

TARGETED NEEDS

Healthy Weight Loss 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 WEIGHT LOSS

Everyone has different reasons for wanting to lose weight. Some people might want to improve an aspect of their health, while others might want to simply feel more comfortable in their own skin. You don't have to lose hundreds of pounds to enjoy the physical and mental health benefits of weight loss. If you are currently overweight, you may be able to lose just a small amount of weight to improve your overall health. In fact, some studies show that just a 5% to 10% decrease in your weight can positively affect your health. Healthy weight loss may increase energy levels, enhance mood, support better sleep, maintain healthy blood sugar levels, enhance sex drive, reduce joint complaints, support, and maintain a healthy heart, boost the immune system, and reduce the negative effects of stress. It's natural for anyone trying to lose weight to want to lose it very quickly, but people who lose weight gradually and steadily (about 1 to 2 pounds per week) are more successful at keeping weight off. Healthy weight loss isn't just about a "diet" or "program". It's about an ongoing lifestyle that includes long-term changes in daily eating and exercise habits. Once you've achieved a healthy weight, it is important to rely on maintaining healthy eating and physical activity to help you keep the weight off over the long term. Adding proper vitamins and supplements may fill in the nutritional gaps that are missing in your diet and can help get you (and keep you) on the right track for healthy ongoing weight management and overall optimal health.

TARGETED NEEDS PRODUCTS

Targeted Needs Products are those that have been shown to be the most effective for **Healthy Weight Loss**. 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	
Cleanse	Metabolic MAX	Daily Build	Pure Café
Mila®	Metabolic TEN	GoYin	Serene
Nutrition Shake	GPS Energize	Daily Detox	SleepTrim
		Green Coffee Bean	

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TOP PRIORITY PRODUCTS FOR HEALTHY WEIGHT LOSS

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

Cleanse

Environmental toxins can influence the body's ability to lose weight. Maintaining a healthy weight should include the management of environmental toxins. 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 inhibit your body's ability to lose weight.

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.

Mila®

Mila® is a super food that is gluten-free, trans-fat free, sugar-free, and is a superior plant-based source of protein and fiber. Mila® uses different varieties of the chia seed to provide a wide array of nutrients. 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®. The fiber found in Mila® is predominantly insoluble fiber, a form of fiber that aids in the relief of occasional constipation. It also supports feelings of fullness which can help people from overeating. Mila® also contains other important nutrients such as calcium, magnesium, and phosphorus, all of which are important for optimal health.

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.

Nutrition Shake

Staying active is an integral part of a healthy lifestyle; but finding a fast, nutritious, well-balanced meal can be a challenge. The Nutrition Shake is a convenient, delicious meal alternative that offers a variety of essential nutrients. At only 150 calories this nutritious shake contains 19 grams of GMO-free protein blends that help support weight loss and curb appetite. A key ingredient in this shake has been shown to increase feelings of fullness, promote healthy weight loss, including significant reductions in waist and hip measurements, and help maintain normal post-meal blood sugar levels. It contains MCT powder, which metabolizes faster than other fat sources, helping to manage weight. MCT has been shown to reduce body fat, increase energy expenditure, and curb appetite. It may also improve performance during exercise.

Recommended Use: Mix with 8 oz of water, nut milk, or dairy free milk. Can replace up to 2 meals per day. Children ages 4 and over can use the product but it should not be used as a meal replacement.

Metabolic MAX

Metabolic MAX may be a useful tool to help toward your weight management goals. It contains naturally occurring caffeine, which may promote a small increase in metabolic rate and support mental focus. It also contains an iodine blend that may support healthy thyroid function. Metabolic MAX may aid in energy and metabolism boosting,

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attacking body fat, promoting lean muscle mass, and helping to manage appetite. This product is uniquely formulated for fat loss and lean muscle when combined with resistance exercise and a healthy diet.

Recommended Use: Take 3 capsules twice a day 15 -20 minutes before either a meal or workout. Not for use by individuals under the age of 18. Consult your healthcare provider prior to use if you are pregnant, nursing, have a health condition, or taking medication. Keep out of reach of children. Choose either Metabolic MAX or Metabolic TEN.

Metabolic TEN

Metabolic Ten may help toward your weight management goals. It contains naturally occurring caffeine and DNF-10®, which promotes fewer cravings and a feeling of fullness. This product has also been shown to boost fat burning and deliver a fast-acting boost in Energy. DNF-10® has been clinically shown to reduce weight within the first month, with abdominal fat significantly reduced.

Recommended Use: Take 3 capsules twice a day 15 -20 minutes before a meal. Not for use by individuals under the age of 18. Consult your healthcare provider prior to use if you are pregnant, nursing, have a health condition, or taking medication. Keep out of reach of children. Be aware of your caffeine intake. Do not exceed the recommended servings of Metabolic TEN. Experts suggest up to 400mg a day is safe and does not elicit negative side effects in normal, healthy individuals. Metabolic TEN contains 138mg per serving (276mg/day – 6 capsules). Choose either Metabolic TEN or Metabolic MAX.

GPS Energize

GPS Energize supports fat burning, activates the neuromuscular system and elevates cellular energy production while helping build lean body mass. This product contains Methylated Vitamin B12 which has been shown to support healthy metabolism, adrenal function, enhance cellular energy, activate muscles, and support lean muscle growth, especially when combined with exercise. GPS Energize supplies the body with branched chain amino acids (BCAA) which may aid in increased protein synthesis, enhanced fat metabolism, better hormone balance, and helps fight central nervous system fatigue. BCAA's may also increase athletic performance and endurance and reduce muscle fatigue and muscle tissue damage following exercise.

Recommended Use: Add 1 scoop to 8-10 fl. oz. of water, mix thoroughly and drink. Consume 15-20 minutes before exercise or activity, or as desired throughout the day.

ADDITIONAL PRODUCTS FOR HEALTHY WEIGHT LOSS

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. 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. One serving of Daily Build delivers 23 essential vitamins and minerals, which offer a unique role in maintaining overall health and setting the stage for optimal results.

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

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GoYin

GoYin is a special blend of 20 warming and cooling superfruits and herbs that induce a whole-body balance, which helps optimize physical and mental function. In addition to supporting healthy energy, GoYin has been shown to help balance stress hormones and elevate mood, making GoYin a great source of nutrition to help improve mental and physical well-being. Managing stress helps reduce the negative effects of stress and plays a vital role in achieving and maintaining a healthy weight.

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.

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 it helps the body maintain a healthy body weight and support optimal health.

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

Green Coffee Bean

Green coffee extract is obtained in its natural form which retains beneficial Phytochemicals. One such chemical is chlorogenic acid, which is depleted during the roasting process. Green Coffee Bean contains 50% chlorogenic acid, offering beneficial polyphenol antioxidants. This amount is comparable to some products used in weight management research. Some studies show that the chlorogenic acid in green coffee beans affects how the body handles blood sugar and metabolism. This product helps support weight management when combined with a healthy diet and exercise. Additionally, it may help support healthy blood pressure levels already within a normal range.

Recommended Use: Take 1-2 capsules 15-20 minutes before meals. Caution: Not intended for use by children or women who are pregnant or nursing. Do not take this product if you have heart disease, high blood pressure, or are taking any prescription medication, especially monoamine oxidase inhibitors (MAOIs).

Pure Café

Pure Café is high in B-complex Vitamins including Thiamin (B1), Riboflavin (B2) and Niacinamide (B3). B Vitamins are important for converting food into fuel; they are also referred to as "anti-stress" vitamins as they may improve the body's response to stress. Pure Café is also high in pyridoxine (B6) and B12. Pure Café contains oolong tea, which is high in polyphenols, green coffee bean extract standardized to 50% chlorogenic acid, and taurine. Pure Café also contains powerful herbs such as Garcinia cambogia and other extracts. Garcinia cambogia has been traditionally used as appetite suppressants, aiding in healthy weight management.

Recommended Use: Add one packet to 4-6 fl. oz. of hot or cold water and mix well. For best results, use each morning. Caution: Keep out of reach of children. If you are pregnant, nursing, taking a prescription medication, or have a medical condition, consult a physician before using this product.

Serene

This provides the body with important Phytonutrients for hormonal support and for improved endurance, while calming the body to facilitate healthy sleep. Serene contains a unique blend of adaptogenic nutrients which may balance mood, promote healthy sleep, and may improve feelings of overall well-being.

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Recommended Use: Take 2 capsules prior to bedtime. May take 2 capsules in the morning if desired.

SleepTrim

Sleep deep and slim down. Experience a more restful night's sleep naturally while supporting your body's ability to manage weight with SleepTrim. This product features a microencapsulated, extended-release technology that slowly delivers a blend of melatonin, while capsicum extract puts your fat to work providing the benefits of red-hot peppers without the burn.

Recommended Use: Take 1-2 capsules daily 30-60 minutes before bedtime. Not recommended for children under 18 years of age, if you are pregnant, or nursing, taking a prescription medication, or have a medical condition. Not intended for persons who are sensitive to spicy foods or have a sensitive GI tract.

For maximum health results, follow the meal plan provided on either the **Five30 or Detox Program**.

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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, soda, sugar, artificial sweeteners (acesulfame K [ace-K], aspartame, saccharin and sucralose), preservatives (nitrates, nitrites and MSG), artificial colorings or flavorings and hydrogenated oil.
- Red meat (if permitted) and other 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, 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.
- Avoid fried foods, which also create toxins in the body.

LIFESTYLE RECOMMENDATIONS

- If you smoke, quit. It deprives the body of oxygen, which starves the brain, weakens the immune system, reduces the absorption of nutrients, increases the signs of aging, and compromises your quality and quantity of life.
- 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). Don't exceed more than 9 hours regularly.
- Spend time outside during the day. Adequate sun exposure during the day may improve symptoms of anxiety.
- Do not eat after 9PM (the liver rests from 10PM-2AM).
- Engage in at least 30 minutes of moderate-intensity physical activity daily. Vary your routine and incorporate strength, flexibility, and cardiovascular exercise to prevent overuse injuries and promote a balanced approach to physical activity.
- Use mindfulness activities like yoga, meditation, or gentle stretching to help reduce stress and tension.

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