



The Purify Programme

Overview

TABLE OF CONTENTS

3	Introduction
7	Biome DT
10	Body Prime
13	Biome Shake
16	Biome Actives
19	ProArgi-9+
22	The 21 Day Body Reset Programme





Overview

Unlock your potential and achieve Elite Health

Science-based, innovative propriety programs that holistically improve your total health, elevate your performance and unlock your true potential.



Elite Health begins by targeting health at its core:



THE MICROBIOME





THE MICROBIOME

We are only 10% human

- Complex inner-ecosystem of microbes (bacteria and microscopic organisms)
- These microbes outnumber human cells 9 to 1
- Over 100 trillion microbes in every body
- 10,000 species of bacteria make up the human ecosystem

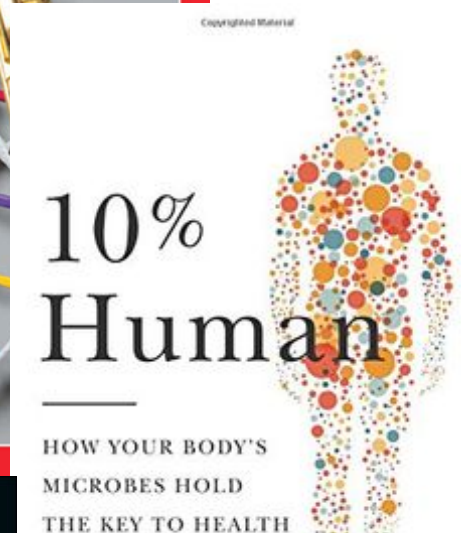
A healthy gut is a healthy Microbiome

More than 4,000 species of microbes live in the intestines, dramatically affecting:

- The brain and nerves
- Overall immunity
- Food metabolism and weight
- Various human organs
- ..and more



Microbiome in the press



Biome DT

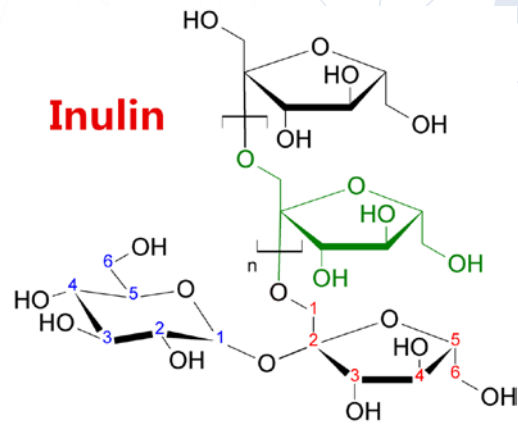
Biome DT utilises three distinct pathways to provide breakthrough purification, by activating detoxification, cleansing with fibre to eliminate toxins and balancing the microbiome. This purification drink has a patent-pending formula.

Biome DT;

- Detoxifies, cleanses and balances the microbiome
- Lubricates the digestive tract to facilitate contaminant elimination
- Activates enzymes to target contaminants
- Aids healthy bacteria with pH balancing fermentable fibre
- Supports healing of the digestive lining with L-glutamine



Ingredients



Zinc
Psyllium Husk
L-Glutamine
Inulin (Chicory Root Extract)
Apple Fruit Fiber
Flax Seed Powder
Broccoli Flowers
Apple Fruit Extract
Green Tea Leaf Extract

Cabbage Leaf
Carrot Root
Red Beet Root
Rosemary Leaf
Turmeric Rhizome Powder
Tomato Fruit Powder
Olive Leaf extract
Grape Seed extract



Using Biome DT

Packet

28 Sachets

Serving size:

6.6 g – 1 sachet

Daily dose - Maintenance: 1 – 2 sachets

7 day Purify programme: 4 sachets per day

Dose form:

Powder to be mixed with water

Directions:

Mix sachets in 135 – 250ml of water (or to taste)
Mix well and drink immediately

Contraindications:

None known

Length of use:

As desired



Body Prime

The formula of Body Prime has simple ingredients that support cleansing and bowel motility to prime the body for an effective purification Programme.

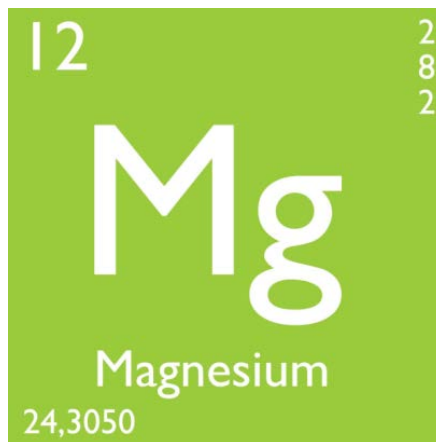
Benefits;

- Contributes to healthy electrolyte balance
- Contributes to natural energy metabolism
- Contributes to muscle function including the heart muscle
- Contributes to normal muscle contraction including normal heartbeat
- Can reduce tiredness and fatigue



Key Ingredients

Apple pectin
Prune powder
Magnesium



Using Body Prime

Bottle

90 Capsules

Serving size:

1 capsule

Daily dose - Maintenance: 2 capsules

Daily dose – As a Laxative: 4-6 capsules

7 day Purify programme: 2 capsules

Dose form:

Capsule to be swallowed with water

Directions:

Best taken in the evening

Contraindications:

None known

Length of use:

As desired



Biome Shake

Biome Shake is a vegan friendly purifying meal replacement shake high in vegetable protein with a blend of antioxidants, vitamins, minerals, amino acids and beneficial fats from sources such as flaxseed and borage oil.

These fermentable fibres create the right environment in the gut for good bacteria to flourish. As part of the Purify programme, Biome Shake helps balance and purify the microbiome with a vegetable base featuring broccoli, digestive enzymes, prebiotics and clean vegetable protein.





Ingredients

Vitamins:

- A, D, C, B1, B2, B3, B5, B6, B7, B12

Minerals:

- Zinc, Copper, Manganese, Selenium, Iodine

Fruit & Vegetable Base:

- Pea Fibre, Bamboo Fibre, Fructooligosaccharides, Inulin, Flax seed powder, Rice bran, Carrot powder, Borage oil, Cranberry powder, Broccoli flower powder, Grape seed extract, Black bean powder, Adzuki bean powder, Beta Glucan



Using Biome Shake

Tub

15 Servings

Serving size:

2 scoops

Daily dose - Maintenance: 2 scoops

7 day Purify programme: 2 x 2 scoops

Dose form:

Powder to be mixed with water

Directions:

Mix 2 scoops of powder with 300ml of water (or according to personal taste). Shake or stir vigorously and drink immediately. For best results, use a Synergy shaker bottle

Contraindications:

None known

Length of use:

As desired



Biome Actives

Biome Actives combines both prebiotics and probiotics to provide a favourable environment for beneficial gut bacteria. This helps contain the balance of the microbiome in the digestive system and supports healthy detoxification.

- Provides 1 billion CFU (colony forming units) of *Bacillus coagulans* per capsule
- Helps healthy bacteria by optimizing pH balance with lactic acid-forming bacteria
- Feeds healthy bacteria with prebiotics
- Supports healthy immune functions



Ingredients

- Bacillus coagulans
- Inulin (chicory root extract)



YOU CAN SUPPORT YOUR DIGESTION BY
SUPPLEMENTING WITH A PROBIOTIC.

RESEARCHERS OBSERVED THAT SUPPLEMENTATION WITH
BACILLUS COAGULANS FOR 90 DAYS RESULTED IN
SIGNIFICANT REDUCTIONS IN DIARRHEA AND OTHER IBS
SYMPTOMS, INCLUDING BLOATING, VOMITING, ABDOMINAL
PAIN, AND UNUSUAL STOOL FREQUENCY.



Using Biome Actives

Bottle

30 Capsules

Serving size:

1 capsule

Daily dose - Maintenance: 1 capsule

7 day Purify programme: 3 capsules

Dose form:

Capsule to be swallowed with water

Directions:

Best taken with food. Capsule may also be opened and the contents sprinkled on food or mixed with a drink.

Contraindications:

None known

Length of use:

As desired



ProArgi-9+

ProArgi9 improves circulation and protects our cardiovascular system from fat and plaque build up. It has been clinically proven to reduce bad cholesterol, regulate blood pressure and helps all the cells in the body get enough oxygen and nutrition. One of the primary ingredients in ProArgi-9+ is L-arginine, which was researched by three American scientists who were awarded the Nobel Prize in 1998 for discovering its powerful health benefits.

ProArgi-9+ also contains five essential vitamins: Vitamin C, Vitamin D3, Vitamin K, Vitamin B6 and Vitamin B12. Each plays a vital role in supporting the body's overall performance.

Within the Purify Programme, ProArgi-9+ contributes to normal functioning of the nervous and immune systems and reduces fatigue. Supports urea and nitric oxide cycles to detoxify the body of ammonia and enhances circulation, aiding in the transport of toxins to vital organs for elimination.



Ingredients

- L-arginine – 5g free-form, pharmaceutical grade
- L-citrulline
- Vitamin D3
- Vitamins B3, B9 & B12
- Vitamin C
- Vitamin K2
- Pomegranate juice
- Grape skin extract
- Steviol



Using ProArgi-9+

Packet

30 sachets

Serving size:

Sachet

7 day Purify programme: 2 sachets

Daily dose - Maintenance: 1 - 2 sachets

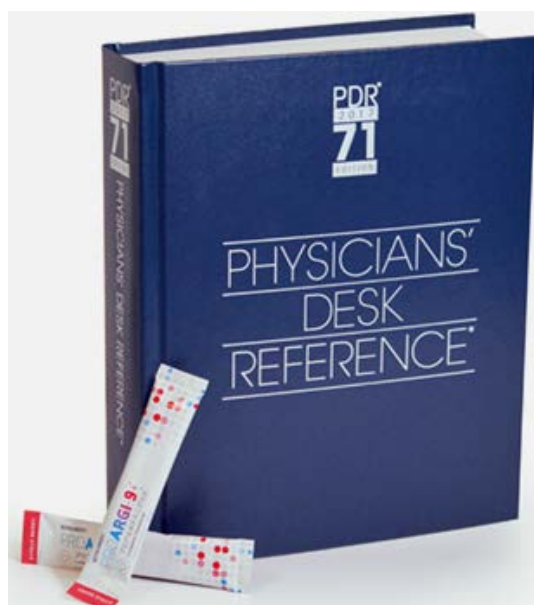
Daily dose – Intensive: 3 - 4 sachets

Dose form:

Powder, to be mixed with water

Directions:

Mix sachets in 240 ml water (or to taste)
Lightly stir and drink.



The 21 Day Body Reset Programme

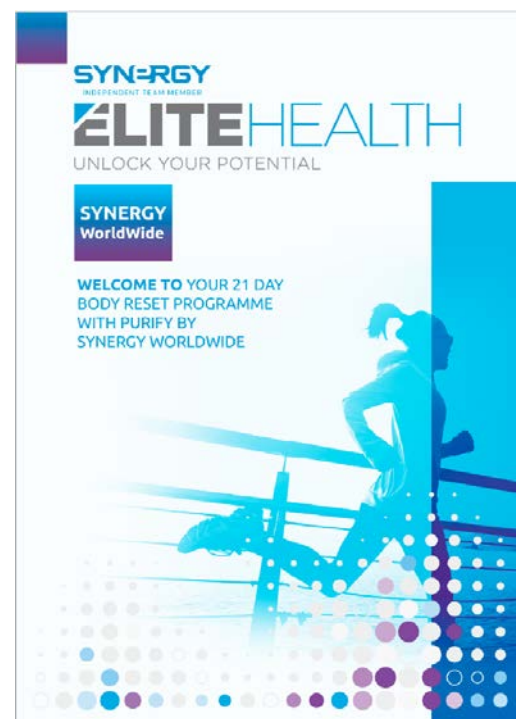
The 21 day Body Reset is a comprehensive programme that incorporates Synergy's Purify products as well as diet, exercise and lifestyle advice.

Completing the programme over 21 days has many benefits:

- To kick start your health regimen with an active boost to all your organs and cells
- A chance for new habits to be created
- Taste buds have time to change
- Weight loss, if desired
- More time to see the benefits of the detox and clean eating habits
- Greater success and motivation to work toward your health and performance goals going forward

We have seen the most outstanding results from those that have followed the programme as closely to the guidance as possible.

Amazingly, each time you go through the 21 day programme, you have a slightly and in some cases, very different experience. The body heals at a deeper level. With this in mind, we recommend resetting your gut and detoxifying your body every 6 months, or at the very least once a year.



Programme Overview

Days	Activity
To start	Complete preparation checklist and Wellbeing Questionnaire (see Appendix) and return to your detox mentor.
1-5	Start to eliminate non-Purify foods and take 2 Body Prime capsules with your evening meal.
6-12	Start on the Purify Kit as directed (7 intense days). Refer to pages 9, 10, 11 and 12 for detailed instructions on what to take and eat and ideal timing. Remember to exercise, brisk walking for 30 minutes per day as a minimum.
13-21	The products last longer than 7 days and will gradually finish during this phase. To maintain your newly reset gut microbiome or if further weight loss is required, the Biome Shake can be continued or replaced with SLMsmart protein shake (speak to your mentor about your goals). Continue to eat from the recommended Purify Friendly list as this will help you establish new habits and continue to change taste buds. If you feel you would like carbohydrates during this phase, only introduce good carbohydrates (see our section on introducing carbohydrates - refer page 14), but avoid until day 22 if you can. It should only be necessary to re-introduce at this stage if you have a very active lifestyle. Otherwise, bring other healthy carbohydrates back into your diet after the 21 days.
Day 21	Complete the Wellbeing Questionnaire and discuss going on to Fortify/Protect products to maintain the level of health you have unlocked. Begin re-introducing healthy carbohydrates and notice how you feel when you eat them.
Reintroducing other foods	Refer to Page 14 - Congratulations. So, What's Next?

An excerpt from our 36 page, full colour comprehensive Guide to the 21 day programme



Example meal plans

Programme A – Suited to people whose lifestyle does not involve a lot of physical exertion or who want to lose weight.

First Thing	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Bed Time
• 1 x ProArgi-9+ sachet	• 2 x Biome Shake scoops • 1 x Biome Actives	• 2 x Biome DT sachets	• 2 x Biome Shake scoops • 1 x Biome Actives	• 2 x Biome DT sachets	• 2 x Body Prime • 1 x Biome Actives	• 1 x ProArgi-9+ sachet
	• 1 medium apple	• 1 cup carrot sticks • 6 large olives		• 1/4 cup almonds	• 1 palm-sized chicken breast, 50 g low-fat cheese, • 2 cups steamed broccoli, 150 g mixed greens • 1 tablespoon vinaigrette dressing	

Programme B – Suited to people who are highly active and need an above average calorie intake, e.g. manual labourers, athletes and for people who do not particularly want to lose weight.

First Thing	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Bed Time
• 1 x ProArgi-9+ sachet	• 2 x Biome DT sachets • 1 x Biome Actives	• 2 x Biome Shake scoops	• 1 x Biome Actives	• 2 x Biome Shake scoops • 2 x Biome DT sachets	• 2 x Body Prime • 1 x Biome Actives	• 1 x ProArgi-9+ sachet
	• 1 medium egg (can be scrambled) • 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	• 1 cup of celery (one stalk) • 1/2 cup berries	• 1 medium hard-boiled egg • 1/2 cup of pickled beets • 1/4 cup almonds or mixed nuts	• 1/2 cup berries • 1 cup carrot sticks	• Palm-sized chicken breast • 2 cups broccoli • 50-75g mixed greens • 1 teaspoon olive oil	



Other features within the 36 page, full colour programme guide are:

- Full list of Purify Friendly foods
- Exercise advice
- Detoxification effects
- Meal ideas and recipes
- Detailed wellbeing questionnaire to monitor change for 90 days
- FAQ's
- Success stories

Every team member or customer that decides to embark on the programme with a member of the Heart 2 Heart team will receive a printed or digital version of the programme guide.

Taking care of your gut and friendly bacteria may be one of the single most important things you can do for your health. Ensure you plant, fertilize and enrich your gut garden to reverse inflammation.



Purify



Fortify



Protect

