

TARGETED NEEDS

Healthy Heart 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.

HEALTHY HEART

A healthy heart is central to overall good health. Embracing a healthy lifestyle at any age can prevent heart issues and lower your risk for future complications. You are never too old or too young to begin taking care of your heart. True, the younger you begin making healthy choices, the longer you can reap the benefits. But swapping good habits for bad to promote good health can make a difference. Some risk factors that have been linked to an unhealthy heart are tobacco use, being overweight, physical inactivity, stress, the use of alcohol, age, genetics, and an unhealthy diet. Diet and lifestyle play an important role in maintaining a healthy heart and cardiovascular system. Eating a healthy diet, exercising regularly, getting enough sleep, managing stress, maintaining a healthy weight, and filling in the nutritional gaps with proper supplements are all ways to help support and maintain a strong and healthy heart.

TARGETED NEEDS PRODUCTS

Targeted Needs Products are those that have been shown to be the most effective for a **Healthy Heart**. 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	
Daily Build	GPS Circulate	GoYin	Probiotic
CalciuMK+	GPS Hydrate	Cleanse	Mangosteen
Mila®	Acai	Daily Detox	Goji
		Organic Sulfur	Greens

*The statements above have not been evaluated by the Food and Drug Administration. LivePURE products are not intended to diagnose, treat, cure, or prevent any disease. Individual results may vary.

TOP PRIORITY PRODUCTS FOR A HEALTHY HEART

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

Daily Build

A liquid multivitamin, such as Daily Build, may help fill the gaps in our diets caused by unhealthy eating habits or depleted food sources. A liquid multivitamin, such as Daily Build, may help fill the gaps in our diets caused by unhealthy eating habits or depleted food sources. This liquid vitamin is easy to digest, absorb and assimilate, and is complete with an amino acid blend, trace mineral blend, bio-protection blend, Phyto-fruit complex, neuroprotective blend, Phyto-vegetable blend, superfood blend, and an Optisorb blend. Many of these nutrients are essential to build and strengthen the body's cells, organs, and tissues. It also contains eight proprietary ingredient blends and twenty-three essential vitamins and minerals that help support immune, nervous system, and cardiovascular health. Daily Build helps the body fight against internal and external toxins while supporting cardiovascular health and maintaining healthy blood and blood viscosity.

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.

CalciuMK+

This unique liquid formula offers rapid delivery of calcium, magnesium and Vitamin K2, PLUS Vitamins D, A, C and E and essential trace minerals for a potent blend the body craves. Calcium is essential in the human body for building and strengthening bones and teeth and facilitating healthy communication between the brain and certain parts of the body. The body also uses calcium to help muscles contract and expand and to secrete hormones and send messages through the nervous system. Magnesium and Vitamin K2 contribute to the development of bone and are important for regulating nerve and muscle function, blood sugar levels, and blood pressure already in normal range. Additionally, studies have indicated that magnesium can help relax muscles and help promote restful sleep.

Recommended Use: Take 1 ounce daily, preferably before bedtime.

Mila®

Studies have shown a direct correlation between consuming Omega-3 fatty acids and a healthy cardiovascular system. Mila® contains the Omega-3 fat ALA, or "alpha-linolenic acid." ALA has been shown to support heart health; in fact, studies have illustrated improved cardiovascular health among those with a high intake of ALA- containing foods, like Mila®. Mila® is an organic whole food that is packed with healthy plant-based Omega-3 fatty acids, fiber, and Phytonutrients. The antioxidant Phytonutrients found in chia seeds may also help protect and maintain healthy brain cells. This effect may support healthy cognitive function as we age. Therefore, Mila® is an important whole food source that may help fill in the nutritional gaps required for overall health and wellness.

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.

GPS Circulate

This product contains L-Arginine and other amino acids that have been shown to support healthy blood flow to the heart and enhance vascular pliability.

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

Caution: Do not use Circulate if you have already experienced a heart attack. Please consult a licensed medical

*The statements above have not been evaluated by the Food and Drug Administration. LivePURE products are not intended to diagnose, treat, cure, or prevent any disease. Individual results may vary.

professional before using Circulate.

GPS Hydrate

Proper hydration is essential for maintaining a healthy mind and body. GPS Hydrate contains electrolytes and the correct balance of methylated Vitamin B12, Vitamin B6, and folate that the body requires to break down the amino acid homocysteine. This process creates other essential amino acids the body needs to protect the cardiovascular system and maintain optimal heart health and wellness

Recommended Use: Add 1 scoop to 8-10 fl. oz. of water, mix thoroughly and drink. Additional servings may be taken throughout the day, if desired.

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 maintain a healthy inflammatory response within the body.

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 PURE superfruits.

ADDITIONAL PRODUCTS FOR A HEALTHY HEART

GoYin

GoYin may provide nutritional support to help your body deal with everyday stressors. Stress can be a contributing factor for an unhealthy heart. Created on the premise of 5,000 years of Traditional Chinese Medicine, it contains a proprietary blend of superfruits, herbs, and other fruits that have been traditionally used to help bring the body into balance and enhance overall well-being. GoYin is a special blend of 20 warming and cooling superfruits and herbs that help optimize physical and mental wellness. It also contains ingredients that have an antioxidant effect that supports heart health.

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 can influence heart health. Maintaining a healthy heart should include the management of environmental toxins. Environmental toxins are thought to contribute to a variety of health complaints. This cleanse 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. It contains ingredients that help the body release stored toxins that may contribute to poor heart health. Toxins in the body may impair the function of the organs, and detoxification may help remove these toxins and support healthy organ function. Cleanse is an all-natural, proprietary blend of herbs and botanicals specifically formulated to feed the gut with

*The statements above have not been evaluated by the Food and Drug Administration. LivePURE products are not intended to diagnose, treat, cure, or prevent any disease. Individual results may vary.

nutrients to relieve occasional constipation and help the blood stay clean and healthy.

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 transported and eliminated from the body. One of the key benefits of eliminating toxins is supporting healthy heart function. Daily Detox also helps to maintain a healthy inflammatory response within the body.

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

Organic Sulfur

Organic Sulfur is both a mineral and an element. It is naturally found in the protein of plants, animals, and humans. Methylsulfonylmethane (MSM), a naturally occurring dietary form of sulfur, is necessary for many important functions in the body. Sulfur is an important element that supports a healthy inflammatory response and may provide relief from multiple health complaints.

Recommended Use: Mix one level teaspoon into warm water or drink of your choice to dissolve crystals and consume. Take twice daily. Organic sulfur works best when taken between meals on an empty stomach. May choose to increase daily use amount over time to achieve desired results.

Probiotic

Probiotics are important for proper nutrient absorption. Probiotic creates an ideal environment for digestion, immune function, and absorption of nutrients. Five out of eight species within Probiotic specifically target the small intestine to maintain a healthy inflammatory response, facilitate nutrient absorption and support the immune system. The remaining three species target the colon (large intestine) to help control unfavorable organisms and assist in proper waste elimination. A healthy gut may increase immunity, allow the body to efficiently absorb nutrients and maintain optimal health and wellness.

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.

Mangosteen

The Mangosteen superfruit contains xanthenes, a unique class of biologically active compounds and powerful Phytonutrients that are found in the rind of the mangosteen fruit. Studies suggest that xanthenes may promote healthy bodily functions, including supporting the body's natural defenses, neutralizing free radicals, and supporting heart health. Additionally, Mangosteen is a fruit that is rich in Phytonutrients with antioxidant properties, and it has been shown in clinical studies to support and maintain healthy prostaglandin and histamine levels in the body, thereby helping to maintain a healthy inflammatory response.

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 PURE superfruits.

*The statements above have not been evaluated by the Food and Drug Administration. LivePURE products are not intended to diagnose, treat, cure, or prevent any disease. Individual results may vary.

Goji

Goji berries have been recognized for centuries in Asia for their high nutrient content, carotenoids, unique Phytonutrients, and powerful antioxidant properties. In Traditional Chinese Medicine, it is well known that the whole berry and its extracts have numerous health effects. The Goji berry contains many nutrients and trace minerals and is an important natural source to support and maintain a healthy cardiovascular system. It also contains Vitamin C which has been shown to maintain healthy blood pressure already in normal range.

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 PURE superfruits.*

Greens

We all know that fruits and vegetables are tried-and-true staples of a healthy, nutritious, and balanced diet and lifestyle. Taking your Greens on a daily basis adds unique nutrient components to your diet that may be lacking in these vitamins and minerals; it ensures that you are getting a full range of nutrients that your body needs to function optimally. It contains a full spectrum of alkalizing vegetables, mushrooms, and superfoods that support optimal health and wellness. The Greens contain a full spectrum of land and sea vegetables that may help support healthy blood pressure and cholesterol that are already in normal range.

Recommended Use: *Add one scoop of Greens to 8-12 fl. oz. of water or other healthy beverage (according to taste) and mix thoroughly.*

Additionally, unhealthy weight gain may contribute to poor heart health. If you are overweight, you may benefit from the **Detox** and/or **Five30 Program**. Please refer to the program material for more details and to see if it is right for you.

*The statements above have not been evaluated by the Food and Drug Administration. LivePURE products are not intended to diagnose, treat, cure, or prevent any disease. Individual results may vary.

FOOD & DIETARY RECOMMENDATIONS

- Limit salt intake. Use kelp flakes and spices instead. When using salt, use unrefined sea salt.
- 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.
- Focus on foods high in potassium, like bananas, beans, potato with the skin, dried apricots, salmon, avocados, and dark, leafy greens.
- Eat plenty of quality protein and healthy fats from avocados, nuts, seeds, eggs, and healthy fish. Healthy fats may be especially helpful in reducing high blood pressure.
- 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, 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 red meat consumption. Animal products should be 'organic' (in its 'natural' form – cows are fed on 'grass'; not grain; chickens feed 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 and fried foods. They are 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. Strength training especially may help reduce blood pressure. Vary your routine and incorporate strength, flexibility, and cardiovascular exercise to prevent overuse injuries and promote a balanced approach to physical activity.
- Stress is an important factor that contributes to an unhealthy heart. Use mindfulness activities like yoga, breathing techniques, meditation, or gentle stretching to help reduce stress and tension. Consider other stress reducing activities like taking a walk, reading an inspiring book, or taking a warm bath with lavender.

*The statements above have not been evaluated by the Food and Drug Administration. LivePURE products are not intended to diagnose, treat, cure, or prevent any disease. Individual results may vary.