



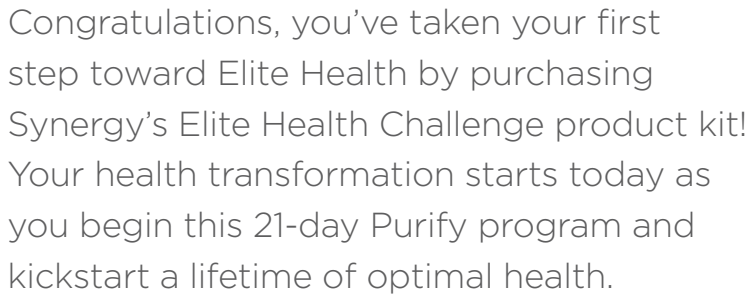
# ELITEHEALTH

CHALLENGE

SYN-ERGY

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## **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 first 7 days, mix 2 packets with 12-14 oz. of water twice daily. Thereafter, mix 1 packet with approximately 9 oz. water twice 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:* Mix 2 level scoops of Biome Shake powder with approximately 9 oz. of cold water, or mix to taste. Take twice a day for first 7 days and once a day thereafter.



## 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.



## 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. Take twice a day for first 7 days and once a day thereafter.



## e9

e9 offers a healthy alternative that will naturally increase your energy levels through guarana, amino acids, and a blend of B-vitamins.

*Recommended Use:* Mix 1 serving (1 packet) with 8 oz water. Stir or shake to dissolve. Suggested serving is 1 packet per day



## ELITE HEALTH CHALLENGE PRODUCTS

### METABOLIC LDL

Metabolic LDL combines Citrus bergamia Risso extract with a proprietary blend of high-ORAC antioxidants that helps support total cholesterol and triglyceride levels already in the normal range. It works in part by blocking an enzyme the liver needs to produce LDL cholesterol. This unique and powerful herbal formula helps modulate cholesterol oxidation and maintain healthy cholesterol levels.

*Recommended Use:* Take 2 capsules with your evening meal.



### BIOME BALANCE

Berberine is a natural extract of Indian Barberry root, a key extract for the clinically studied Fortify program. Berberine may support gut health and microbiome balance by combatting endotoxins which can interfere with gut performance and glucose metabolism. A balanced microbiome can contribute to healthy metabolic function.

*Recommended Use:* Take one capsule before a meal, 3 times daily.



## 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, 1-2x 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 1 packet 2x per day—midmorning snack and afternoon snack

#### *ProArgi-9+*

(First 7 days) Take 1 packets 2x per day

(Next 14 days) Take 1 packet 1x per day

#### *e9*

Take 1 packet, 1x per day—for energy

#### *Metabolic LDL*

Take 2 capsules with your evening meal

#### *Biome Balance*

Take 1 capsule before a meal, 3x 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.



# SAMPLE MEAL PLAN

The Elite Health Challenge meal plan is protein-rich and phytonutrient-packed. This plan ensures that you eat the proper amounts of nutrients your body requires each day with a balanced blend of protein, carbohydrates, and fats, as well as vitamins, minerals, and nutrients from plants.

## **BREAKFAST** (Before breakfast, take 1 *Biome Balance*)

- *Biome Shake*, 2 scoops
- *Biome Actives*, 1 capsule
- e9, 1 packet (optional)

## **MID-MORNING SNACK**

- 1 scrambled egg
- 1/2 green bell pepper, sautéed
- 2 1/2 ounces sweet baby greens
- 1 teaspoon olive oil
- *Biome DTX*, 2 packets
- e9, 1 packet (optional)

## **LUNCH** (Before lunch, take 1 *Biome Balance*)

- *Biome Shake*, 2 scoops
- *ProArgi-9+*, 1 packet
- *Biome Actives*, 1 capsule

## **AFTERNOON SNACK**

- 1 medium-sized apple, fresh
- 3 ounces skinless chicken breast, grilled
- 2 cups broccoli, fresh, chopped
- 6 jumbo black olives, black, canned
- 1 teaspoon olive oil
- *Biome DTX*, 2 packets

## **DINNER** (Before dinner, take 1 *Biome Balance*)

- 8 ounces skinless turkey breast
- 1 cup bok choy, boiled, drained
- 2 1/2 ounces baby lettuces
- 1 teaspoon olive oil
- 1/8 of an avocado, fresh
- 1/2 cup carrots, fresh, sliced
- 1/2 of an 8" cucumber, fresh, with skin
- *Biome Actives*, 1 capsule
- *ProArgi-9+*, 1 packet
- *Body Prime*, 2-4 capsules
- *Metabolic LDL*, 2 capsules

## **Recommended Exercise:**

5,000 steps per day or 30 minutes of walking.





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.

**SYNERGY**  
leave a legacy