

# The Menopossible Labs Checklist

Our journey through perimenopause and menopause is unique for each of us. Running the correct lab tests is an essential first step in optimizing your hormones and reclaiming your vitality. Don't guess - test. Labs give you a clear picture of your current hormonal state and allows your care provider to create a personalized strategy that addresses your specific needs.

Proper hormone testing is the difference between trial-and-error frustration and targeted solutions. With accurate data, we can identify imbalances contributing to common struggles like poor sleep, brain fog, persistent fatigue, and stubborn weight gain. Understanding your hormone levels guides us in crafting an effective plan to restore balance, boost energy, and enhance mental clarity. With the right labs, you can feel empowered, regain control, and embrace this new stage of life with energy and vitality.

- Complete Blood Count (CBC)
- Comprehensive Metabolic Profile (CMP) (chemistry panel)
- Hemoglobin A1c
- Fasting insulin level
- Thyroid Stimulating Hormone (TSH)
- TPO & thyroglobulin antibodies
- Free T4/Free T3
- Sex Hormone Binding Globulin
- DHEA-S
- Testosterone Total & Free
- Iron & Ferritin
- Vitamin D
- Vitamin B12
- Lipid Profile
- Estradiol (if Menopausal)
- Progesterone (if Menopausal)
- FSH
- LH

If history of elevated lipids then consider:

- Homocysteine
- C-reactive Protein
- Apo-lipoprotein B

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# We deliver *whole* health.

Welcome to PURE! I'm so excited that you said YES to the cleanse, balance and build system. Very smart.

Here are some tips on how to take everything. The best tip I will give you is....be consistent every day! It may take a few days to get in the routine, but like anything worth doing, consistency drives the best results! Give your body time to flush out toxins and ABSORB and build up all the good stuff. In a month's time, you'll feel the difference and I cannot wait to hear about it! Not only would I LOVE to hear how it's all going, please contact me anytime for questions!

## GENERAL TIPS:

- Goyin, Daily Build, Calcium, and Cleanse should be refrigerated once opened.
- Find what works for you! The most important thing is to try to take them how/when it works for you...and try for the same time every day to form a habit. Once you do, the consistency will stick, and results will come!
- Smartship is not required, but it's a no-risk money saver. Every time you re-order, you earn 20% in "Point Value" back. These points can be used towards free products anytime. It's easy to edit products, push the date out or just cancel. Smartship points last for a full year and easily redeemed at check out. Simply login to [livepure.com](http://livepure.com) and you'll see a drop down menu under your name at the top right. That is where you can set it up!

# THE MENOPOSSIBLE ROUTINE

## KEEP IT DOABLE



## A FEW NOTES:

- I add a scoop of Pure's Vegan Protein and a cup of egg whites to my smoothie to get more protein.
- Optional adds I love for the smoothie are Vegan Protein Shake, Greens & Hydrate (from the GPS sports line)
- After a week or 2, add additional Organic Sulfur in the afternoon.
- Work your way up to 2 additional tablespoons of MILA if dealing blood sugar issues, sleep, foggy brain or constipation. Taking the extra at night helps me sleep!



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# PRODUCT TIPS



## **ORGANIC SULFUR: Dissolve in a warm shot of water**

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. The list of organic sulfur's benefits is HUGE! Helps with aches and pains, hair, skin and nail health, allergy relief...

You will want to start with 1 scoop each morning on an empty stomach. You can work your way up to 2 scoops. Sulfur is bitter tasting. I take mine first thing every day with my energy drink. You can mix with energy or mix in plain water (even add a squirt of lemon juice). I prefer the latter because I love the energy on it's own and don't want the taste to be altered). If you suffer from allergies or joint pain (or muscular pain of any sort), after about 2 weeks, take an extra scoop in the afternoon or mid-way through the day. Organic Sulfur is excreted in the urine so taking a second time will ensure you are keeping your levels steady. If you start noticing a dull headache, it's likely from the sulfur...back down to 1/2 a scoop once daily, then work your way back up.

A dull headache, if noted, is likely from the detox effects of sulfur. It does not happen with everyone, but if you do notice, just back down. It won't last and the benefits FAR outweigh the short-term slight headache that some may experience.

For kids: 1/2 scoop daily is where you would want to start. Can be mixed in OJ or superfruits or anything really!



## **FOCUS: MIX IN 6-8 OZ ICE COLD WATER.**

This is best on an empty stomach taken 1st thing in the morning. Focus helps with energy and focus and adrenal support. Gives most people 6-8 hours of mental clarity and focus!

WHAT is it? It's a blend of B6 and B12 vitamins, spirulina, wheat grass, and natural caffeine from the guarana seed and much, much more! Find your favorite flavor (you have the variety pack coming plus orange-mango) and order your favorite flavor next time.

Focus is low in sugar, no artificial sugars or dyes and no binders or excipients, so stir well! It also helps to alkalize your body, which is huge for cutting down inflammation. On top of this...it contains adaptogenic herbs...great for helping us adapt to stress.



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# PRODUCT TIPS



**DAILY BUILD: One oz in the shot cap included on top.**

Daily Build offers the rapid delivery of antioxidants, methylated (readily absorbed) B vitamins, and phyto-vegetable and phyto-fruit blends that help fight free radicals. It also offers immune and cardiovascular support.

When you get the bottle...look at the ingredients! They are spectacular!!! Sea vegetables, vitamins, minerals, turmeric, quercetin, etc! It is literally the most comprehensive vitamin I've ever seen

Take 1 oz daily w/ food. I like to just add mine to my protein smoothie along with all the superfruits.



**GOYIN (dark blue bottle): One oz (plain or in a smoothie - it's so yummy)**

Goyin balances Ph in the body (Alkalinizes) and helps balance hormones. Goyin had better success in helping with anxiety and depression than Prozac in a 3rd party study. Also, it is known to help with overall mood and calmness. It tastes great and is a blend of super fruits and herbs. I recommend one ounce daily, but you can take an additional ounce in the afternoons if needed.

Kids: 1 oz per day.



**MIE Collagen & Probiotics**

MIE is five beauty products in one, and during menopause we need all the help we can get with hair, skin, nails and joints. This Hydrolyzed Collagen I & III includes patented Korean probiotics, biotin, hyaluronic acid, copper and vitamin C. The copper is required for your body to absorb the collagen.



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# PRODUCT TIPS



**IBS TIP:**  
Soak Mila® for  
15-30 min in a  
cup of water  
before adding  
to smoothie or  
baked goods.

## **Mila®: Works in a smoothie or in baked goods!**

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. By combining these crops, you get a nutritionally robust product. Also, Mila® is jam packed w/ omega-3s. Great for brain and eye health and huge for cutting down inflammation in the body. HUGE for blood glucose and cholesterol support.

I mix Mila® in smoothies, yogurt, oatmeal, add to muffin recipes, applesauce, whatever we can to get it in. Start with 2 TBSP per day, but 4 TBSP per day is your goal if dealing with high cholesterol, elevated blood sugars, high blood pressure. Mix it in what works for you.

Also, it's good to soak the Mila® in liquid (10 minutes or so) to allow the seeds to soak up liquid and help it move through the digestive system better. ALWAYS, ALWAYS drink lots of water with Mila® to help move the fiber through.

Mila® is my personal fave. It's great for weight loss, and I swear it's how I got my brain back!

To add to baking: Add 3-4 TABLESPOONS Mila® to 1 1/2 cups water. Mix well and let it soak for 10 minutes. Add to recipe. You can cut oil in 1/2 and use 1/2 the amount of egg. Soaked Mila® acts as your binder. Add to pancake or muffin mix, red sauces (don't need to soak prior to adding to red sauces), etc.

Kids: 1-2 tablespoons per day is fabulous! This ensures they get their 1500-3000mg of omega-3s in daily! Great for brain and eye health too.



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# PRODUCT TIPS



## **CALCIUMK+: Thick, but tasty! One oz. at night.**

CalciuMK+ is a great-tasting liquid formula which provides rapid delivery of calcium, magnesium and vitamin K2 PLUS vitamins D, A, C and E and over 70 essential trace minerals that work together to build strong bones and teeth, support heart function, promote healthy muscle contraction, and promote restful sleep.

CalciuMK+ is best taken 1 oz at night. Keep refrigerated once opened. \*A great tip- pour 30 ml OJ into the measuring cup. Then add the 30 ml calcium. Give it a little stir and it will taste like an orange dreamsicle.

Great for kids too!!!



## **LIQUID CLEANSE: One full dropper under the tongue at night.**

Cleanse is a full body, non-fasting cleanse and is essential for helping all the other products work their best! It helps pull toxins from the lungs, kidneys, liver, blood, lymphatics, GI system and skin. Cleanse works through the body's seven channels of elimination to remove harmful toxins from the body and treat short-term constipation.

Take this at least 10 days out of every month, but feel free to take more often if you feel you need to - it won't hurt you!



## **Serene: 2 capsules at night**

Serene is powerful blend of adaptogens and stress relievers. A great source of many of the nutrients recommended in menopause, Serene boosts mood, lessens mental fatigue and helps you minimize stress. Ingredients include Moomiyo (shilajit) extract, Rhodiola rosea (root) extract, Reishi and Cordyceps mushrooms.



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