

Targeted Needs: Healthy Energy 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 Energy

Maintaining healthy energy is important for individuals to stay productive and have a better quality of life. Unfortunately, many Americans say that they struggle with daily fatigue, do not feel rested after sleep, and have difficulty staying alert during the day. It can cause issues that interfere with a person's ability to work, sleep, study, eat, and enjoy pleasurable activities. Fatigue can even prevent a person from functioning normally. Many factors that may contribute to feelings of mental dullness and fatigue include poor diet, inactivity, certain medications, serious illness, substance abuse, sleep problems, and environmental toxins. Filling in the nutritional gaps is vital for stimulating alertness, easing fatigue, and fueling your focus.

Targeted Needs Products

Targeted Needs Products are those that have been shown to be the most effective for **Healthy Energy**. 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	
<p>Goji Noni Focus</p>	<p>Energize Metabolic MAX CalciuMK+</p>	<p>Daily Build GoYin Cleanse Daily Detox</p>	<p>Organic Sulfur Probiotic Pure Café -Mocha Pure Cafe Bold Greens</p>

Healthy Energy Product Guide

EARLY MORNING + 16 oz of water	BREAKFAST + 16 oz of water	LUNCH + 16 oz of water	MID-AFTERNOON + 16 oz of water	DINNER + 16 oz of water	EVENING
<p>Focus Metabolic MAX Probiotic Organic Sulfur</p>	<p>Goji Noni Daily Build GoYin Greens</p>	<p>Metabolic MAX Energize</p>	<p>Focus or Pure Café</p>		<p>Goji Noni CalciuMK+ Cleanse Organic Sulfur</p>

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Top Priority Products for Healthy Energy

All **Foundational Core** products are recommended for general health purposes.

The **Core** products include **Daily Build**, **GoYin**, and **Cleanse**.

Goji

The goji berry, known as the “happy berry” has been shown to reduce feelings of “brain fog” and mental fatigue. Goji also helps balance neurotransmitters that may improve mood, support cognitive function, and reduce complaints of fatigue. Goji may also help support healthy mental focus and clarity.

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.

Noni

A powerful superfruit comprised of 160 nutrients that help promote healthy living and minimize fatigue. Noni contains powerful antioxidants that may improve mood and enhance cognitive function. This bitter superfruit has been used traditionally to maintain a healthy mood and enhance overall health and wellness.

Recommended Use: Take one serving (4 oz) 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 superfruits.

Focus

Some studies indicate those suffering from fatigue are lacking in amino acids. Focus provides amino acids that may help calm and focus the mind. This product also contains an adrenal support blend, an alkalizing blend, a nutrient-rich vitality blend and antioxidants for immune health. Contains natural caffeine and chlorogenic acid, both of which have been linked to an improvement in physical and cognitive performance.

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

Energize

Proper nutrition is essential for transporting vitamins to give you energy and keep you healthy. 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. 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 (or packet) to 8-10 fl. oz. of water, mix thoroughly and drink.

Metabolic MAX

Helps in maintaining healthy ongoing energy with Vitamin B6 and Pantothenic Acid (B5), both of which are key nutrients for supporting energy metabolism. It also contains 90mg of natural caffeine which contributes to fat burning, helping to release fat as an energy source.

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.

CalciuMK+

This unique liquid formula offers rapid delivery of calcium, magnesium and Vitamin K2, PLUS Vitamins D, A, C and E and over 70 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. 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. Calcium is a key player in reducing fatigue and improving sleep, working closely with magnesium, Vitamin D, and potassium to maximize its benefits. CalciuMK+ contains the correct ratio of these nutrients to help maintain healthy energy and serves as a sleep aid when taken before bedtime.

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

Additional Products for Healthy Energy

Daily Build

A comprehensive multivitamin 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 wellness. A vitamin and mineral deficiency is thought to make complaints of fatigue worse. Studies have shown that supplementation may decrease tiredness and stimulate alertness. It also contains methylated B Vitamins which may help maintain cognitive performance.

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.

Cleanse

Environmental toxins can influence energy levels. Maintaining healthy energy should include the management of environmental toxins. This cleanse is formulated to help detoxify all seven channels of elimination (liver, kidneys, colon, lungs, lymphatic system, skin, and blood) and allow the avenues of toxic release to flow regularly 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. 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. Transition to use of Daily Detox for everyday support.

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. Two key benefits of eliminating toxins are improving cognitive functioning and increasing vitality.

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

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Additional Products for Healthy Energy (cont.)

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. Amino acids and proteins are essential in muscle growth and maintenance. 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 or 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 helps improve and maintain appropriate levels of healthy bacteria and balance gut flora. Studies have shown a correlation between healthy energy levels and digestive health, so creating a healthy environment within the intestines may help maintain mental clarity and energy.

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.

Pure Café - Mocha

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 strengthen the immune system and improve the body’s response to stress. Pure Café is also high in pyridoxine (B6) and methylated Vitamin 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, Caralluma fimbriata, and other extracts.

Recommended Use: Add one packet to 4-6 fl. oz. of hot or cold water and mix well.

Pure Café Bold

Premium healthy instant coffee formulated with cordyceps mushrooms, which have been shown to boost energy, improve athletic performance, cognitive function and stamina. Packed with essential nutrients, this natural stress adaptogen also offers anti-inflammatory and antioxidant support for overall health, wellness, and vitality.

*Available in both Bold and Cream & Caramel Latte

Recommended Use: Add one packet to 4-6 fl. Oz. of hot water and mix well.

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 improve energy levels and alertness. This product contains a full spectrum of alkalizing vegetables, mushrooms, and superfoods that put the body in a state of healing.

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

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FOOD, DIETARY & LIFESTYLE RECOMMENDATIONS

- **Seasonal Plant-Based Foundation:** Eat a diet rich in vegetables, wholegrains, beans, and legumes that are in season.
- **Smart Fruit Selection:** If eating fruit, choose low-glycemic options like berries.
- **Carbohydrate Awareness:** Avoid 'simple' carbohydrates like white rice, white potatoes (yams or sweet potatoes are excellent alternatives), and processed baked goods.
- **The Protein Essential:** Prioritize high-quality, lean protein by consuming approximately 4–6 oz at each meal. Consistent intake provides essential amino acids that support:
- **Metabolic Health:** Helps maintain blood sugar levels already within a normal range and aids in sustainable weight management.
- **Mental & Physical Resilience:** Supports brain health and helps the body manage the physiological effects of stress.
- **Vitality:** Promotes strong bones, improves endurance, and provides steady energy throughout the day.
- **Hormonal Balance:** Supports key aspects of both men's and women's health.
- **Healthy Fats:** Incorporate healthy fats from avocados, nuts, seeds, eggs, and wild-caught fish.
- **Hydration:** Drink at least half your body weight in ounces of water every day (increase this amount if you are following a detox protocol).
- **Dairy Nuance:** Limit dairy consumption, preferring organic, plain yogurt or kefir for probiotic support.
- **Food Combining:** To optimize digestion, avoid eating starches (grains, potatoes, cereals, corn, etc.) in the same meal as proteins (fish, chicken, beef, eggs, nuts, seeds, etc.). Protein is digested first and takes longer to process; combining them can slow the digestive flow.
- **Purity in Sourcing:** Avoid alcohol, chemical caffeine, soda, processed sugar, and artificial sweeteners (such as aspartame, sucralose, or ace-K). Eliminate preservatives like nitrates, nitrites, and MSG, as well as artificial colorings and hydrogenated oils.
- **Quality Meats:** Red meat (if permitted) and other animal proteins should be organic and grass-fed/pasture-raised. Natural meats contain the proper balance of "good" fats, are more nutrient-dense, and contain CLA (conjugated linoleic acid), which supports the body's natural defenses.
- **Specific Avoidances:** Avoid pork, as it can be difficult to digest.
- **Never use vegetable or corn oils for cooking,** as heating them can promote inflammation; avoid fried foods for the same reason.
- **Blood Sugar Strategy:** If consuming sweets or simple carbs, always pair them with a portion of protein to help slow the release of sugar into the bloodstream.
- **Tobacco Cessation:** If you smoke, quit. Smoking causes vessels to narrow, decreases available oxygen, increases heart rate, and may damage vessel lining.
- **Mindful Digestion:** Chew food thoroughly—this aids in digestion and nutrient absorption, helping create a healthier body and mind.
- **The Protein Foundation:** Consume approximately 4–6 oz of lean protein at each meal. This acts as your daily foundation for metabolic balance, brain health, bone strength, and sustained energy levels.
- **Practice Satiety:** Eat until satiated, but not full. Stop when you are between the two; you should not feel pressure in your stomach region after eating.
- **Restorative Sleep:** Get plenty of sleep (7–9 hours per night).
- **Strategic Fasting:** Do not eat after 9:00 PM to allow the liver to rest during its peak recovery window (10:00 PM–2:00 AM).
- **Physical Activity:** Engage in at least 30 minutes of moderate-intensity physical activity daily. Incorporate strength training to support healthy blood pressure and bone density.
- **Stress Management:** Use mindfulness activities like yoga, breathing techniques, meditation, or gentle stretching. Consider taking a walk, reading an inspiring book, or taking a warm bath with lavender.

Important Disclosures

- **Medical Disclaimer:** *This guide is for educational purposes only and is not intended as medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition or dietary changes.*
- **Results Disclosure:** *Individual results may vary. Recommendations are based on general nutritional principles; your specific protein and caloric needs may differ based on activity level, age, and health status.*

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