

Targeted Needs: Healthy Digestion 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 Digestion

Millions of Americans suffer from some type of digestive complaint. Researchers and physicians have discovered that the gut is responsible for many aspects of our health and, ultimately, the quality of our lives. Along with housing over 70% of our immunity, our gut directly impacts our digestion, lungs, heart, and even our brain. Some complaints that may indicate an unhealthy gut may include occasional abdominal cramps, gas, bloating, weight loss or gain, constipation, fatigue, and a sense of bowel urgency. Many factors contribute to healthy digestion, including a proper diet. Other factors include adequate sleep, increased physical activity, stress management, and other positive lifestyle and dietary changes. Filling in the nutritional gaps with proper supplements is important in order to achieve and maintain optimal digestive health and wellness.

Targeted Needs Products

Targeted Needs Products are those that have been shown to be the most effective for **Healthy Digestion**.

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	
Cleanse Daily Detox Probiotic	Mila® Mie Noni PureZyme	Daily Build GoYin Organic Sulfur	Hydrate Goji

Healthy Digestion 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
Daily Detox Probiotic Organic Sulfur Hydrate	Mila® Daily Build GoYin	PureZyme Mila®	Mie	Mila®	Cleanse Noni Organic Sulfur Goji

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Top Priority Products for Healthy Digestion

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

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

Cleanse

This product 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 help minimize toxic build up. The cleanse helps the body release toxins that may contribute to an unhealthy gut, thus maintaining healthy digestion. This product is an all-natural, proprietary blend of herbs and botanicals specifically formulated to feed the gut with nutrients to relieve occasional constipation while eliminating toxins that can irritate the bowel and cause digestive complaints.

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. Daily Detox is very effective in supporting these three phases. 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 a strong and healthy immune system and healthy digestion.

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

Probiotic

Probiotics create an ideal environment for digestion, immune function, and absorption of nutrients. A new technology micro-encapsulates the probiotic species, making them more acid-resistant for maximum utilization and potency. This micro-encapsulation ensures that probiotics are well established in the digestive tract. 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 can increase immunity, allow the body to efficiently absorb nutrients and maintain proper digestive function.

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.

Noni

Noni fruit has been used traditionally to support the liver, gallbladder, and kidneys. It is also a very powerful digestive bitter and enhances digestion. Noni contains over 160 powerful nutrients and trace minerals that help to cleanse, balance, and build 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.

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 phosphorous, 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. 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.

Mie

Mie contains 7 complementary strains of probiotics for achieving gut wellness, including Lactobacillus planetarium HY7714. 17 billion CFUs of friendly gut bacteria help to support and maintain healthy digestion.

Recommended Use: Mix one packet daily with 8 fl. oz. of cold water. Stir well or shake.

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.

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Additional Products for Healthy Digestion

Daily Build

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. Those with digestive issues are often nutrient-deficient and may have a weakened immune system. Daily Build may help to provide needed nutrition and immune support.

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 systemic whole-body balance, which helps optimize physical and mental function. GoYin contains a proprietary blend of superfruits, herbs, and other fruits that have been traditionally used to help bring the body into balance and enhance overall well-being. These vitamins fill in the gaps to help strengthen the immune system which can become weakened if you have digestive issues.

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. 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.

For children 6 through 11 Years of Age: Do not exceed 2 fl. oz. daily.

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. Sulfur is an important element in the insulin structure, and 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.

Hydrate

Hydrate contains the correct balance of vital nutrients and electrolytes that the body requires in order to pull water effectively into the cells. May help restore electrolytes lost during bouts of diarrhea.

Recommended Use: Add 1 packet to 8 fl. oz. of water, mix thoroughly and drink. For optimal results, take 1 serving every 30-45 minutes during physical activity.

Goji

As a natural source of Vitamin C and polysaccharides, Goji provides nutrition to help support healthy functions of the digestive system. Goji is also a source of carotenoids, including lutein and zeaxanthin, which may help enhance eye health. Reports have also shown that goji contains high levels of antioxidants, important for protecting the body from free radicals. Finally, goji is also loaded with protective Phytonutrients for health and well-being.

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.

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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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