

COREplus/ PURE FIRE

DAILY USAGE GUIDE

The LIVE PURE philosophy of Cleanse, Balance, Build is your road map to good health.

SUGGESTED USE FOR THESE PRODUCTS

Cleanse 1x daily	Goyin 1-2x daily	Daily Build Liquid: 1x daily Capsules: 2x daily	FOCUS 1-2x daily (as needed for energy)
CalciumMK+ 1x daily	Mila 1-2x daily	Organic Sulfur 1-2x daily	

CORE



Cleanse

We live in an environment full of toxins. Their presence and our exposure are at an all-time high causing unwanted side effects. Cleanse is a blend of herbs formulated to help the body rid itself of toxins.* USE: liquid - one dropper-full in water, capsule - 1-4 capsules at bedtime



Goyin (Balance)

Overall nutritional support to help your body deal with everyday stressors, providing a proprietary blend of superfruits, herbs, and other fruits that have been traditionally used in Asian herbal practices. This blend helps bring the body into balance, enhance overall well-being, fight fatigue, tension, and stress.* Good source of B6 which is essential for nervous system functioning, and B12 that keeps nerve and blood cells healthy.* USE: 1-2oz morning and night



Daily Build (Build)

Daily multi-nutrient supplement providing 23 essential vitamins and minerals; featuring complete sources of vitamin D and vitamin C. Additionally it provides a broad array of botanicals, antioxidants, amino acids, trace minerals and much more. USE: liquid - 1-2 oz per day, capsule - 1-2 capsules 2x per day



FOCUS

Provides a quick boost of energy with 120mg of naturally sourced caffeine and B vitamins that our bodies naturally use when converting food into fuel. Contains a blend of antioxidants to fight damaging free radicals, and botanicals to enhance alertness and cognitive performance.* USE: 1 stick in 8oz water

PLUS



CalciumMK+

Bone and heart support for the entire family - safe for 4+ years. Calcium combined with vitamin K is a bone building and cardiovascular health powerhouse. When combined, vitamin K ensures calcium reaches your bones and does not build up in your circulatory system. Essential for maintaining strong bones and arteries.* USE: liquid - 1 oz at bedtime, capsule - 1-2 capsules at bedtime



Mila

Superfood packing a lot of nutrients and minimal calories. Easy to incorporate into smoothies, oatmeal, cereal, baked goods, and soups. As a good source of fiber, providing 4g fiber per serving; Mila helps to increase fullness, slows absorption of your food, and helps you eat fewer calories. It also feeds the friendly bacteria in your intestine, keeping your gut flora well fed which is critical for your health. Each serving delivers 3g of plant-based protein and 3g of essential omega-3 fatty acids. USE: 2 tbsp per day in water, smoothie or food



Organic Sulfur

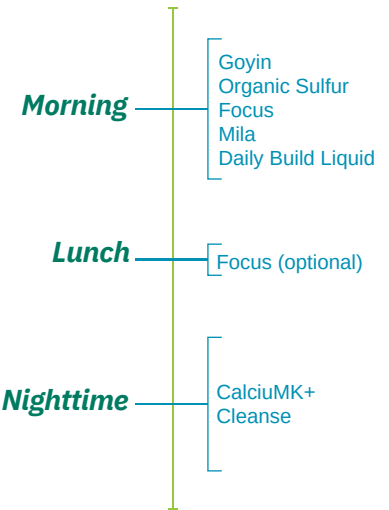
Consuming sulfur helps to increase collagen, promote detoxification, and protect the body against environmental pollutants.* It promotes healthy joint function, healthy skin, hair, and nails, and MSM plays an essential role in the natural production of glutathione and collagen in the body.*

USE: crystals 1-3 scoops in warm water 2x per day, capsule - 1-4 capsules 2x day

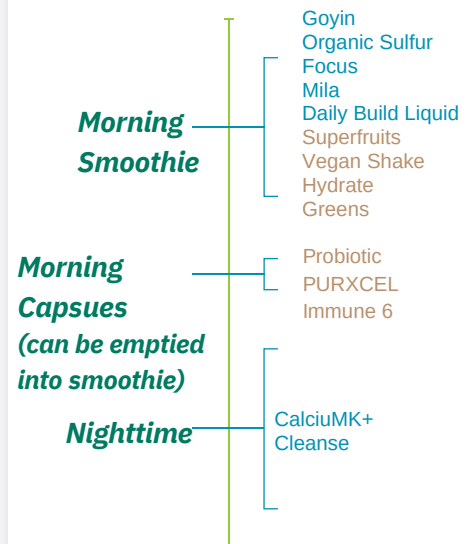


SAMPLE SCHEDULES

CORE PLUS LIQUID



PURE FIRE PACK



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LIVE PURE.

COREcomplete

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Also available in capsule form

CORE COMPLETE ADD THE SUPER FRUITS TO THE CORE PLUS PACK

LIVE PURE SUPER FRUITS



Goji

Historically named the “happy berry” because of the sense of well-being one feels after consumption, goji berries have been recognized for centuries in Asia for their high nutrient content, carotenoids, essential fatty acids, and powerful antioxidant properties. In Traditional Chinese Medicine (TCM), the whole berry and its extracts have numerous health effects. USE: 1-2oz per day



Mangosteen

Mangosteen super fruits contain 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, neutralizing free radicals and supporting joint function. Mangosteen also contains other powerful, natural compounds like catechins, a natural phenol largely associated with green tea and polysaccharides. Experience the exotic taste of the mangosteen in our delicious, 100% natural super fruit juice. USE: 1-2oz per day



Acai

Our Acai contains the whole berry, including the skin and fruit pulp. It is not diluted with other juices and is packaged to preserve freshness. Each tangy, one-ounce serving is packed with phytonutrients, antioxidants, vitamins and minerals, anthocyanins, protein and amino acids. Live Pure packages this super fruit with no added sugar, maximizing the benefits of this powerful fruit. Acai also has the added benefits of essential fatty acids. Essential fatty acids omega-3 and omega-6 are necessary for human health, and must be obtained through the diet because the body cannot make them. They are required for proper structure and function of every cell in the body. USE: 1-2oz per day

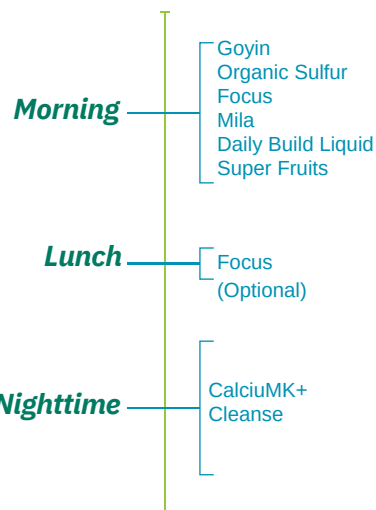


Noni

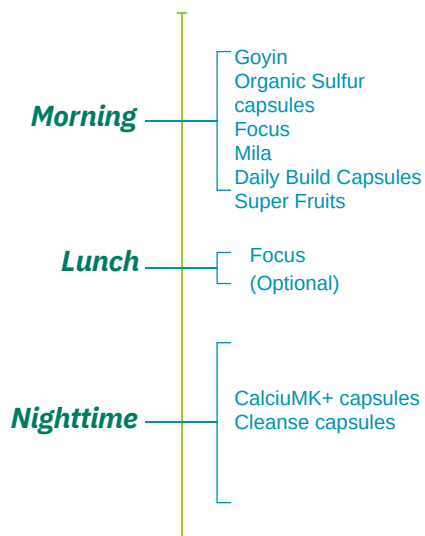
Scientific research has revealed noni to be an antioxidant powerhouse, providing support and promotion of a healthy immune system. Noni is also high in polyphenols, minerals, and other nutritious compounds, including vitamin C and potassium. Vitamin C is an important antioxidant that is necessary for growth and development and is required to produce collagen, a protein. Potassium is a vital mineral that keeps the body functioning and helps muscles and nerves communicate. USE: 1-2oz per day

SAMPLE SCHEDULES

CORE COMPLETE LIQUID



CORE PLUS/ COMPLETE CAPSULES



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