

My 60-night fridge calendar

Took my 2 capsules?

Check the box ☒

Missed a night? No problem. Just carry on the next day.

**I started on
(Night 1):**

Week 1	1	2	3	4	5	6	7
Week 2	8	9	10	11	12	13	14
Week 3	15	16	17	18	19	20	21
Week 4	22	23	24	25	26	27	28
Week 5	29	30	31	32	33	34	35
Week 6	36	37	38	39	40	41	42
Week 7	43	44	45	46	47	48	49
Week 8	50	51	52	53	54	55	56
Week 9	57	58	59	60	60 nights. You did it!		

☐ Night 30 is halfway. That's about the end of your first bottle.

Purenyx® Magnesium 12-in-1 Complex: 2 capsules a day, as directed on the label. Many people find it easiest to remember with dinner.

Questions? Call (912) 205-6830, any time, 24/7 • support@purenyx.co

My weekly check-in

Once a week, take one minute. **This is just for you.**

Circle one number: **1** = not good • **3** = okay • **5** = very good

Week	Sleep How did I sleep?	Energy How was my energy?	Calm How calm did I feel?	Notes
Week 1 Date _____	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Week 2 Date _____	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Week 3 Date _____	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Week 4 Date _____	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Week 5 Date _____	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Week 6 Date _____	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Week 7 Date _____	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Week 8 Date _____	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	

Everyone is different, and results vary. Want to share how it’s going? Just reply to any of our emails.

This is not medical advice. Talk to your doctor or pharmacist, especially if you take medicines, are pregnant or nursing, or have kidney problems.
Questions? Call (912) 205-6830, any time, 24/7 • support@purenyx.co
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.