

# DAILY USAGE GUIDE

BE FULFILLED PURE ENROLLMENT PACK



For optimal benefits, follow this recommended timeline of suggested product usage to support your personal wellness goals. Start with the **CORE4** products and then gradually add products or systems that support your targeted needs. Reference *Recommended Use* on each product label for dosage and consumption instructions. View all available products at [livepure.com](http://livepure.com).

## CORE4

CLEANSE, BALANCE, BUILD, and FOCUS with key nutrients needed to maximize you!

### Daily Build



### ENERGY



### GoYin



### HealthTrim Cleanse



### DAILY BUILD

BUILD your nutrients with a comprehensive multivitamin that provides Rapid Delivery of 23 vitamins and minerals, antioxidants, botanicals and more.

### ENERGY<sup>†</sup>

FOCUS by increasing your energy levels and mental clarity with our powdered drink mix, packed with antioxidants, botanicals and natural sources of caffeine.\*

### GOYIN

BALANCE your mood and stress levels with a proprietary blend of superfruits, herbs and other fruits to enhance overall well-being.\*

### HEALTHTRIM<sup>®</sup> CLEANSE<sup>‡</sup>

CLEANSE your body of toxins with a gentle, natural, non-fasting detox through the body's seven channels of elimination.\*

#### MORNING

GoYin (*before meals*)  
Daily Build (*with meals*)  
ENERGY

#### MIDDAY

ENERGY

#### EVENING

GoYin (*before meals*)  
Daily Build (*with meals*)  
HealthTrim Cleanse (*bedtime*)

## EVERYDAY ESSENTIALS

Improve your overall health and wellness with our quality line of daily use products.

### Alkaline Water Concentrate



### CalciuMK+



### Greens



### Mila



### Organic Sulfur



### Probiotic



### Superfruits



### ALKALINE WATER CONCENTRATE

Convenient way to increase pH levels and reduce the oxidative potential of tap or bottled water.

### CALCIUMK+

Delicious liquid calcium/magnesium/vitamin K2 supplement supports bone health and muscle relaxation.\*

### GREENS

Phytonutrients (antioxidants) from fruits and vegetables ensure that your body is getting a full range of nutrients.

### MILA

Raw, micro-sliced chia that is a natural source of omega-3s, protein, fiber and antioxidants supporting optimal nutrition.

### ORGANIC SULFUR

Methylsulfonylmethane (MSM), a naturally-occurring dietary form of sulfur, supports healthy joints and improves flexibility and mobility.\*

### PROBIOTIC

Probiotic replenishes friendly bacteria where it's needed most, in the lower digestive tract.

### SUPERFRUITS

Açaí, Goji, Mangosteen and Noni support healthy functions with phytochemicals and antioxidants.\*

#### MORNING

Organic Sulfur (*before meals*)  
Probiotic (*before meals*)  
Alkaline Water  
Greens  
Mila  
Superfruits

#### MIDDAY

Alkaline Water  
Greens  
Mila

#### EVENING

CalciuMK+ (*with meals*)  
Alkaline Water  
Greens  
Mila

## SEASONAL SUPPORT

Season after season, keep your immune system functioning at its peak with unique ingredients to help fight internal and external aggressors.

### Immune<sup>6</sup>



### Silver



### IMMUNE<sup>6</sup>

Designed to help build, invigorate and support the body's natural immune response.\*

### SILVER

Help support your immune system with a SilverSol, nanoparticle technology for optimal absorption.\*

#### MORNING

Immune<sup>6</sup>  
Silver

#### MIDDAY

Silver

#### EVENING

Silver



## WEIGHT LOSS<sup>§</sup>

Reshape your future and discover a whole new you with our HealthTrim<sup>®</sup> system.

### 360 Complete Shake



### Green Coffee Bean



### Matcha Vegan Shake



### MelaTrim



### Metabolic ONE



### PURE Café



### 360 COMPLETE SHAKE

Meal replacement, potato protein shake that supports weight loss.\*<sup>§</sup>

### GREEN COFFEE BEAN

Unroasted green coffee extract and black pepper extract support weight management by helping to maintain existing healthy blood sugar levels.\*

### MATCHA VEGAN SHAKE

Meal replacement, plant-based protein shake that supports weight loss.\*<sup>§</sup>

### MELATRIM

Provides a more restful night's sleep naturally while improving your body's ability to manage weight.\*

### METABOLIC ONE<sup>†</sup>

Supercharge your metabolism and manage stress eating while supporting weight management goals.\*

### PURE CAFÉ<sup>†</sup>

A slimming coffee that suppresses appetite and provides a natural source of caffeine to boost energy.\*



## GPS: SPORTS PERFORMANCE

Maximize benefits of pre-, during-, and after-workout supplements.

### GPS Adapt



### GPS Circulate



### GPS Energize



### GPS Hydrate



### GPS Rebuild



### GPS ADAPT

Combines moomiyo with other adaptogens to support your workout.

### GPS CIRCULATE

Provides amino acids to support muscle health.\*

### GPS ENERGIZE

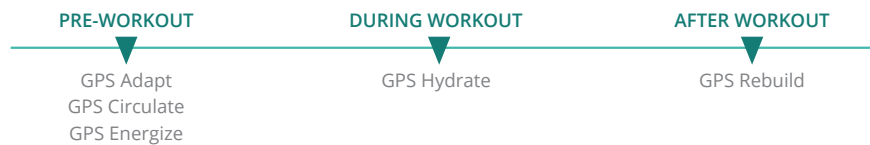
Provides immediate energy before physical activity.

### GPS HYDRATE

Replenishes fluids, electrolytes, and nutrients while quenching thirst.

### GPS REBUILD

Contains proteins and carbohydrates, vitamins, minerals, creatine, and amino acids to help support muscle health.\*



## TARGET NEEDS

Once you have experienced CORE4, target your specific needs beyond your 1500 pack.



### BRAIN

Daily Build  
Mangosteen  
Mila



### EXERCISE

GPS Adapt  
GPS Circulate  
GPS Energize  
GPS Hydrate  
GPS Rebuild



### IMMUNE

Daily Build  
Fusion  
Greens  
Goji  
Immune<sup>‡</sup>  
Mangosteen  
Organic Sulfur  
Probiotic  
Silver



### SKINCARE

Açaí  
Ciello  
Goji  
Organic Sulfur  
Skin Defense



### BLOOD SUGAR

Green Coffee Bean  
Mila  
Noni  
PURE Café



### FOCUS

ENERGY  
GPS Energize  
Matcha Vegan Shake  
PURE Café



### HEART

Açaí  
CalciuMK+  
Daily Build  
Fusion  
GPS Circulate  
Greens  
Mila



### JOINTS

Daily Build  
Mangosteen  
Mila  
Organic Sulfur



### SLEEP

CalciuMK+  
MelaTrim



### STRESS

Daily Build  
GoYin  
Goji  
GPS Adapt



### DIGESTION

HealthTrim<sup>®</sup> Cleanse  
Matcha Vegan Shake  
Mila  
Noni  
Probiotic



### HYDRATION

Alkaline Water  
ENERGY  
GPS Hydrate  
H<sub>2</sub>O Filtration System  
Skin Defense



### MUSCLE

CalciuMK+  
GPS Circulate  
GPS Hydrate  
GPS Rebuild  
Organic Sulfur



### WEIGHT

360 Complete Shake  
Green Coffee Bean  
HealthTrim Cleanse  
MelaTrim  
Metabolic ONE  
Mila  
PURE Café

<sup>†</sup> Do not exceed 4 servings per day of ENERGY, Metabolic ONE or PURE Café in any combination, to prevent potential undesirable effects of too much caffeine.

<sup>‡</sup> Use for a 7-to-10-day cycle every 2-3 months for optimal cleansing. HealthTrim Cleanse is not recommended for continued daily use.

<sup>§</sup> Successful weight loss consists of a healthy diet and regular physical activity.