

Targeted Needs: Immune System Support 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.

Immune System Support

Building and maintaining a strong immune system is vital for ongoing health and wellness. If you've noticed that you're often rundown, feel fatigued or have other nagging complaints you can't figure out, it may mean your immune system is not functioning optimally. Other signs that may indicate your immune system needs support are digestive complaints, stress, and nutritional deficiencies. Smoking can also negatively impact your immune system. Eating a healthy diet, exercising regularly, getting enough sleep, managing stress, maintaining a healthy weight, and filling in the nutritional gaps with proper supplements are all ways to help strengthen and maintain a strong and healthy immune system.

Targeted Needs Products

Targeted Needs Products are those that have been shown to be the most effective in implementing the **Immune System Support**.

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 Detox Probiotic Silver Immune+	PurXcel Mila® Skin Defense PureZyme	Daily Build GoYin Cleanse Organic Sulfur	Fusion* Greens Immune 6

*Fusion can also be substituted with the individual bottles of Acai, Goji, Noni, and Mangosteen. 4 ounces of Fusion is equal to 1 ounce each of Acai, Goji, Noni, and Mangosteen.

Immune Support Product Guide

EARLY MORNING + 16 oz of water	BREAKFAST + 16 oz of water	LUNCH + 16 oz of water	MID-AFTERNOO + 16 oz of water	DINNER + 16 oz of water	EVENING
Silver (1 tsp) Daily Detox Probiotic Immune+ PurXcel Organic Sulfur Immune6	Mila® Fusion Greens Daily Build GoYin	PureZyme		Mila®	Silver (1 tsp) Organic Sulfur Fusion Cleanse

Skin Defense: A multi-use purifying spray.

Mist on skin or surfaces as a cleanser to support a clean and balanced environment.

*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.