

TARGETED NEEDS

Restful Sleep 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.

RESTFUL SLEEP

Proper sleep is important for maintaining overall health and wellness. Disturbed sleep is more than an inconvenience that leaves you dragging the next day. It negatively affects your memory, energy level, concentration, and mood. It can also leave you at a greater risk for illness. Some factors that may contribute to poor sleep may include stress, poor sleep habits, inactivity, nicotine, alcohol, medications, and dietary deficiencies. As we get older, it becomes a little harder to fall asleep and stay asleep. Although our sleep patterns change, our need for sleep does not. Just like diet and exercise, a good night's sleep is essential for keeping you alert and energetic, and for building your body's defenses for optimal health and wellness. Fortunately, there are some simple, natural fixes that can improve your sleep. By changing some bedtime routines, practicing relaxation techniques, and filling the nutritional gaps in your diet, you can achieve a more restful sleep and set yourself up for a more positive and productive day.

TARGETED NEEDS PRODUCTS

Targeted Needs Products are those that have been shown to be the most effective for **Restful Sleep**. 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	CalciuMK+	GoYin	Daily Detox
Serene	SleepTrim	Cleanse	GPS Reset

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TOP PRIORITY PRODUCTS FOR RESTFUL SLEEP

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. 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. Take with food. If you choose the capsule option, serving size would be two capsules twice daily with your morning and evening meals.*

Serene

Provides the body with important Phytonutrients for hormonal support while calming the body to facilitate healthy sleep. Contains a unique blend of adaptogenic herbs which may balance mood, promote healthy sleep, and may support feelings of overall well-being.

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

CalciuMK+

Calcium is a key player in both stress relief and stress reduction, working closely with magnesium, Vitamin D, and potassium to maximize its benefits. CalciuMK+ contains the correct ratio of these vitamins to help maintain calmness and serve as a sleep aid when taken before bedtime.

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

SleepTrim

Features a microencapsulated, extended-release technology that slowly delivers a blend of melatonin, while Capsimax® Capsicum Extract puts your fat to work providing the benefits of red-hot peppers without the burn. If you are not getting the recommended seven-to-eight hours of sleep every night, you may be eating more, exercising less and gaining weight. Quality sleep is key to a healthy lifestyle, and SleepTrim can help you get back on track. Extended-Release Technology gently delivers melatonin in stages so you can fall asleep, stay asleep and wake up refreshed. It contains a relaxation blend of botanicals (chamomile and passionflower), magnesium and L-theanine to help the body relax mentally and physically.

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.*

ADDITIONAL PRODUCTS FOR RESTFUL SLEEP

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 healthy daytime energy, GoYin has been

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shown to reduce the negative effects of stress and tension, helping the body achieve a better state of rest. This comprehensive formulation also helps to balance stress hormones and mood, thus enhancing feelings of 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 are thought to contribute to poor sleep. 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 mental and physical stress.

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 and maintaining restful sleep.

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

GPS Reset

Supplies the body with essential amino acids that are required to produce other amino acids (like tryptophan), which is needed for the body to make its own melatonin. Melatonin is a hormone that your brain produces in response to darkness and helps with the timing of your circadian rhythms to promote healthy sleep.

Recommended Use: Add 1 scoop to 4-6 fl. oz. of water and mix thoroughly. For optimal results, drink before bedtime.

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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. While the immediate sensation of nicotine may help improve symptoms of anxiety, it deprives the body of oxygen, which starves the brain and contributes to poor sleep.
- 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 immune health and promote healthy sleep.
- 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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