



# ELITEHEALTH

CHALLENGE

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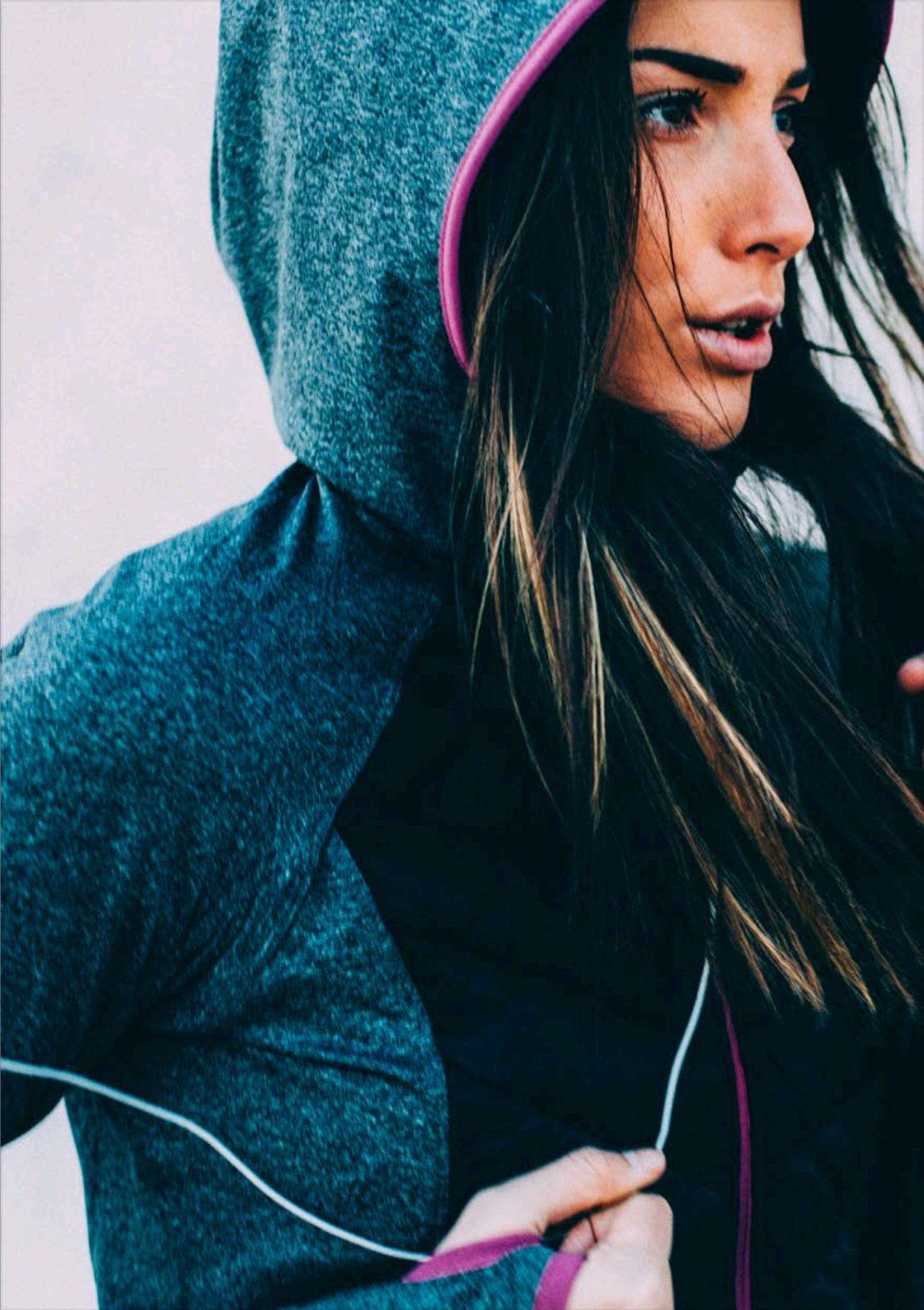
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Congratulations, you've taken your first step toward Elite Health by purchasing Synergy's Elite Health Challenge product kit! Your health transformation starts today as you begin this 21-day Purify program and kickstart a lifetime of optimal health.









## **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 perform 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, weight, 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.

### ELITE HEALTH CHALLENGE KIT

The Elite Health Challenge Kit includes a 21-30 day 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.





## ELITE HEALTH CHALLENGE PRODUCTS

### BIOME DTX

Biome DTX activates detoxification signaling and supports the elimination of heavy metals. It cleanses with fiber to balance gut bacteria and eliminate toxins, while also balancing gut pH to support the balance of beneficial bacteria. This patent-pending formula purifies your system for a new beginning to Elite Health.

#### *Recommended Use:*

For the first 7 days, mix 2 packets with 12-14 oz of water, 2x daily. For the next 14 days, mix 2 packets with 12-14 oz of water, 1x daily. Mix well and drink immediately.



### BIOME SHAKE

Biome Shake is a purifying meal replacement shake high in vegetable protein with a blend of antioxidants, vitamins, minerals, amino acids, and beneficial fats from sources such as flax seed and borage oil. An essential component of the Purify program, Biome Shake helps balance and purify your microbiome with a vegetable base featuring broccoli, digestive enzymes, prebiotics, and clean vegetable protein. This delicious vanilla shake is both certified vegan and gluten free.

*Recommended Use:* For first 7 days, mix 2 level scoops with approximately 9 oz. of cold water, almond milk or other nut milk, 2x daily. For the next 14 days, mix 2 level scoops with water or nut milk, 1x daily.



## ELITE HEALTH CHALLENGE PRODUCTS

### BIOME ACTIVES

Biome Actives combines both prebiotics and probiotics to synergistically provide a favorable environment for beneficial gut bacteria. Providing 1 billion colony-forming units (CFU) of probiotic *Bacillus coagulans* per capsule, Biome Actives helps maintain microbiome balance in the digestive system and supports healthy detoxification.

*Recommended Use:* Take 1 capsule, 3 times per day. May be taken with a meal or alone. Capsules may also be opened and sprinkled on food or mixed in beverages.



### BODY PRIME

Body Prime is an effective kick-start to any health regimen. Made with magnesium, prune powder, and apple pectin, this formula has simple ingredients that support cleansing and bowel motility to prime your purification program.

*Recommended Use:* Take 2 capsules, 1-2 times per day. Begin with fewer capsules and increase to the highest recommended dose to achieve desired digestive response.



## ELITE HEALTH CHALLENGE PRODUCTS

### PROARGI-9+

ProArgi-9+ is packed with pharmaceutical grade L-arginine, an amino acid that the body converts to nitric oxide to help enhance the cardiovascular system. Formulated in collaboration with leading L-arginine researchers and cardiovascular specialists, ProArgi-9+ may help immune function, energy levels, and muscle growth. It may also help reduce adipose tissue body fat.

*Recommended Use:* Mix 1 packet with 8 oz of water or mix to taste. Take 2x daily.

*Hint:* Mixes best with lukewarm water. Add ice if enjoyed cold.





## MENU FOR SUCCESS

Follow the Elite Health Challenge 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, 2x per day—based on need

#### ***Biome Actives***

Take 1 capsule, 3x per day—breakfast, lunch and dinner

#### ***Biome Shake***

(First 7 days) Take 2 scoops, 2x per day—breakfast and lunch

(Next 14 days) Take 2 scoops, 1x per day—breakfast or lunch

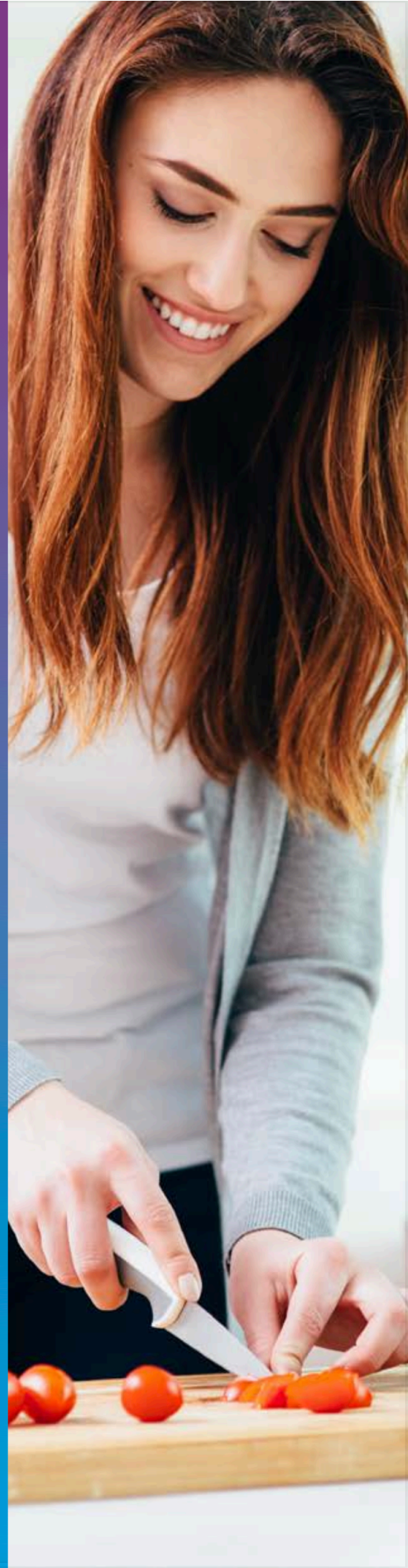
#### ***Biome DTX***

(First 7 days) Take 2 packets, 2x per day—midmorning snack and afternoon snack

(Next 14 days) Take 2 packets, 1x per day—midmorning snack or afternoon snack

#### ***ProArgi-9+***

Take 1 packet, 2x per day



## RECOMMENDED FOODS

Eat these microbiome-friendly foods for snacks and meals to maximize your success with the Elite Health Challenge.

### 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, nuts

### SEASONINGS & CONDIMENTS

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

### VEGETABLES

Spinach, 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.





A person in a wetsuit is holding a surfboard, positioned on the left side of the frame. The background is a gradient of blue and purple, with a textured, sandy surface visible at the bottom. The text is overlaid 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 door to the next phases of Elite Health where you will strive for substantial and lasting changes in your health and in your life.



