



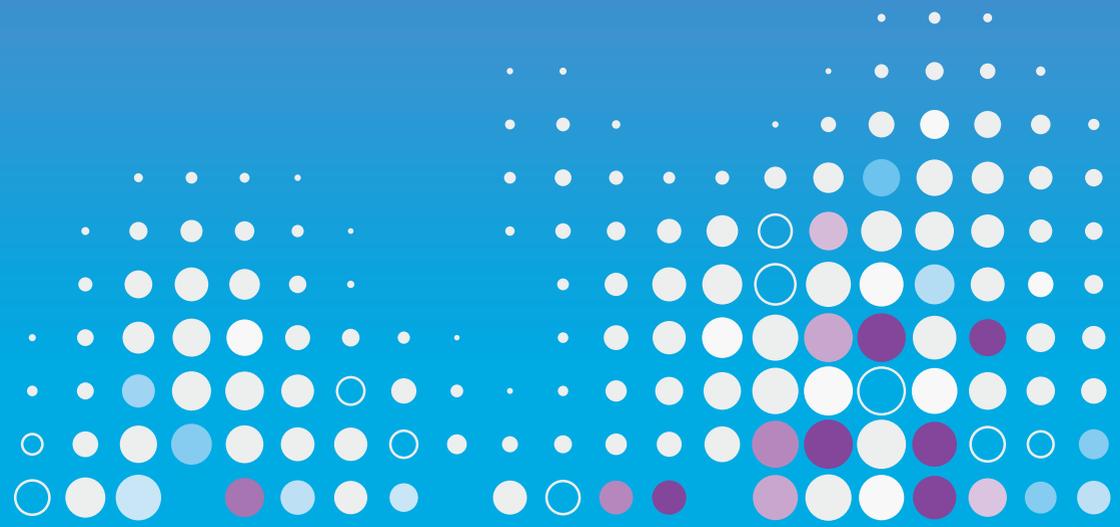
ELITEHEALTH

PURIFY KIT

SYNERGY

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Congratulations, you've taken your first step toward Elite Health by purchasing Synergy's Microbiome Purify Kit! Your health transformation starts today as you begin this one-week Purify program and kickstart a lifetime of optimal health.







WHAT IS ELITE HEALTH?

Elite Health is the pinnacle of wellness, where age does not dictate ability. Scientifically, Elite Health is optimal metabolic function, the state in which all body systems are performing efficiently, which gives you the energy to see more, do more, and be more, no matter what stage of life you're in. Elite Health is stepping into every new decade with new ambition. It is the freedom to live without limitation. This freedom can be realized through a healthy mind and body, and we know how to get you there.

STARTING AT THE CORE: **THE MICROBIOME**

For decades, nutritional supplements have helped people target different body systems; however, these solutions have not adequately addressed what is now understood to be at the core of overall health.

Recent scientific discoveries have uncovered a fascinating ecosystem within each of us called the microbiome. This complex network of bacteria, fungi, and microflora reside primarily in the gut and impact the health of virtually every system in the human body. The microbiome accounts for 90% of the cells that create you, yet only 10% of the cells in your body contain your DNA.

While the microbes living in your body are essential to survival, they can also be detrimental to your health. Your microbiome's health affects your brain function, mood, immune system, and gastrointestinal tract. In fact, three-fourths of the microbiome lives in your intestines, which is why Synergy products are designed to target the gut microbiome.

Protecting and supporting good microbes is just as important as eliminating bad ones. We want to help you do both by purifying the microbiome.



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

WHY PURIFY?

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.

PURIFY KIT

The Purify Kit includes a one-week supply of clinically formulated nutrition for the microbiome. Use these carefully engineered supplements, and adhere to the dietary guidelines as you begin your journey to Elite Health.



PURIFY PRODUCTS

BIOME DT

Biome DT is an innovative food supplement with psyllium husk, broccoli, inulin, glutamine, and zinc. Also gluten-free and vegetarian-friendly.

Recommended Use: Mix 1 sachet of Biome DT into 135-250 ml of water. Drink 4 servings per day.



BIOME SHAKE

Biome Shake is high in vegetable protein with essential vitamins and minerals. Also gluten-free and vegetarian-friendly.

Recommended Use: Drink one serving as a protein snack. Mix 2 scoops of Biome Shake powder with approximately 300 ml of water. For best results, use a shaker.



PURIFY PRODUCTS

BIOME ACTIVES

Biome Actives is an innovative formula with inulin and *Bacillus coagulans*, a lactic-acid-producing species.

Take 3 capsules daily. May be taken with a meal or alone.

Note: After taking Biome Actives with the one-week Purify Kit, 3 servings (9 capsules) will remain in the bottle. Follow recommended daily use guidelines as you continue using the product.

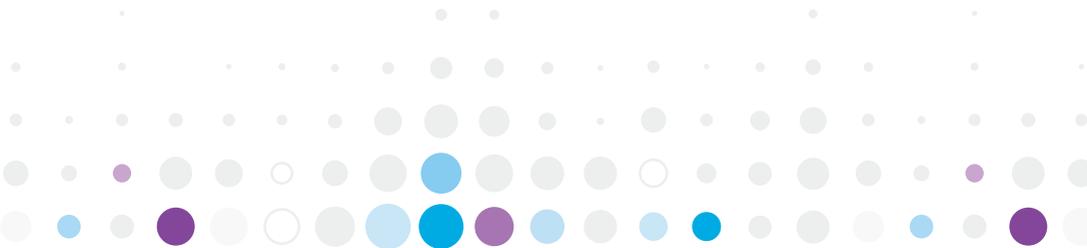


BODY PRIME

Body Prime contains a unique blend of magnesium, apple pectin, and prune powder. Magnesium contributes to electrolyte balance.

Recommended Use: Take 2 capsules once per day. Taking more than 2 may cause a laxative effect.

Note: After taking Body Prime with the one-week Purify Kit, 38 servings (76 capsules) will remain in the bottle. Follow recommended daily use guidelines as you continue using the product.



PROARGI-9+

ProArgi-9+ is a proprietary formula that features L-arginine, L-citrulline, and five essential vitamins for enhanced overall performance.

Recommended Use: Mix 1 sachet into 240 ml of water. Take 2 servings per day.

Note: After taking ProArgi-9+ with the one-week Purify Kit, 16 sachets will remain in the box. Follow recommended daily use guidelines as you continue using the product.



MENU FOR SUCCESS

Follow Synergy's Purify supplement regimen and nutritional guidelines to unlock your potential for Elite Health. The closer you follow these guidelines, the more success you'll have.

DAILY SUPPLEMENTS

Body Prime

Take 2 capsules, 1x per day—dinner

Biome Actives

Take 3 capsules, 1 with breakfast, lunch, and dinner

Biome Shake

Take 2 scoops, 2x per day—mid-morning and afternoon snack

Biome DT

Take 4 sachets per day—2 with breakfast, 2 in the afternoon

ProArgi-9+

Take 1 sachet, 2x per day—lunch and dinner



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

Apple, apricot, banana, berries, cherry, grapefruit, grape, kiwi, mango, melon, nectarine, orange, peach, pear, pineapple, plum, tangerine

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

SEASONINGS & 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

QUICK TIPS

- Stay away from fruit juices, sports drinks, and soda. Drink plenty of water.
- Be aware of calories and sugars hiding in condiments and sauces.
- Practice portion control during your snacks and dinner meals by following recommended serving sizes.

SAMPLE MEAL PLAN

BREAKFAST

- 1 medium egg
- 1 cup of spinach sautéed with 1 teaspoon olive oil—can be scrambled with egg
- 1 cup whole fat plain yogurt with 1/4 cup fruit, e.g., berries; or medium apple (yogurt can be replaced by additional egg)

Supplements: Biome Actives - 1 capsule
Biome DT - 2 sachets

MID-MORNING SNACK

- 1 cup of celery (one stalk)
- 1/2 cup berries

Supplements: Biome Shake - 2 scoops

LUNCH

- 1 medium hard-boiled egg
- 1/2 cup of pickled beets
- 1/4 cup almonds or mixed nuts

Supplements: Biome Actives - 1 capsule
ProArgi-9+ - 1 sachet

AFTERNOON SNACK

- 1/2 cup berries
- 1 cup carrot sticks

Supplements: Biome Shake - 2 scoops
Biome DT - 2 sachets

DINNER

- Palm-sized chicken breast
- 2 cups broccoli
- 2-3 oz. mixed greens
- 1 teaspoon olive oil

Supplements: Biome Actives - 1 capsule
ProArgi-9+ - 1 sachet
Body Prime - 2 capsules

Recommended Exercise:

5000 steps per day or 30 minutes of walking



NUTRITION FACTS

BIOME DT

Product Information	Content per daily serving (2 Sachets)	Content per daily serving (4 Sachets)
Zinc	7.5 mg (75%NRV*)	15 mg (150%NRV*)
Psyllium Husk	3132 mg	6264 mg
L-Glutamine	2500 mg	5000 mg
Inulin (Chicory Root Extract)	2500 mg	5000 mg
Apple Fruit Fiber	1800 mg	3600 mg
Flax Seed Powder	600 mg	1200 mg
Broccoli Flowers	300 mg	600 mg
Apple Fruit Extract	30 mg	60 mg
Green Tea Leaf Extract	15 mg	30 mg
Cabbage Leaf	8 mg	16 mg
Carrot Root	8 mg	16 mg
Red Beet Root	8 mg	16 mg
Rosemary Leaf	8 mg	16 mg
Turmeric Rhizome Powder	8 mg	16 mg
Tomato Fruit Powder	8 mg	16 mg
Olive Leaf extract	5 mg	10 mg
Grape Seed extract	5 mg	10 mg

*%Nutritional Reference Values (NRV)

Ingredients: Psyllium Husk, L-Glutamine, Inulin (Chicory Root Extract), Apple Fruit Fibre, Flax Seed Powder, Thickening Agent: Guar Gum and Gum Arabic, Flavour Enhancer: Citric Acid, Broccoli Flowers, Orange Flavouring, Anti Caking agent: Silicon Dioxide, Citrus Flavouring, Colour: Sodium Copper Chlorophyllin, Sweetener: Steviol Glycosides, Apple Fruit Extract, Zinc Citrate, Green Tea Leaf Extract, Cabbage Leaf, Carrot Root, Red Beet Root, Rosemary Leaf, Tomato Fruit Powder, Turmeric Rhizome Powder, Olive Leaf Extract, Grape Seed Extract.

BIOME SHAKE

Nutrition	Serving 40g (2 scoops)	
Energy	619 kJ / 148 kcal	
Protein	20 g	
Fiber	5 g	
	Amount	%NRV*
Vitamin A	908 µg	114%
Vitamin D	3,5 µg	70%
Vitamin C	21 mg	26%
Thiamin (Vitamin B1)	0,5 mg	45%
Riboflavin (Vitamin B2)	0,6 mg	43%
Niacin	7 mg	44%
Vitamin B6	0,7 mg	50%
Folic Acid	140 µg	70%
Vitamin B12	2,1 µg	84%
Biotin	105 µg	210%
Pantothenate	3,5 mg	58%
Zinc	5,25 mg	53%
Copper	0,8 mg	80%
Manganese	0,7 mg	35%
Selenium	24,5 µg	45%
Iodine	52,5 µg	35%
	Serving 40g (2 scoops)	
Resistant Dextrin	1,96 g	
Pea Fiber	0,24 g	
Bamboo Fiber	0,18 g	
Fructooligosaccharides	921,3 mg	
Inulin (Chicoré Extract)	52,95 mg	
Flax seed powder	400 mg	
Rice bran	136 mg	

Serving 40g (2 scoops)	
Carrot Powder	82,75 mg
Borage oil	40 mg
Cranberry powder	40 mg
Broccoli flower powder	40 mg
Grape seed extract	37,5 mg
from Proanthocyanidins	17 mg
Black bean powder	25,2 mg
Adzuki Bean powder	2,8 mg
Beta Glucan	0,04 mg

*NRV = nutrient reference values

Ingredients: Pea protein Isolate, sunflower oil powder [Sunflower oil with natural tocopherols, maltodextrin, modified food starch, mono & diglycerides and tri-calcium phosphate (anti-caking agent)], natural vanilla flavouring, resistant dextrin, erythritol (flavour enhancer), fructooligosaccharides, medium chain triglycerides (MCT), sea salt, flax seed, potassium citrate, sodium citrate, pea fibre, rice protein, xanthan gum, sweetener: steviol glycosides, bamboo fibre, rice bran, guar gum, carrot root powder, inulin (chicory extract), carrageenan, borage oil powder, cranberry fruit powder, broccoli florets powder, grape seed extract, ascorbic acid, black bean powder, sodium selenate, D-biotin, vitamin A palmitate, nicotinamide, zinc oxide, copper gluconate, D-calcium pantothenate, adzuki bean, manganese sulfate, ergocalciferol, folic acid, potassium iodide, pyridoxine HCl, thiamin HCl, riboflavin, pomegranate fruit powder, cyanocobalamin, grape skin extract powder, garbanzo bean flakes, beta glucans (oats).

NUTRITION FACTS

BIOME ACTIVES

Product information

	1 Capsule	3 Capsules
Inulin (chicory root extract)	270 mg	810 mg
Bacillus coagulans	1 x 10 ⁹ CFU	3 x 10 ⁹ CFU

Ingredients: inulin (chicory root extract); capsule shell: hydroxypropyl methylcellulose; Bacillus coagulans; anti-caking agents: magnesium salts of fatty acids, silicon dioxide.

BODY PRIME

Product Information

	Per 2 capsules (1620 mg)
Magnesium	400 mg (107%*)
Apple pectin	500 mg
Prune powder	200 mg

* of the Reference Intake (RI)

Ingredients: Magnesium Oxide, Apple Pectin Powder (*Malus Domestica* Borkh., Fruit), Prune Powder (*Prunus domestica* L., Fruit), Glazing Agent (Hydroxypropyl Methyl Cellulose), Anti-caking Agent (Magnesium Salts of Fatty Acids).

PROARGI-9+

Quantity per maximum recommended daily dose for 1 packet (9.83 g of powder):

		% NRV*
L-Arginine	5 g	
L-Citrulline	200 mg	
Vitamin C	60 mg	75%
Vitamin D	5 µg	100%
Vitamin B6	2 mg	143%
Vitamin B12	3 µg	120%
Vitamin K	20 µg	27%
Folic Acid	200 µg	100%

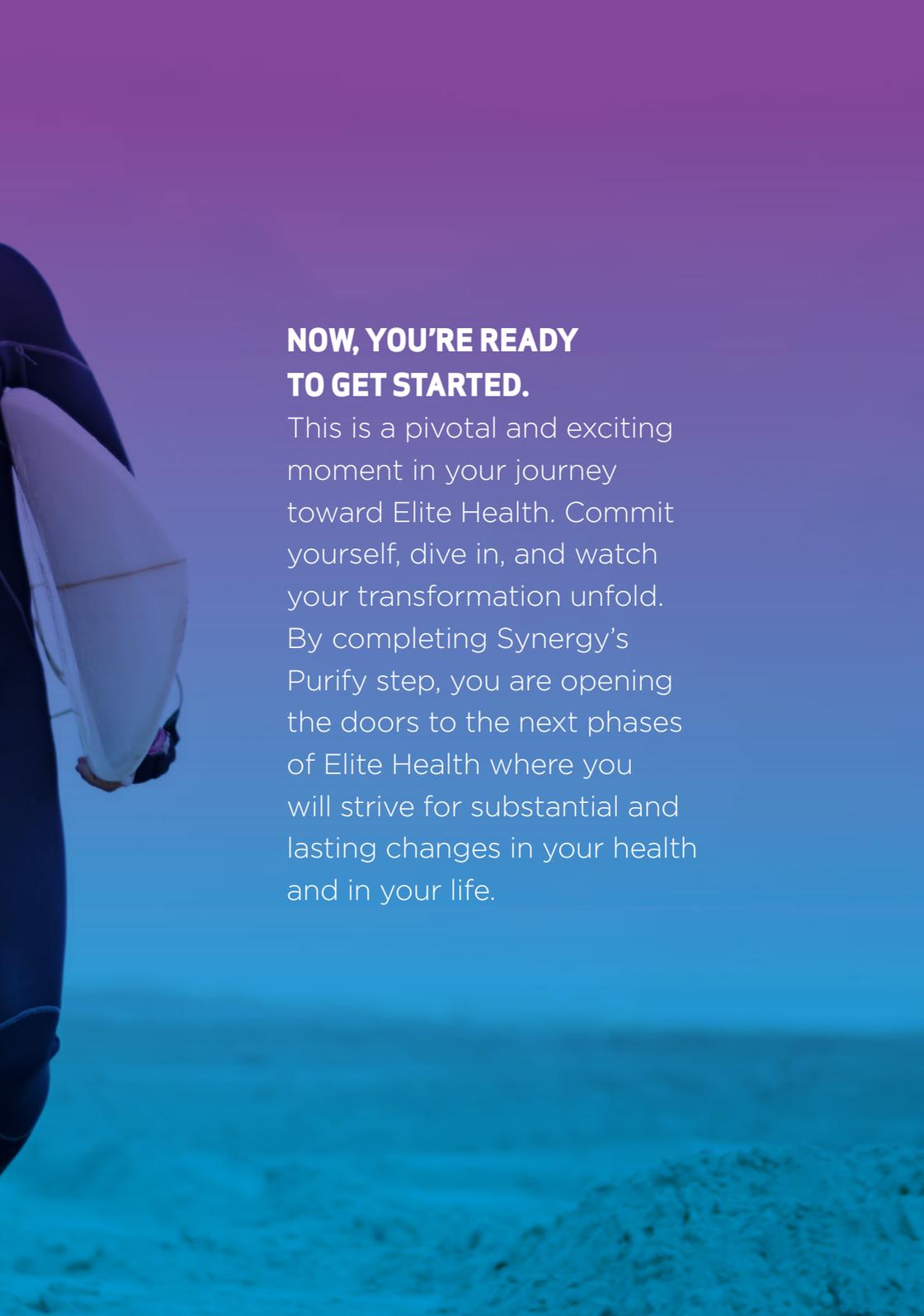
* NRV = Nutrient Reference Values

Ingredients: L-arginine, acids (citric acid, malic acid), pomegranate fruit juice concentrate (*Punica granatum*), natural flavourings, L-citrulline, anti-caking agent (silicon dioxide), D-ribose, grape skin extract (*Vitis vinifera*), L-ascorbic acid, sweetener (steviol glycosides), red grape extract (*Vitis vinifera*), menaquinone, folic acid, pyridoxine hydrochloride, cholecalciferol, cyanocobalamin.







A person in a dark wetsuit is shown from the side, holding a white surfboard. The background is a smooth gradient from purple at the top to blue at the bottom, with a blurred ocean surface at the bottom. The text is positioned on the right side of the image.

**NOW, YOU'RE READY
TO GET STARTED.**

This is a pivotal and exciting moment in your journey toward Elite Health. Commit yourself, dive in, and watch your transformation unfold. By completing Synergy's Purify step, you are opening the doors to the next phases of Elite Health where you will strive for substantial and lasting changes in your health and in your life.

SYNERGY
leave a legacy

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