

Targeted Needs: Strong Bones & Joint Comfort 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.

Strong Bones & Joint Comfort

Maintaining healthy bones and joints are extremely important for overall health and daily function. Minerals are incorporated into your bones during childhood, adolescence, and early adulthood. Once you reach 30 years of age, you have achieved peak bone mass. If not enough bone mass is created during this time or bone loss occurs later in life, you have an increased risk of developing fragile bones that break easily. Factors that can contribute to bone loss include having a diet low in calcium and Vitamin D, inactivity, smoking, being overweight, stress, and taking certain medications such as corticosteroids. These factors may also cause the joints to feel stiff, achy, or sore. This may affect the function of the joints and can limit a person's ability to do basic tasks. Joint discomfort may reduce range of motion and affect quality of life. Fortunately, filling in the nutritional gaps may help you build strong bones and maintain healthy joints as you age. Proper nutrition is also important during and after an injury to recover and maintain optimal health.

Targeted Needs Products

Targeted Needs Products are those that have been shown to be the most effective for **Strong Bones and Joint Comfort**. 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	
Organic Sulfur CalciuMK+ Mangosteen	Noni Hydrate	Daily Build Cleanse GoYin Greens	Mila® Mie Daily Detox

Strong Bones & Joints 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
Organic Sulfur Daily Detox	Mangosteen Noni Daily Build GoYin Mila	Mie	Hydrate Greens	Mangosteen Noni GoYin Daily Build Mila	CalciuMK+ Organic Sulfur 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 Strong Bones & Joint Comfort

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

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

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 important for keeping tissues strong and flexible. Sulfur has been shown to improve joint mobility and range of motion, aiding in joint health and comfort. It also may help 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.

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. CalciuMK+ is formulated with the proper ratio of these vitamins to maximize their benefits to support strong bones and healthy joints.

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

Mangosteen

The Mangosteen superfruit contains xanthones, a unique class of biologically active compounds and powerful Phytonutrients that are found in the rind of the mangosteen fruit. Studies suggest that xanthones may promote healthy bodily functions, including supporting the body's natural defenses and neutralizing free radicals that may contribute to inflammation and stiffness. Additionally, 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. Mangosteen may also help support and maintain healthy range of motion and joint mobility.

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

Noni has been traditionally used in various cultures for generations. This fruit is a source of diverse phytonutrients known for their antioxidant properties, which may help support overall well-being by combating oxidative stress in the body. Oxidative stress is a natural process that can influence various aspects of cellular health.

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 Hydrate

Proper hydration stimulates the production of synovial fluid (the fluid in charge of lubricating the cartilage between joints) which helps to reduce joint stiffness and encourages the growth of new cells in the cartilage tissue. GPS Hydrate contains the correct balance of vitamins and electrolytes that the body requires in order to pull water effectively into the cells, thus supporting joint comfort.

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

Additional Products for Strong Bones & Joint Comfort

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. These nutrients are essential to build and strengthen the body's cells, organs, and tissues. Daily Build contains Methylated B Vitamins which may help maintain a healthy inflammatory response within the body. Daily Build contains comprehensive vitamins and herbs that may improve bone strength and increase joint comfort.

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.

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 inflammatory response, thus maintaining healthy range of motion and joint comfort.

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.

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 can provide nutritional support to help your body deal with everyday stressors. This product 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. Delivers a good source of Vitamins B6 and B12. Vitamin B6 is essential for the production of energy in the body from the food we eat. B12 is necessary for building important cell structures in the body, including DNA and hormones. GoYin may also support a healthy inflammatory response and improve joint stiffness and mobility.

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.

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 function optimally. The Greens contains a full spectrum of alkalizing vegetables, mushrooms, and superfoods that support overall health and wellness. They may also help joint mobility and maintain a healthy inflammatory response within the body.

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

Mila®

Mila® is a good source of magnesium and phosphorus, both important nutrients for bone and joint health. Mila® is an organic chia seed varietal that is packed with plant-based Omega-3 fatty acids, fiber, and Phytonutrients. In addition, the antioxidant Phytonutrients found in chia seeds may help protect and maintain healthy brain cells. This effect may support healthy cognitive function as we age. There is also clinical research to show the Omega-3 fatty acid ALA can support joint health.

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 vital collagen that has been shown to exert a positive effect on cartilage tissue and may also enhance overall joint health. It also contains hyaluronic acid, which has been shown to support joint comfort and mobility.

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

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 a strong and healthy immune system.

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

Additionally, weight loss may contribute to poor bone and joint health.

If you are overweight, you may benefit from the **Detox** and/or the **Five30 Program**.

Please refer to the program material for more details and to see if it is right for you.

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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