



Pure Facts

Reprinted from *Pure Facts*, the newsletter of the Feingold Association of the United States ~ www.feingold.org

A new way to help our kids

We are excited about this line of health-giving products that might be the best next step for children who have improved on the Feingold Diet but are still having problems. And for the rest of us, it's an easy way to feel better.

David Sandoval saw the problems that standard diets were causing for his community and watched them get worse. He formulated supplements for companies, but saw that even they were cutting quality. As a result, he started his own nutritional company and called it Purium — a blend of Pure and Premium. The products are made from whole food, providing nature's resources to help people live healthy, disease-free lives.



**Organic, Non-GMO,
additive-free products
for all ages.**

Purium uses the purest foods available and processes them in ways that retain their vitality. They know the farmers, and manufacture all of the products in a facility that is certified organic and non-GMO verified, with exacting quality control. Great care is taken to ensure nutrients are retained during processing. All 70+ of Purium's products are Feingold-accepted; see details and information on ordering in this newsletter.

Purium and Feingold share the same core beliefs

- What you choose to eat can heal you, or it can harm you.
- Among the worst offenders are: synthetic colors, flavors and sweeteners, factory meat, high fructose corn syrup and GMOs, plus the glyphosates (Round-Up) used on them.

Purium combines the principles of naturopathy — your body can heal itself if it is given the proper tools, along with phytochemistry — harnessing the healing power in plants. and this is the basis of the products. Purium knows, and Dr. Feingold knew, that foods can have many different effects, including influencing behavior, mood and cognition.

How to order Purium Products

Go to www.iShopPurium.com.

- Click on "shop" then "quick shop"
- Select the products you want, adding them to your cart.
- Use Gift Card Code **FEINGOLD** for a \$50 discount on your first order of \$75 or more.
- You will receive a 15% to 25% discount on future orders.
- To order CBD+1500 only, go to www.PuriumCBD.com
Your gift card will work both here and at iShopPurium.com.

There is a 60-day money-back guarantee.

The Feingold Association receives a 20% donation for each order.

A different kind of business

David Sandoval and Amy Venner started Purium after the worst riots in Long Beach history because they believe in Gandhi's philosophy, "Be the change you wish to see in the world," and the importance of healing one's own community. Among their many initiatives are these:

- Helped 200 rice farmers in Thailand reject Monsanto and embrace organic farming through the support of microloans.
- Donated 700 pounds of rice bran solubles to a no-kill horse rescue in Valley Center, California.
- Donated disaster relief superfood powders to families after hurricanes Harvey and Irma. Shipped truck-loads of products to victims of fires in Northern California.
- Helped design and provide nutrition support for cancer treatments at the Block Institute.
- Wrote the former NFL's Players Association protocols for healing from football injuries.
- Through radio broadcasts, played a major role in the banning of trans fats in New York.

Healing the Gut

The link between glyphosate and the behavior, learning and physical problems Feingold members report could be the result of damage to the micro biome — the trillions of bacteria, viruses and fungi found mainly in the intestines. They play a vital part in our behavior and mood, as well as our physical health.



The first study of its kind has shown that Purium's Biome Medic dramatically reduced damage to the gut caused by the herbicide glyphosate (Roundup). Glyphosate damages the villi, so nutrients are not fully absorbed, and partially digested proteins can escape through the damaged protective lining into the blood stream. In a pre-clinical trial of Biome Medic, researchers measured a 74% reduction in glyphosate, a 75% reduction in C Reactive Protein (an inflammation marker), and a 35% reduction in gut permeability in just 6 weeks. Clinical trials continue. Purium Biome Medic has been recognized by the Detox Project as the only product which is effective in detoxing glyphosate from the intestines.



Biome Medic is Feingold Stage One

Wendy's twin boys, age 11, had trouble paying attention, and math is very hard for them. She enrolled them in an after-school program to help them get caught up with their math, but each afternoon, the boys made it through only about a half page of the workbook before they became distracted and gave up.

She tried a new Purium product, Biome Medic — a capsule that removes glyphosate (Roundup) from the intestines. After just one month, the teacher told Wendy that the boys are now doing 6 pages in their workbooks and asked what she was doing that has made such a difference.

Wendy gives her sons **Biome Medic, Power Shake Apple Berry, and Super Amino 23.**

Sue sends her 2 year old daughter Sidney to day care. She gives her **Kids Immune Shield** every day. The product comes in a dropper bottle, and is dosed by weight. Sidney has stayed healthy even when her classmates have gotten sick. That saves Sue money, because she does not have to take off time from work.

Darcy wrote, "I'm excited to share our family's experience with **Power Kids**. Two years ago our young son, age 3, was struggling with tooth decay. We started having him drink Power Kids every morning with breakfast. That continues to support him, the decay has completely stopped, and no new issues have formed. The dentists are amazed and we are beyond pleased." Darcy mixes the **Power Kids** with water and apple juice.

As a teenager, Zach suffered from depression, but after taking the drugs his doctor prescribed, he became manic. The drug the doctor prescribed to "bring him down" caused him to go into anaphylactic shock, and he ended up in the Pediatric ICU. That was 5 years ago. Zach changed his nutrition, adding in numerous superfoods from Purium. Today he is a senior in college, graduating in accounting and headed for graduate school His favorite Purium products include shakes made with **MVP Sport Vanilla, Can't Beet This**, and frozen strawberries in almond milk. He also uses **Revive It All**, which helps him think more clearly, and the **Super Amino 23** for pure protein that nourishes his brain. Recently his grandma sent him **Kids In Focus**, one of the products in the Kids line. He used 3 droppers full in a glass of water, drank it, and called. "Grandma, is this legal?" He still enjoys the ability to focus it provides.

Like all Purium products, Biome Medic is Feingold-accepted; it is also organic and non-GMO.

To learn more about these products and to order, go to www.ishopPurium.com. When you check out, use Gift Card Code **FEINGOLD** for a \$50 discount on your first order of \$75 or more. The Feingold Association will receive 20% of your order as a gift from Purium. When you place future orders, you will receive a 15% or 25% discount, and Feingold will continue to receive a 20% donation on all your orders. There is a 60-day money-back guarantee.

Looking for healthy, nutritious food you can trust?

That's Purium. All 70+ of the Purium products are Feingold accepted. The list, stage 1 and stage 2, is on page 4. All Purium products are organic, Non-GMO verified, with no additives, not artificial anything. Adding Purium products to your diet and your child's is an easy way to feel better.

Mornings were crazy. Getting ready for school was very stressful. It was hard to have Eli settle down long enough to eat breakfast. Marty reports, "Now I have the **Purium MVP Kids** as my trick. I shake it up with almond milk, give the shaker cup to Eli, and he drinks it while we drive to school." This is a nutritious solution that gives him the protein he needs to make it through his morning. Crisis averted.

Michelle has two teenage boys, a full time job, and is a single parent. She finds that adding Purium to her daily routine has given her more energy, more ability to remain calm in the chaos, and she has even lost a few unwanted pounds. Michelle uses **Power Shake Apple Berry**, **Super Amino 23**, and **Spray CHILL**.

"Bryce, age 11, broke his thumb in the growth plate while playing baseball and spent 3 weeks in a cast. He added extra Purium Super Amino 23, a totally available form of protein, to his daily regimen. When the doctor took the cast off he was amazed that the bone was totally knitted so Bryce could go back to playing baseball right away. Bryce uses **Super Amino 23**, **Cracked Cell Chlorella**, **Kamut Blend** and **Carrot Juice Blend**.

Gloria, in her 60s, was having waking blood sugars around 200. After a month drinking **Power Shake Apple Berry** and **Scoop of Greens**, her blood sugars are now between 85 and 110. And she has lost 15 pounds.

Ben, a single dad, is a weekend athlete. He loves to ski, run, climb mountains, and more. Purium gives him the energy and stamina to keep active, compete in 10K races, and take his kids on long hikes in the mountains of Colorado. Ben enjoys **MVP Sport**, **Can't Beet This**, and **Super Amino 23**

Savannah was barely growing. At age 10 she was the size of a 6-year-old. Then a friend told us about the Purium, healthy shakes and supplements that are Feingold-accepted. Success! Savannah eats them every day. Fast forward, Savannah has grown three inches a year for the last two years, and she is still growing! She eats **LOV Supermeal Original** with **Kamut Blend** and apple juice, **Super Amino 23** and **Cracked Cell Chlorella** tablets.



Arv (age 71) has had chronic pain for a while, which impacts his daily life. A friend shared the Purium **CBD+ 1500** and **Spray EASE** with him. Now, he uses the sprays once or twice a day, and has seen remarkable improvement. He is now taking walks, working in the yard, and repairing his dock, things he had given up before he found **CBD+ 1500**. and **Spray EASE**.

CBD+ 1500 - The only CBD Oil that is Feingold accepted and Stage One

Purium's pure + premium hemp-derived cannabidiol (CBD) is super potent, containing 1500mg per bottle. Made in the USA and without any artificial ingredients, CBD+ combines full spectrum and pure CBD extracts in organic hemp seed oil. Sublingual spray is fast-acting and convenient. The CO₂ extraction method uses no harmful chemicals. To order CBD+ 1500, go to www.PuriumCBD.com, use gift card **FEINGOLD**.

Inside the Manufacturing Facility — Proof of Quality

I was given a tour of the Purium manufacturing facility by Amy Venner, President and COO of Purium. They manufacture almost all of their products, and have relationships with all the farmer-suppliers. Everything is quarantined when it is delivered to the facility, waiting to be tested in the lab for pesticide residue and heavy metals, and each item gets a positive identification. Only then is it cleared to be used in products. The facility is **organic certified**, **non-GMO certified** and **Kosher**. There are no additives, fillers, or synthetic ingredients ever. Most are gluten free, dairy free, and soy free. This super careful process is one of the reasons why all Purium Products are Feingold accepted.

Carolyn Grafton, a Feingold Mom

Intense Nutrition Makes the Feingold Diet Even More Effective

All these products have been researched by the Feingold Association and are free of prohibited additives. The products on Stage Two contain naturally-occurring salicylates.

Stage One Purium products— very low Salicylate for the most sensitive people

The following are Gluten-free & Casein-free:

40x Aloe Vera Concentrate (Immune Support)
Advanced Probiotic Blend (Immune Support, Digestion)
Bee Energetic (Sports & Fitness)
Carrot Juice Plus (Digestion & Anti-aging)
CBD+ 1500 (1500mg CBD oil)
Cracked Cell Chlorella (Detox)
Enzyme Advantage (Immune Support)
Fulvic Zeolite (Detox)
Green Spectrum, Lemon (Cleanse)
Green Spectrum, Original (Cleanse)
Ionic Elements (Immune Support, Sports & Fitness)
Joint-Flex (Anti-Aging)
Kids In Focus (Supports Calm Behavior & Focus)
More Greens (Immune Support)
Organic Barley Green Juice (Detox)
Organic Kamut Blend (Detox)
Organic Tropical Oil—coconut oil (Weight Loss)
Power Shake—Original (Nutrition)
Renew Hair Skin & Nails (Anti-aging)
Revive It All (Anti-aging)
Rice Bran Solubles (Healthy Glucose, Weight)
Spirulina Caps or Powder (Immune Support)
Spray CHILL (Stress Reduction)
Spray EASE (Reduce Aches)
Super Amino 23 (Protein, Sports & Fitness)
Super Life Formula (Healthy Hormone Levels)
Super Lytes (Electrolyte, Magnesium, Potassium)
Super Xanthin (Eye, Skin, Heart Health)
Vir U Sure (Immune Support)
White American Ginseng (Anti-aging)
Women’s Defense (Immune Support)

The following are Casein-free:

Activated Barley (Weight Loss)
Bio Regen (Proper Sleep & Joint Function)
Biome Medic (Immune Function & Digestion)

This product is Gluten-free:

Creamy Vanilla Meal Option (Meal Replacement)

Stage Two Purium products — contain salicylate

The following are Gluten-free & Casein-free:

Aloe Digest (Healthy Digestion) (apples)
Apothe Cherry (Anti-aging, Sleep)
Bio Fruit (Anti-aging) (acerola cherry, apples, apricots, cherries, grapes, oranges, prunes, tangerines)
Bio Relax (Calming & Sleep) (cherries, cranberries)
C From Nature (Anti-aging) (cherries, oranges, rose hips)
Can’t Beet This (Sports & Fitness) (coffee, oranges)
Coco Hydrate (Hydration, Electrolytes) (raspberries)
Cocoa Mint Spirulina (Sports & Fitness) (berries)
CONTROL Pre-Meal Capsules (Weight Loss) (green tea)
Daily Fiber Blend—Caramel Apple (Cleanse)
Daily Fiber Blend—Original (Cleanse) (apples)
Heart Aid (Anti-aging) (cayenne pepper, grapes)
Herbal Fiber Cleanse (Detox) (apples, raspberries)
Men’s Defense (Immune Support) (tomatoes)
MVP Kids Multi Vitamin + Protein Chocolate Shake (Protein & Energy) (berries, oranges, tea)
MVP Sport—Chocolate (Protein, Sports & Fitness) (acerola cherry)
MVP Sport—Vanilla (Protein, Sports & Fitness) (acerola cherry)
Power of 10 Veggies (Anti-aging) (apples, raspberries)
Power Kids (Nutrition Drink) (apples, berries, currants, cranberries, maqui berry)
Power Shake—Apple Berry (Nutrition) (raspberries)
Spray CHARGE (Energy) (coffee, green tea)
Spray CONTROL (Hunger Control) (apples)
Super CleansR (Detox) (cloves)
Super Meal LOV Vanilla Chai (Optimum Nutrition) (acerola cherry, apples)
Super Meal LOV—Original (Optimum Nutrition) (acerola cherry, apples)
Immune Shield (for Kids) (coffee, tea, berries)

This product is Casein-free:

Scoop of Greens (Weight Loss) (apples)

This product is Gluten-free:

Immuno Max (Immune Support) (tea)

To order, go to www.iShopPurium.com. Click on “shop” then “quick shop.” Select the products you want, add them to your cart, and when you check out use Gift Card Code **FEINGOLD** for a \$50 discount on your first order of \$75 or more.