

TARGETED NEEDS

Boosted Brain Power Guide

The following is a simplified health program to help support the body in healing naturally. Please be advised that the lifestyle changes and supplements suggested are not intended to treat or cure any disease. Rather, they are meant to support the body's ability to heal itself. If you are pregnant, breastfeeding, or under 18 please refer to <https://livepure.com/faq/ingredients/are-your-products-okay-for-children/> and consult with your health care provider for product recommendations and dosage.

BOOSTED BRAIN POWER

Maintaining healthy brain function and focus is important throughout a person's life. At times, individuals of all ages may get easily distracted, have trouble concentrating, or have difficulty remembering things. They may also have trouble staying sharp and focused or feel like they are in a "Brain Fog". These may be caused by one or more factors including aging, trauma, an unhealthy diet, genetics, metabolic issues, or vitamin deficiencies. Some types of memory issues can appear suddenly, while others may be present years before becoming apparent. Studies have shown that positive changes in diet and lifestyle can improve cognitive function and maintain mental well-being.

TARGETED NEEDS PRODUCTS

Targeted Needs Products are those that have been shown to be the most effective for **Boosted Brain Power**. Below are recommendations to help your body achieve and maintain optimal health. **NOTE: Please be sure to take LivePURE products at least 1 hour away from prescription medication.**

Top Priority Products		Additional Products	
Mila®	Goji	Daily Build	Daily Detox
ENERGY	Acai	GoYin	Probiotic
PurXcel		Cleanse	

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TOP PRIORITY PRODUCTS FOR BOOSTED BRAIN POWER

All Foundational **Core** products are recommended for general health purposes. The Core products include **Daily Build, GoYin, and Cleanse**.

Mila®

Studies have shown a correlation between Omega-3 fatty acids and healthy brain function. Mila® is an organic chia seed varietal that is high in plant-based Omega 3 fatty acids, fiber, and Phytonutrients. The antioxidant Phytonutrients found in chia seeds may help protect and maintain healthy brain cells. This effect may support healthy cognitive function as we age. Mila® contains 3 grams of ALA (alpha-linolenic acid) Omega-3 fatty acids which play a crucial role in normal growth and development and brain function. May be a great substitute for fish oil.

Recommended Use: Add 2 tablespoons of Mila® to your favorite beverages, yogurt, salads, cereals, smoothies, and recipes. Children: Start with 1 tablespoon one time per day. Feel free to pre-soak to hydrate seeds prior to ingestion if bloating or constipation become an issue due to the increased fiber.

ENERGY

ENERGY is a great alternative to high-carb, artificially enhanced energy drinks. A proprietary blend of natural ingredients may help support mental clarity and focus. Some studies indicate those who have memory or concentration issues may be lacking in amino acids. ENERGY provides amino acids that may help calm and focus the mind. It also stimulates alertness, enhances cognitive performance, eases fatigue, and promotes wakefulness. It also contains an adrenal support blend, an alkalizing blend, a nutrient-rich vitality blend and antioxidants for immune and cognitive health. Contains natural caffeine and chlorogenic acid, both of which have been linked to focus improvement.

Recommended Use: Add 1 scoop (or packet) to 8-10 fl. oz. of water, mix thoroughly and drink.

PurXcel

A proprietary blend of 18 complimentary ingredients that are designed to help cleanse, balance, and build the body through glutathione and superoxide dismutase support and production. This product targets signs of aging, fights oxidative stress, and helps promote mental and physical well-being.

Recommended Use: Take one capsule once or twice a day, with or without food.

Goji

The goji berry, known as the “happy berry” has been shown to combat feelings of “brain fog” and mental fatigue. Goji also helps balance neurotransmitters that may improve mood, enhance cognitive function, and reduce complaints of stress. This product is also a beneficial source of antioxidants, particularly the carotenoids, lutein, and zeaxanthin, which may help enhance eye health.

Recommended Use: Take one serving in the morning and one in the afternoon. Additional servings may be taken throughout the day, if desired. May be taken alone or mixed with other LivePURE superfruits.

Acai

This product contains Phytonutrients, antioxidants, and anthocyanins. It also has Omega-6 essential fatty acids. Omega-6 are necessary for human health and must be obtained through the diet because the body cannot make them. They are required for proper structure and function of every cell in the body. Omega-6 (linoleic acid) may help maintain blood cholesterol levels already within normal range. These may benefit heart health and play a crucial role in brain function, growth, and development. The açai berry is a strong cardiovascular protectant and full of powerful antioxidants which may reduce the negative effects of oxidative stress, cell damaging free radicals, and

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maintain a healthy inflammatory response within the body. It also contains polyphenols, which are antioxidants that may help protect and maintain healthy brain cells.

Recommended Use: Take one serving in the morning and one in the afternoon. Additional servings may be taken throughout the day, if desired. May be taken alone or mixed with other LivePURE superfruits.

ADDITIONAL PRODUCTS FOR BOOSTED BRAIN POWER

Daily Build

Eight proprietary ingredient blends and twenty-three essential vitamins and minerals support immune, nervous system, cardiovascular health and more. Contains a neuroprotective blend that supports and maintains a healthy brain and nervous system. L-theanine, inositol and PABA (para-amino benzoic acid) help you perform at your best mentally by fighting against occasional nervousness and stress. Daily Build has many vitamins and Phytonutrients that help support brain function and build and strengthen the body's cells, organs, and tissues. A vitamin and mineral deficiency has been linked to poor cognitive function. Studies have shown that supplementation may fill in the nutritional gaps to give your body what it needs to feed the brain properly. Contains Methylated B Vitamins which are vital for optimal health and wellness.

Recommended Use: Take one fluid ounce serving daily in conjunction with a well-balanced diet. Take with food. If you choose the capsule option, serving size would be two capsules twice daily with your morning and evening meals.

GoYin

GoYin is a special blend of 20 warming and cooling superfruits and herbs that induce a whole-body balance, which may help optimize physical and mental function. In addition to supporting a healthy mood, GoYin has been shown to reduce stress hormones, tension, fatigue, and confusion. GoYin contains powerful superfruits to maintain both mental and physical well-being.

Recommended Use: For 12 Years of Age and Older: take 1-2 fluid ounces on an empty stomach in the morning and afternoon or as directed by your healthcare provider. For children 6 through 11 Years of Age: Do not exceed 2 fl. oz. daily. Take on an empty stomach in the morning or the evening or as directed by your healthcare provider. Additional servings may be taken throughout the day if desired.

Cleanse

Environmental toxins may compromise memory and focus. This product is formulated to help support all seven channels of elimination (liver, kidneys, colon, lungs, lymphatic system, skin, and blood) and allow the avenues of toxic release to flow and minimize toxic build up. This product contains ingredients to relieve occasional constipation which may contribute to a lack of concentration and "Brain Fog".

Recommended Use: Take one full squeeze of dropper (1 ml, or about 24 drops) in 2-4 fluid ounces of water or juice. Increase to twice daily if needed. Do not exceed 4 servings per day. Intended for short-term use (7-10 days) every 2 months. Transition to use of Daily Detox for everyday support. If you choose the capsule option, recommended use would be 4 capsules daily with 8 fluid ounces of water. Increase by 2 capsules each day, if needed, and do not exceed 8 capsules in 24 hours. Intended for short-term use (7-10 days) every two months.

Daily Detox

The botanicals in Daily Detox support the 3 phases of detoxification. The liver, GI tract, lungs and kidneys are involved in phase 1 where toxic substances are broken down and neutralized. In phase 2, bile secreted by the liver helps toxins become more water soluble making them easily eliminated, leading to phase 3 where they are

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transported and eliminated from the body. One of the key benefits of eliminating toxins is improving cognitive function.

Recommended Use: *Take 2 capsules in the morning, preferably with food.*

Probiotic

The gut is the center of the immune system. Probiotic helps support and maintain appropriate levels of healthy bacteria and balance gut flora. Studies have shown a correlation between healthy brain function and digestive health, so creating a constant healthy environment within the intestines may help maintain mental clarity and focus.

Recommended Use: *For individuals age 12 and older, take two capsules daily in the morning, preferably on an empty stomach. For children age 4 to 12, take the contents of one capsule daily. To prevent a choking hazard in children, pull apart capsule and mix contents with food or beverage.*

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FOOD & DIETARY RECOMMENDATIONS

- Eat a diet rich in fresh fruits (unless Candidiasis or blood sugar issues are present), vegetables, whole grains, beans, and legumes that are in season.
- Eat plenty of quality protein and healthy fats from avocados, nuts, seeds, eggs, and healthy fish.
- Drink at least half your body weight in ounces of water every day (more if you are cleansing). Water hydrates the body and helps to flush out toxins. You may want to add GPS Hydrate to your regimen to increase electrolytes during the flushing of toxins.
- Limit dairy consumption, except for organic, plain yogurt or keifer.
- Avoid alcohol, caffeine (may substitute ENERGY or PURE Café), soda, sugar, artificial sweeteners (acesulfame K [ace-K], aspartame, saccharin and sucralose), preservatives (nitrates, nitrites and MSG), artificial colorings or flavorings and hydrogenated oil. · Minimize land animal consumption, as they are highly inflammatory. If consuming land animal products, they should be 'organic' (in its 'natural' form – cows are fed on 'grass'; not grain; chickens fed on bugs, grubs, and seeds). Natural, organic meat and poultry contain the proper balance of saturated and unsaturated fats (the 'good' fats), are lower in calories, contain more nutrients, fill you up faster and contain CLA (conjugated linoleic acid), which is a potent defense against disease.
- Avoid pork, which is difficult to digest and can create toxins in the body.
- Never use vegetable or corn oil for cooking, as heating them creates toxins and inflammation.

LIFESTYLE RECOMMENDATIONS

- If you smoke, quit. Smoking causes vessels to narrow, decreases available oxygen, increases heart rate, causes plaque build-up in the arteries, and may damage vessel lining.
- Chew food thoroughly – this aids in digestion and nutrient absorption, helping create a healthier body and mind.
- Eat until satiated, but NOT full. This means you should neither feel hungry nor full; stop between the two. You should not feel pressure in your stomach region after eating. Pressure indicates you may have over-consumed or are not properly digesting.
- Get plenty of sleep (7-9 hours per night).
- Do not eat after 9PM (the liver rests from 10PM-2AM).
- Engage in at least 30 minutes of moderate-intensity physical activity daily.
- Stress is an important factor that may contribute to poor concentration. Use mindfulness activities like yoga, breathing techniques, meditation, or gentle stretching helps improve overall health too. Consider other stress reducing activities like taking a walk, reading an inspiring book, or taking a warm bath with lavender.

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