



START GUIDE

TOTAL CLEANSE / WEIGHT LOSS SYSTEM*
Transform Your Body, Transform Your Life!



HELLO

NEW NEW ME

PURIFY™ – The total cleanse and weight loss system*

PURIFY is *the* premier, **all-natural nutritional cleanse** for lasting weight loss success and rejuvenated health!



Do you experience?

- Fatigue or constantly tired
- Overweight or bloating
- Cravings or continually snacking
- Digestive problems (constipation, diarrhea, irregularity, stomach aches, and indigestion)
- Headaches or migraines
- Skin disorders
- Allergies
- Frequently sick or weak immune system
- Anxiety, depression, or other mood disorders
- Thick white coat on the tongue, or bad breath

Transform Your Body, Transform Your Life! PURIFY goes above and beyond other cleanse programs. Most cleanses use harsh diuretics and artificial chemicals. PURIFY uses a **gentle blend of Ayurveda herbs** to help extract and eliminate toxins built up inside cells*. *Now is the time to get healthy and slim—for good.*

*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.

Top Five Reasons to Cleanse

1. Jump start weight loss*
2. Cleanse digestive system*
3. Detoxify body tissues*
4. Increased energy*
5. More radiant, luminous complexion*

Quick-Start Guide



Wake-up

- 4 capsules **AM Detox** with water (15 minutes before breakfast)



Breakfast

- 1 scoop **Fiber** with water
- 1 Tbsp. **Detox Oil**
- Achieve Weight Loss Shake* or sensible meal



Lunch

- Achieve Weight Loss Shake* or sensible meal



Dinner

- 1 scoop **Fiber** with water
- 1 Tbsp. **Detox Oil**
- Achieve Weight Loss Shake* or sensible meal



Bedtime

- 2 capsules **PM Cleanse** with water

What is a Sensible Meal?

1 portion of each:



- Green **V**egetables
- Lean **P**rotein
- Whole **G**rains

Maximize Weight Loss*

- Replace up to 2 meals with **Achieve Weight Loss Shake***



Boost Metabolism*

- Use **Accell** in lieu of snacking between meals



Purify Contents

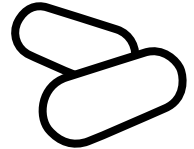


AM Detox

Jump-starts the purification of the body's tissues each day. Removes toxins from the circulatory system and vital organs.*

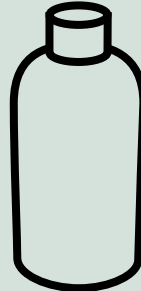
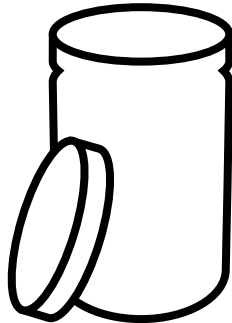
PM Detox

Promotes elimination of waste material. Cleanses and improves digestive tract function.*



Fiber

Gentle yet powerful elimination of toxins. Binds to impurities and creates gentle scrubbing action in digestive tract.*



Detox Oil

Removes impurities from fat cells. Separates impurities from tissues. Lubricates the channels of the body. Facilitates waste removal.*

“I got a six pack in 8 weeks with Achieve.”

Adrian T. of Los Angeles, CA



go online to ZriiPurify.com or call **866.349.9911**.



“I lost 8 pounds
in 10 days! It
feels great to
get results *fast*.”

Melissa R. of Salt Lake City, UT

Using the System

What to eat.

Eat mostly *plant-based diet* while on the PURIFY System.

- Achieve Weight Loss Shakes
- Fresh fruits and vegetables (organic is best)
- Eat lots of green veggies
- Juicing fruits and vegetables is great
- Choose whole grains like quinoa and brown rice (avoid bread if possible)
- Raw nuts, beans and lentils
- Lean proteins - fish, white meat, legumes and soybeans

What NOT to eat.

- Processed foods - chips, cookies, crackers, candies and frozen meals
- Fast food – which isn't real food anyway...
- Heavy fats including butter and cheese
- Fatty meats & deep fried foods
- "White foods" – sugar, flour, white rice, bread products, shortening

What to drink.

Of course, drink Zrii! Drink plenty of water every day – we suggest at least six 8-oz. glasses. You may also drink herbal, non-caffeinated teas while on Zrii Purify. Avoid alcohol, soda and caffeine.

How to exercise.

20-30 minutes of light to moderate exercise each day. It is important to move around every day because this movement helps flush toxins out of your system.

Get some sleep.

Go to bed early and aim for 7-8 hours of sleep per night.

Time for yourself.

Take time out each day to do something restful: take a hot bath, read a good book, or write in a journal. This is a time to let your body rest and rejuvenate.

*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.

What to expect while cleansing



Lose weight
PURIFY

Starting Your Cleanse

We suggest starting the Zrii Purify program on a weekend. Plan to cleanse during a week when you have a lighter-than-normal work load. Starting on a weekend is generally easier than on a weekday, because it gives you 1-2 days to adjust to the program without having to deal with work.

Weight Loss

As your body sheds toxins, it may shed pounds! Most people lose anywhere from 5-10 lbs. while cleansing. Those who incorporate our diet and lifestyle recommendations experience long-term, long-lasting weight loss*.

Regular Cleansing is Important

It is absolutely critical for each and every person to undergo regular cleansing. Cleansing removes impurities from the body, and provides an opportunity to rest, restore and rejuvenate the body and the mind. Detoxification is therefore essential for the maintenance of optimal health/well-being.

Possible Side Effects

Some people experience mild side effects while cleansing. These side effects, in moderation, are signs that your body is expelling toxins and that the cleansing process is working. Symptoms should be mild and persist for no longer than 1-3 days. Some possible symptoms are fatigue, headache, irritability, weakness, nausea, diarrhea, or

constipation. We recommend drinking plenty of water each day, which helps your body flush out these toxins. For more information on side effects, and for recommendations on possible solutions, see our website ZriiPurify.com.

After PURIFY

First, you will know that your newly cleansed body is functioning in a more efficient way. You will feel lighter, more energetic and clearer than ever before. Introduce “cleaner” eating practices and lifestyle habits into your everyday life. These small, daily changes will have a profound effect on your health.

Frequently asked questions

Will I lose weight using Zrii Purify?

Many people lose weight while cleansing. Generally speaking, if your body has weight to lose, you will shed some pounds. Most people lose anywhere from 5-10 lbs. In addition, many people notice that their bodies appear leaner, more radiant and more vibrant after the system.

How do I maximize my weight loss?

Most people experience some weight loss while on Zrii Purify. However, if your primary goal is to lose weight, we recommend replacing 2 meals each day with a Zrii Achieve shake (sold separately). Your third meal should be sensible, well-rounded, and contain no more than 400-600 calories.

How often should I cleanse?

We intend this cleanse to become a regular part of your health maintenance routine. You should plan to do the program 4 times a year, or as often as you need to! We recommend cleansing as frequently as once per month.

Can I use other Zrii products with Purify program?

Yes, Zrii Purify can be used with all other Zrii products! In fact, if you are currently using Zrii Amalaki, Achieve, or Accell we encourage you to continue using them while on Purify. All of our products are 100% natural and cleanse-friendly.

Can I continue to take my regular medications while on Zrii Purify?

Unless otherwise instructed by your health care provider, continue to take medications or supplements which you are regularly using, in the manner prescribed to you by your medical doctor or other health care professional. Before discontinuing medications, as always, consult with your qualified health care provider first.

Who should consult a physician before cleansing?

As with any new regimen, please consult your qualified health care provider.

Who should not cleanse:

Do not participate in any cleanse program if you are pregnant or nursing. The Zrii Purify System is not recommended for children under the age of 16.

Where can I find additional information?

Please take a look at www.ZriiPurify.com. You should also feel free to contact us with any questions. We are happy to chat with you at 866.349.9911.

Get paid to lose weight!

Check in at Zrii.com

*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.

My Information:

Start date: _____

Enrollers contact info: _____

My goals: _____

Notes: _____



Advanced scientific formulations
100% all-natural, gentle ingredients
Cellular-level cleansing
Revolutionary Detox Oil
Ancient Ayurvedic wisdom

CHOPRA  **CENTER™**
ENDORSED