

Targeted Needs: Men'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.

Men's Health

Healthy nutrition supports men's energy, mood, weight, aging, and overall health, which are uniquely influenced by their physiology and lifestyle (including higher risks for certain hazards and less attention to health cues). Factors like poor diet, stress, inactivity, and hormonal shifts (like lower testosterone linked to inflammation and obesity) are significant. Men benefit from a diet rich in key nutrients (calcium, magnesium, Vitamin D, zinc, selenium, iron, amino acids) and maintaining a healthy weight. Prioritizing diet, exercise, sleep, stress management, and hormone balance is vital for men's health throughout life.

Targeted Needs Products

Targeted Needs Products are those that have been shown to be the most effective for **Men'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 CalciuMK+ Goji Serene	Noni Circulate NEURO Boost PureZyme	GoYin Cleanse AquaLean Daily Detox Mila® Organic Sulfur Rebuild Acai	Probiotic Hydrate Mangosteen Nutrition Shakes Metabolic Max Metabolic Slim VISION One

Men's Health Product Guide

EARLY MORNING + 16 oz of water	BREAKFAST + 16 oz of water	LUNCH + 16 oz of water	DINNER + 16 oz of water	EVENING	WORKOUT
NEURO Boost Daily Detox Organic Sulfur Probiotic Hydrate VISION One	Daily Build Circulate Serene GoYin Mila® Metabolic Max Nutrition Shakes	Metabolic Slim	PureZyme Mila®	CalciuMK+ Goji Noni Acai Mangosteen Cleanse Organic Sulfur	Circulate (Before) Hydrate (During) Rebuild (ASAP Post)

*The statements above have not been evaluated by the Food and Drug Administration. LivePURE products are not intended to diagnose, treat, cure, or prevent any disease. Individual results may vary.

Top Priority Products for Men'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. Also, nutritional deficiencies may be linked to low testosterone levels. 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.

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 suggest that magnesium supplementation can help support and maintain healthy testosterone levels 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.

NEURO Boost

NEURO Boost With 30 years of clinical evidence to support its efficacy, NEURO Boost contains the key ingredient Bacopa monnieri (Synapsa™) which has been shown to improve mental performance, decrease forgetfulness, and help improve multi-tasking memory (both short- and long-term memory support). This product also contains Goto Kola, Sage leaf extract, and a proprietary blend called S7 (green coffee bean extract, green tea extract, turmeric, tart cherry, blueberry, broccoli, and kale). These ingredients have been shown to increase cognitive function, help reduce anxiety, improve circulation, boost nitric oxide production, and improve sleep.

Recommended Use: Take one capsule daily, preferably with food.

PureZyme

is a comprehensive solution for digestion, detox, gut balance, and immune function. Powered by plant-based fermented enzymes, a multi-strain probiotic blend, and superfruit antioxidants, PureZyme works in harmony with your body to help break down carbs, protein, gluten, fat, fiber, and daily. This proprietary blend supports liver function and natural detoxification pathways, improving gut flora and supporting health bowel movements along with reducing gas and bloating.

Recommended Use: For best results, take PureZyme up to three times daily, ideally after meals when digestion begins. It can be chewed directly or sipped with water to help dissolve and ingest.

Serene

This product contains Moomiyo, a powerful adaptagenic herbal, mineral and organic acid complex which offers natural support for muscle endurance by fighting fatigue. It has been used by Olympic athletes and sports establishments for over four decades because of its potential for reducing muscle fatigue and supporting muscle strength when combined with physical activity, and for its recuperative effects on mental and physical stresses. Its main purpose is to enhance physical performance and to help the body adapt and recover faster from both physical and emotional stresses. It also helps support and maintain an appropriate testosterone-cortisol balance.

Recommended Use: Take 2 capsules with water 15-30 minutes prior to physical activity. Caution: Not recommended for children under the age of 18 years. If you are pregnant, nursing, taking a prescription medication, or have a medical condition, consult a physician prior to using this product.

Noni

Scientific research has revealed Noni to be an antioxidant powerhouse, providing support and promotion of a healthy immune system. Noni is also high in polyphenols, minerals, and other nutritious compounds, including potassium. Potassium is a vital mineral that keeps the body functioning and helps muscles and nerves communicate. Noni may help the body to produce nitric oxide, which may support and maintain healthy blood sugar levels, support exercise performance and energy levels, and aid in blood vessel relaxation. This allows more blood to flow through your body. This is beneficial for healthy blood pressure and achieving optimal heart health. Studies also show that maintaining healthy blood flow may help the body maintain healthy sexual functions.

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.

GPS Circulate

This product offers an efficient delivery of nutrients and oxygen throughout the body. It may relax arteries to improve blood flow, enhance delivery of energy at the cellular level for greater physical activity, and preserve lean body mass and protect muscle tissue. GPS Circulate contains L-arginine and L-citrulline, which promotes nitric oxide to boost circulation and may help support the release of testosterone and other growth hormones when combined with exercise. These amino acids have also been shown to increase athletic performance, recover from endurance exercise, and build and maintain lean muscle when combined with physical activity.

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 may consume throughout the day and at bedtime for general health benefits.

Additional Products for Men's Health

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 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 may help the body release toxins 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.*

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 improving feelings of mental and physical well-being.

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

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 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 help 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.*

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 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.*

Rebuild

This product is formulated to replenish and restore energy reserves while generating repair and growth in muscles after activity. The GPS Rebuild delivers the appropriate ratio of protein, carbohydrates, and healthy fats for optimal health and wellness. Additionally, this product contains comprehensive vitamins and branched chain amino acids (BCAA) which enhance optimal muscle and skeletal functioning. BCAA's also contribute to protein synthesis, muscle building, decreased recovery time, cellular energy production, and bone health. This product also contains zinc, which may support healthy testosterone levels.

Recommended Use: for 4 years of age and older: Add 1 scoop to 8 fl. oz. of water and blend or shake thoroughly. For optimum results, take immediately (or within 60 minutes) after activity for quick replenishment. For children 4 through 17 Years of Age: Do not exceed 2 servings per day.

Acai

This product contains Phytonutrients, antioxidants, and anthocyanins. It also has Omega-6 essential fatty acids. Omega-6 are necessary for human health and must be obtained through the diet because the body cannot make them. They are required for proper structure and function of every cell in the body. Omega-6 (linoleic acid) may help maintain blood cholesterol levels already within normal range. These may benefit heart health and play a crucial role in brain function, growth, and development. The açai berry is a strong cardiovascular protectant and full of powerful antioxidants which may reduce the negative effects of oxidative stress, cell damaging free radicals, and maintain a healthy inflammatory response within the body.

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.

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, support 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 help 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.

VISION One

This product contains the appropriate ratio of key vitamins and minerals such as Vitamin C, E, copper and zinc to promote healthy eyesight. VISION One also contains Astaxanthin, a potent antioxidant derived from red algae that helps protect cells exposed to direct sunlight (UV-light). Astaxanthin has also been shown to improve symptoms of eye fatigue. Another compound, Bilberry, has strong antioxidant properties and has the ability to strengthen capillary integrity, which is important to maintaining healthy eyes and their functions.

Recommended Use: Take 2 capsules once daily with food.

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 B12 vitamins needed for healthy cognitive function and overall health. This product also contains L-citrulline. L-citrulline may help to boost L-arginine, which helps to boost nitric oxide production. Nitric oxide aids in blood vessel relaxation, which allows more blood to flow through your body.

Recommended Use: Add 1 scoop to 8-10 fl. oz. of water, mix thoroughly and drink. In order to receive a therapeutic dosing of L-citrulline, GPS Hydrate must be mixed with GPS Circulate for optimal results.

Mangosteen

The Mangosteen superfruit contains xanthenes, a unique class of biologically active compounds and powerful Phytonutrients that are found in the rind of the mangosteen fruit. Studies suggest that xanthenes may promote healthy bodily functions, including supporting the body's natural defenses, neutralizing free radicals, and supporting heart health. Mangosteen is a fruit that is rich in Phytonutrients with antioxidant properties, and it has been shown in clinical studies to support and maintain healthy prostaglandin and histamine levels in the body, thereby helping to maintain a healthy inflammatory response.

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.

Nutrition Shake

Weight gain has been linked to low testosterone levels. The Nutrition Shake is a convenient, delicious meal alternative that offers a variety of essential nutrients that can help achieve and maintain a healthy weight. At only 150 calories, this nutritious shake contains 19 grams of GMO-free protein blends that help support weight loss and curb appetite. It also contains iron, which can be decreased in those who have a low testosterone level. 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 when combined with regular physical activity. It also 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 8oz 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 support your weight management goals. It contains naturally occurring caffeine from sources like guarana and yerba mate, alongside ingredients like Garcinia Cambogia, which promote appetite control and a feeling of fullness. This product is designed to boost fat burning, enhance energy levels quickly, and support lean muscle development—especially when paired with resistance exercise. Its powerful blend, including bitter orange and cocoa extracts, helps rev up metabolism, aiding in fat loss. Use Metabolic Max as part of a healthy diet and consistent physical activity to optimize results.

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 Max. Experts suggest up to 400mg a day is safe and does not elicit negative side effects in normal, healthy individuals. Metabolic Max contains 138mg per serving (276mg/day - 6 capsules).

Metabolic Slim

Metabolic Slim may help toward your weight management goals. It contains naturally occurring caffeine and DNF10[®], 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 Slim. Experts suggest up to 400mg a day is safe and does not elicit negative side effects in normal, healthy individuals. Metabolic Slim contains 138mg per serving (276mg/day - 6 capsules). Choose either Metabolic Slim or Metabolic MAX. (*Slim if you need to curb your appetite MAX if you need to increase your metabolism*)

AquaLean

is a daily supplement designed to boost energy production, and is vital for heart, brain, and muscle function. Featuring Carnipure[®] L-Carnitine, which transports fatty acids into mitochondria to be burned for fuel, thus promoting healthy fat loss and increased metabolism. This formulary helps control hunger and cravings, and the added prebiotics promote proper digestion and gut health. Finally, Aqua Lean improves insulin sensitivity, as well as balances blood sugar, normalizes blood pressure and triglycerides, thus making this an excellent supplement for overall health and wellness.

Recommended Use: Mix one stick with 8 fl. Oz. of water. Shake or stir well. Can be consumed up to twice daily if desired. More effective when taken prior to activity.

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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