

Targeted Needs: Restful Sleep 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.

Restful Sleep

Proper sleep is important for maintaining overall health and wellness. Disturbed sleep is more than an inconvenience that leaves you dragging the next day. It negatively affects your memory, energy level, concentration, and mood. It can also leave you at a greater risk for illness. Some factors that may contribute to poor sleep may include stress, poor sleep habits, inactivity, nicotine, alcohol, medications, and dietary deficiencies. As we get older, it becomes a little harder to fall asleep and stay asleep. Although our sleep patterns change, our need for sleep does not. Just like diet and exercise, a good night's sleep is essential for keeping you alert and energetic, and for building your body's defenses for optimal health and wellness. Fortunately, there are some simple, natural fixes that can improve your sleep. By changing some bedtime routines, practicing relaxation techniques, and filling the nutritional gaps in your diet, you can achieve a more restful sleep and set yourself up for a more positive and productive day.

Targeted Needs Products

Targeted Needs Products are those that have been shown to be the most effective for **Restful Sleep**. 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 Serene	CalciuMK+ SleepTrim	GoYin Cleanse	Daily Detox

Restful Sleep 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
Serene Daily Detox	Daily Build GoYin				CalciuMK+ SleepTrim Serene Cleanse

*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 Restful Sleep

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. 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.

Serene

Provides the body with important Phytonutrients for hormonal support while calming the body to facilitate healthy sleep. Contains a unique blend of adaptogenic herbs which may balance mood, promote healthy sleep, and may support feelings of overall well-being.

Recommended Use: Take 2 capsules prior to bedtime. May take 2 capsules in the morning if desired.

CalciuMK+

Calcium is a key player in both stress relief and stress reduction, working closely with magnesium, Vitamin D, and potassium to maximize its benefits. CalciuMK+ contains the correct ratio of these vitamins to help maintain calmness and serve as a sleep aid when taken before bedtime.

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

SleepTrim

Features a microencapsulated, extended-release technology that slowly delivers a blend of melatonin, while Capsimax® Capsicum Extract puts your fat to work providing the benefits of red-hot peppers without the burn. If you are not getting the recommended seven-to-eight hours of sleep every night, you may be eating more, exercising less and gaining weight. Quality sleep is key to a healthy lifestyle, and SleepTrim can help you get back on track. Extended-Release Technology gently delivers melatonin in stages so you can fall asleep, stay asleep and wake up refreshed. It contains a relaxation blend of botanicals (chamomile and passionflower), magnesium and L-theanine to help the body relax mentally and physically.

Recommended Use: Take 1-2 capsules daily 30-60 minutes before bedtime.

Not recommended for children under 18 years of age, if you are pregnant, or nursing, taking a prescription medication, or have a medical condition.

Not intended for persons who are sensitive to spicy foods or have a sensitive GI tract.

Additional Products for Restful Sleep

GoYin

GoYin is a special blend of 20 warming and cooling superfruits and herbs that induce a whole-body balance, which may help optimize physical and mental function. In addition to supporting healthy daytime energy, GoYin has been shown to reduce the negative effects of stress and tension, helping the body achieve a better state of rest. This comprehensive formulation also helps to balance stress hormones and mood, thus enhancing feelings of 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. 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.

Cleanse

Environmental toxins are thought to contribute to poor sleep. 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 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. One of the key benefits of eliminating toxins is supporting and maintaining restful sleep.

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

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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