

TARGETED NEEDS

Women's Health 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.

WOMEN'S HEALTH

Balanced nutrition and a healthy diet can support your body in many ways. Whether you're looking to improve your energy and mood, combat stress, achieve a healthy weight, fight the signs of aging, or just stay healthy, what you fuel your body with can make an impact. Men and women have differing nutritional needs as a result of differences in their bodies. For example, hormonal changes associated with menstruation, childbearing, and menopause mean that women have a higher risk of anemia, osteoporosis, and various nutritional deficiencies. For this reason, it's important for women to include foods rich in calcium, vitamin D, B vitamins, and iron in their diet to maintain bone health and prevent anemia. In addition, women also tend to lose more lean muscle mass over time due to aging and childbearing. Therefore, a regular exercise regimen that includes weight training and/or cardio workouts should be a part of your normal routine. Proper supplementation is important in order to support and maintain optimal health and wellness. If you're not currently where you want to be, it's never too late to make some healthy changes that may help increase your quality and quantity of life.

TARGETED NEEDS PRODUCTS

Targeted Needs Products are those that have been shown to be the most effective for **Women's Health**. 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	Daily Detox	Cleanse	Mie
GoYin	CalciuMK+	PurXcel	GPS Hydrate
Probiotic	Goji	Greens	Mila®
Serene		Organic Sulfur	

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TOP PRIORITY PRODUCTS FOR WOMEN'S HEALTH

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.

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.

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.

Probiotic

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 and 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.

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.

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

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transported and eliminated from the body. One of the key benefits of eliminating toxins is improving feelings of mental and physical well-being.

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

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.

Goji

This superfruit provides key nutrients and antioxidants that may help support and maintain a healthy mood, mind, and memory. Goji also contains other important vitamins that host a list of benefits, including enhancing athletic performance. Preliminary research suggests that Goji may help protect and support neurotransmitters, which are important for mood regulation, cognitive health, and sexual function. It also aids in promoting restful sleep, reducing the negative effects of stress, and supporting and maintaining optimal health and wellness.

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 WOMEN'S HEALTH

Cleanse

Environmental toxins can influence overall health and wellness. 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 and that can 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.

PurXcel

PurXcel is a proprietary blend of 18 complimentary ingredients designed to help cleanse, balance, and build the body through glutathione and superoxide dismutase support and production. This proprietary supplement contains 18 beneficial ingredients working synergistically to deliver whole health and wellness. PurXcel promotes optimal health and longevity by supporting the body's ability to neutralize damaging free radicals and remove toxins. PurXcel uses bioavailable (absorbable) and clinically tested forms of glutathione and superoxide dismutase, which are essential to everyday living. It also targets the signs of aging (anti-aging), supports immune health and promotes a healthy inflammatory response, provides nutritional support to the body's antioxidant defense systems, delivers

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comprehensive antioxidant protection against a diverse range of damaging free radicals, fights oxidative stress (helps balance the ratio of antioxidants and cell damaging free radicals), offers liver function support to assist internal detoxification, assists the body's removal of toxins (detoxification), and helps improve the perception of stress and physical and mental fatigue.

Recommended Use: *Take 1 capsule once or twice a day, with or without food.*

Greens

We all know that fruits and vegetables are tried-and-true staples of a healthy, nutritious, and balanced diet and lifestyle. The Greens add key vitamins and minerals to help ensure that you are getting a full range of ingredients that your body needs to function optimally. It provides a full spectrum of alkalizing vegetables, mushrooms, and superfoods that help support and maintain whole health.

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

Organic Sulfur

Sulfur is the third most abundant mineral in your body. It is present in methionine and cysteine, which are two of the amino acids you use to make proteins. Both of these amino acids are present in your skin, hair, and nails where they help to make these tissues strong and flexible. Sulfur also helps maintain a healthy inflammatory response within the body which promotes overall health.

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.*

Mie

Look and feel healthy on the inside and out. This unique product offers 15 minute rapid absorption using clinically tested Collagen Absorbing Technology. Mie contains hydrolyzed bovine collagen peptides Type I and III to minimize the visible effects of aging. It is also enhanced with Hyaluronic Acid, Vitamin C, Biotin and Copper to maximize health for skin, hair, and nails. Korean technology clinically shows Mie to have anti-wrinkle and skin moisturizing properties. It also contains 7 complementary strains for achieving gut wellness, including Lactobacillus plantarum HY7714. Mie also contains 17 billion CFUs of friendly gut bacteria to help with improved immunity and balanced digestion.

Recommended Use: *Mix one packet daily with 8 fl. oz. of cold water. Stir well or shake. Delicious over ice or served in a smoothie.*

GPS Hydrate

Proper hydration is essential for maintaining a healthy mind and body. GPS Hydrate contains the correct balance of vital nutrients and electrolytes that the body requires in order to pull water and vitamins effectively into the cells, thus promoting radiant skin, supporting joint comfort, and supplying the body with electrolytes and Methylated B-vitamins needed for healthy cognitive function and overall health.

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

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. It contains the Omega-3 fat ALA, or "alpha-linolenic acid." ALA has been shown to support heart health; in fact, studies have

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illustrated enhanced 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.

Mila® also contains other important nutrients such as calcium, magnesium, and phosphorus, all of which are important for bone health. 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.

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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 eat grass; not grain; chickens eat 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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