4 ounces Milk (unsweetened almond, coconut, oat, hemp): 4 ounces, Yogurt (plain dairy, Greek, or coconut): 4 ounces.





## VEGETABLES

(Vegetables that are finely chopped or tightly packed should be consumed in ½ cup portions.

Larger vegetables, loosely packed like broccoli or cauliflower florets, should be consumed in 1-cup servings.

Generally, cooked vegetables should be ½ cup portions.)

## RECOMMENDED FOODS

Artichoke, Asparagus, Bamboo Shoots, Bean Sprouts, Beets (¼ cup), Bochoy, Broccoli, Broccolini, Brussel sprouts, Carrots, Cauliflower, Celery, Cucumber, Eggplant, Fennel, Garlic, Green Beans, Jicama, Leeks, Mushrooms, Okra, Onions, Peppers, Radishes, Scallions, Shallots, Snap Peas, Snow Peas, Squash (spaghetti, pumpkin, yellow), Tomatoes, Turnips, Water chestnuts, Zucchini.



## **FRESH LETTUCES AND GREENS**

(A total of 5 ounces by weight each day)

### **RECOMMENDED FOODS**

Arugula, Beet greens, Cabbage, Chicory, Collard greens, Dandelion, Endive, Escarole, Kale, Lamb's lettuce, Mustard greens, Parsley, Radicchio, Red/green leaf lettuce, Romaine, Spinach, Swiss chard, Turnip greens, Watercress.



## SNACK IDEAS:

### FRUITS

#### RECOMMENDED FOODS

Apple: 1 small, Apricot: 2 small, Banana: 1/2 small, Berries (blackberries, raspberries, strawberries): 1/2 cup, Blueberries: 1/4 cup, Cherries: 15, Grapefruit: 1/2 medium, Grapes: 15, Kiwi: 1 small, Mango: 1/2 small, Melon: 1/2 cup, Nectarine: 1 small, Orange: 1 small, Peach: 1 small, Pear: 1 small, Pineapple: 1/2 cup, Plums: 2 small, Tangerines: 2 small.



### NUTS

#### RECOMMENDED FOODS

Almonds: 16 whole, Brazil nuts: 6 whole, Cashews: 14 whole, Hazelnuts: 14 whole, Peanuts: 20 whole, Pecans: 10 halves, Pine nuts: 1 1/2 tablespoons, Pistachios: 2 tablespoons, Seeds – Pumpkin, sesame, sunflower: 2 tablespoons, Walnuts: 10 halves Nut/Seed butters (from above list): 1 tablespoon, Coconut (unsweetened): 3 tablespoons, grated.



### WATER

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



# PURIFY 2.0

NATURE'S SUNSHINE®

[www.nsppurify2.com](http://www.nsppurify2.com)

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