LIVEPURE™

28 DAY DETOX

METABOLIC RESET

A structured whole-food plan with targeted product support

LIVEPURE's 28 Day Detox / Metabolic Reset, when combined with a healthy diet and exercise, was developed to help you reduce your intake of processed foods, added sugars and refined flour while you become more accustomed to eating whole foods. This guide gives you a food guide, portion guidance, a product routine and a 28-day calendar to support this short-term shift.

As you move away from highly processed eating patterns, many people notice improved energy, clearer focus and modest weight loss.* Results vary with adherence, starting diet and overall lifestyle. The goal is a practical on-ramp to lasting whole-food habits, not a permanent restrictive regimen.

NOV 11 – DEC 8 · THANKSGIVING IS DAY 16

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YOUR PRODUCTS & PROTEIN

Your pack includes one **Core Start** plus the products listed under **Included**. Products under **Optional** can be added, but they are not required for the 28 days. Protein is the key to this plan: each day type has its own protein target, and the Daily Calendar tells you which day type to follow.

PRODUCTS INCLUDED

CORE START

Cleanse · Balance · Build · Focus

Cleanse (capsules)	1
GoYin (Balance)	1
Daily Build (Build)	1
FOCUS (Focus)	1

OTHER INCLUDED

Quantity in pack

Greens	1
GPS Hydrate (Fruit Punch)	1
Organic Sulfur Capsules	1
Mila	1
CalciuMK+ Liquid	1
Vegan Protein (Vanilla)	2
OnTrack	2
Fusion	2

OPTIONAL ADD-ONS

Not required for the 28 days

- **PURE Café Bold Black Coffee**
- **Probiotic**
- **Aqua Lean**
- **Metabolic Max**
- **Sleep Trim**
- **PureZyme**

PROTEIN SUPPORT

Adequate protein helps preserve lean mass on every day type.

CLEANSE DAYS — 60–80 G PROTEIN / DAY

One planned Vegan Vanilla Protein Shake plus a small protein portion (eggs, fish or tofu) so the day reaches about 60–80 g. Add a little more if you are still hungry or lightheaded.

SHAKE DAYS — 70–100 G PROTEIN / DAY

Center the day on the Vegan Vanilla Protein Shake. At dinner, have a second shake or a palm of fish, eggs or tofu. Follow the Shake schedule on the Daily Calendar.

MEAL DAYS — 90–130+ G PROTEIN / DAY

Choose higher-protein foods (fish, poultry, beef, eggs, tofu) and use a second palm-size portion at lunch or dinner. Use the full Food Guide.

MIXING YOUR SHAKE: Mix 1 serving of Vegan Vanilla Protein with 8–12 fl. oz. **unsweetened nut milk of choice.**

HOW YOUR 28 DAYS WORK

THREE DAY TYPES

- **Cleanse days** stay lower volume but include a planned shake, 2 non-starchy vegetables, broth with 1 Tbsp of coconut oil or butter.
- **Shake days** center on the Vegan Vanilla Protein Shake.
- **Meal days** use the full Food Guide with a second protein portion.
- **Day 16 is a Flexible day** (Thanksgiving) after 15 days on the plan.

CLEANSE | SHAKE | MEAL | FLEXIBLE

PORTION REMINDERS

- 1 protein portion is about the size of your palm (a deck of cards).
- 1 carbohydrate portion is about a handful (½ cup).
- Vegetables are 2 handfuls.
- On Meal days, use 1 Tbsp. fat at lunch and dinner.
- On Shake and Cleanse days, include fat from the Food Guide (e.g., a small handful of nuts, ½ avocado, 1 Tbsp olive oil or butter, or a few olives).
- Drink about 16 fl. oz. of water with each block of the day.

HOW TO USE THE PORTIONS

Start with the base portions. Add more only when your body asks for it.

- **Base day:** one protein palm at lunch and one at dinner. No extra protein on Cleanse days, no snack fat on Meal days.
- **Add a portion only** if you are hungry again within 2 hours, lightheaded or dragging.
- **Smaller, less active or focused on the loss?** Stay on the base portions.
- **Larger or more active?** Start with the add-ons: Cleanse eggs, fish or tofu · Shake protein to 70 g · Meal 2nd palm.
- **Afternoon crash?** Add at mid-afternoon. **Hungry after dinner?** Add at lunch next time.
- **End of Week 1:** steady = stay put · drained or hungry = use the add-ons · never hungry = drop the extras.

NOTE: Feeling satisfied is important to your success. Use the recommended portions as a guide and adjust as needed to meet your individual nutritional needs. Week 1 (Days 1–7) is written out in full on the Daily Calendar. Days 8–28 are not a repeat of Week 1: find the day in the Days 8–28 rows and follow the schedule for that day type. Do not continue past Day 28.

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FOOD GUIDE

In preparation for LIVEPURE's 28 Day Detox, it is important to stock your pantry and refrigerator with healthy foods. Prior to your detox, shop for fresh fruits and vegetables. Whole grains and plant-based protein can be kept dry and stored in airtight containers. Animal protein (preferably free range, grass fed and hormone free) can be purchased fresh or frozen and stored appropriately. Use this Food Guide to help you prepare a shopping list, then review the Daily Calendar for food quantities.

PROTEIN
1 Palm-size Portion

1 PALM — **1 PALM-SIZE PORTION**
About the size of a deck of cards



- Fresh Fish
- Poultry (chicken / turkey)
- Beef (all kinds)
- Beans or Lentils
- Eggs
- Tofu
- Tempeh

OTHER: Almond, Cashew or other Nut Milk *(choose unsweetened)*

MEAL DAYS: USE A SECOND PALM-SIZE PORTION AND CHOOSE HIGHER-PROTEIN OPTIONS (FISH, POULTRY, BEEF, EGGS, TOFU).

1 CUP OF CASHEW MILK = 2G FAT, 1G CARBOHYDRATE AND 1G PROTEIN

CARBOHYDRATE
1 Handful

1X — **1 HANDFUL**
About ½ cup



- Amaranth
- Barley
- Buckwheat
- Bulgur
- Kamut
- Millet
- Oats
- Quinoa
- Sweet Potato
- Rice (dark purple, brown, red, wild)
- Almond Flour or Almond Meal (2 Tbsp.)
- Winter Squash (butternut, pumpkin)

AVOID PASTA, BREAD, CRACKERS, WHITE RICE AND POTATOES.

BEANS AND LENTILS CAN ALSO BE USED AS CARBOHYDRATES.

VEGETABLE
2 Handfuls

2X — **2 HANDFULS**
Non-starchy vegetables



- Broccoli
- Cauliflower
- Green Beans
- Brussels Sprouts
- Dark, Leafy Greens (spinach, collards, kale)
- Mixed Greens (romaine, butter, red or green leaf, cilantro, parsley)
- Summer Squash (yellow, zucchini)
- Any non-starchy vegetable
- Asparagus
- Cucumbers
- Roots (turnip, ginger, carrot, radish, beet)
- Snap Peas
- Okra
- Sweet Peppers
- Onions
- Mushrooms
- Celery

AVOID CORN, GREEN PEAS AND TOMATOES.

CHOOSE ORGANIC WHEN AVAILABLE. Celery, cucumber, radish, lettuce and zucchini add extra volume, but a large portion still counts toward your 2 handfuls.

FRUIT

- Strawberries (1 cup)
- Blueberries (½ cup)
- Raspberries (½ cup)
- Blackberries (½ cup)
- 1 Plum (medium-size)
- 1 Apple (small)
- 1 Tangerine
- 1 Kiwi (medium-size)
- Cherries (½ cup)
- Cantaloupe (½ cup)



AVOID BANANAS, DATES, ORANGES, WATERMELON, PINEAPPLE, MANGO AND GRAPES DUE TO THEIR HIGHER SUGAR CONTENT.
LIMIT PEARS, GRAPEFRUIT TO MEAL DAYS ONLY.

FAT
1–2 TBSP

- Olive Oil
- Organic Virgin Coconut Oil
- Flax Oil
- Hemp Oil
- Sesame Oil
- Avocado Oil
- Organic Real Butter (not margarine)
- Avocado
- Nuts & Seeds (¼ cup)
- Almonds
- Cashews
- Pecans
- Walnuts
- Hazelnuts
- Brazil Nuts
- Macadamia Nuts
- Peanuts (legume)
- Sunflower Seeds

AVOID ROASTED NUTS WITH ADDED OILS, VEGETABLE OIL, CORN OIL, PEANUT OIL, GRAPESEED OIL AND DAIRY PRODUCTS (MILK, CHEESE, ETC.)

CONSUME FREELY

- Pure Filtered Water
- Broth (vegetable, chicken, beef)**
- Herbal Tea
- Plain Black Coffee
- Stevia
- Vinegar
- Lemon or Lime Juice
- Mustard
- Sugar-free Hot Sauce
- Herbs & Spices
- Garlic, Ginger, Onion
- Capers
- Dill Pickles
- Sauerkraut
- Kimchi (sugar-free)

SKIP BREAD-AND-BUTTER PICKLES AND ANYTHING WITH ADDED SUGAR. OLIVES, NUTS, AVOCADO AND OIL ARE NOT FREE FOODS.

**Fatigue, muscle aches and nausea on lower-intake days often come from too little sodium. Broth adds sodium (avoid MSG in bouillon); increase sodium on Cleanse days.

WATER

Adequate water intake is critical to this plan. Aim for half your body weight in fluid ounces daily. For example, if you weigh 160 pounds, strive to consume at least 80 ounces of water each day. Drink about 16 fl. oz. with each block of the day.

TAKE SUPPLEMENT CAPSULES WITH WATER ONLY. AVOID SPARKLING WATER AND ALCOHOL WITH SUPPLEMENTS.

CAUTION: LIVEPURE's 28-Day Detox / Metabolic Reset is intended for healthy adults and is not recommended for young children. If you are pregnant, nursing, taking prescription medications, or have a medical condition, consult a qualified healthcare professional before beginning this program.

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DAILY CALENDAR

MEALS ARE HIGHLIGHTED IN ORANGE. PROTEIN TARGETS: CLEANSE 60–80 g · SHAKE 70–100 g · MEAL 90–130+ g

DAY	EARLY MORNING 15–30 minutes before breakfast + 16 FL. OZ. WATER	BREAKFAST Smoothie block (see recipe) + 16 FL. OZ. WATER	LUNCH †15–30 minutes before lunch + 16 FL. OZ. WATER	MID-AFTERNOON + 16 FL. OZ. WATER	DINNER + 16 FL. OZ. WATER	EVENING Start your 12-hour overnight fast
1 CLEANSE 60–80 g PROTEIN	**OnTrack** (2 capsules) **Organic Sulfur** (1 serving) **FOCUS**[2] (1 serving) **HERE OR IN SMOOTHIE** **OPTIONAL**[5]: Probiotic, Metabolic Max, Aqua Lean	**SUPER SMOOTHIE** (see recipe): **Greens, GPS Hydrate, GoYin, Daily Build, Fusion, Mila** + ½ cup frozen fruit	**OnTrack**[6] (2 capsules) **Metabolic Max** optional **GPS Hydrate** (if not used at breakfast) **Vegan Vanilla Shake**[1] (1 serving) **Broth**[3] **(8–12 oz.) + 1 Tbsp. coconut oil or butter**	**1 Fruit or Non-Starchy Vegetable**	**Greens** (1 serving) **Broth**[3] **2 Non-Starchy Vegetables** **Small Protein** (eggs, fish or tofu) to reach ~60 g **Herbal Tea**	**Cleanse**[8] (1 serving) **CalciuMK+ Liquid** (1 serving) **Broth (8 oz./1 cup) or Herbal Tea** **Sleep Trim** (1–2 capsules) optional
2 SHAKE 70–100 g PROTEIN	**OnTrack** (2 capsules) **Organic Sulfur** (1 serving) **FOCUS**[2] (1 serving) **HERE OR IN SMOOTHIE** **OPTIONAL**[5]: Probiotic, Metabolic Max, Aqua Lean	**SUPER SMOOTHIE** (see recipe): **Greens, GPS Hydrate, GoYin, Daily Build, Fusion, Mila** + ½ cup frozen fruit **1 Non-Starchy Vegetable**	**OnTrack**[6] (2 capsules) **Metabolic Max** optional **Vegan Vanilla Shake**[1] (1 serving) **2 Non-Starchy Vegetables** **1 Fat** (¼ cup nuts or ½ avocado)	**1 Fruit or Non-Starchy Vegetable** **1 tsp. Fat**	**2nd Vegan Vanilla Shake**[1] **OR 1 Palm** fish, eggs or tofu (to reach 70 g) **2 Non-Starchy Vegetables** **1 tsp. Fat** **Herbal Tea** **CalciuMK+ Liquid** (1 serving)	**Cleanse**[8] (1 serving) **Broth (8 oz./1 cup) or Herbal Tea** **Sleep Trim** (1–2 capsules) optional
3 SHAKE 70–100 g PROTEIN	**OnTrack** (2 capsules) **Organic Sulfur** (1 serving) **FOCUS**[2] (1 serving) **HERE OR IN SMOOTHIE** **OPTIONAL**[5]: Probiotic, Metabolic Max, Aqua Lean	**SUPER SMOOTHIE** (see recipe): **Greens, GPS Hydrate, GoYin, Daily Build, Fusion, Mila** + ½ cup frozen fruit **1 Non-Starchy Vegetable**	**OnTrack**[6] (2 capsules) **Metabolic Max** optional **Vegan Vanilla Shake**[1] (1 serving) **2 Non-Starchy Vegetables** **1 Fat** (¼ cup nuts or ½ avocado)	**1 Fruit or Non-Starchy Vegetable** **1 tsp. Fat**	**2nd Vegan Vanilla Shake**[1] **OR 1 Palm** fish, eggs or tofu (to reach 70 g) **2 Non-Starchy Vegetables** **1 tsp. Fat** **Herbal Tea** **CalciuMK+ Liquid** (1 serving)	**Cleanse**[8] (1 serving) **Broth (8 oz./1 cup) or Herbal Tea** **Sleep Trim** (1–2 capsules) optional
4 MEAL 90–130+ g PROTEIN	**OnTrack** (2 capsules) **Organic Sulfur** (1 serving) **FOCUS**[2] (1 serving) **HERE OR IN SMOOTHIE** **OPTIONAL**[5]: Probiotic, Metabolic Max, Aqua Lean	**SUPER SMOOTHIE** (see recipe): **Greens, GPS Hydrate, GoYin, Daily Build, Fusion, Mila** + ½ cup frozen fruit **1 Protein**	**OnTrack**[6] (2 capsules) **Metabolic Max** optional **1 or 2 Protein**[4] **2 Non-Starchy Vegetables** **1 Carbohydrate**[4] **1 Tbsp. Fat**	**1 Fruit or Non-Starchy Vegetable** **1 Fat** (¼ cup nuts or ½ avocado) only if still hungry	**1 or 2 Protein**[4] **2 Non-Starchy Vegetables** **1 Carbohydrate**[4] **1 Tbsp. Fat** **Herbal Tea** **CalciuMK+ Liquid** (1 serving)	**Cleanse**[8] (1 serving) **Broth (8 oz./1 cup) or Herbal Tea** **Sleep Trim** (1–2 capsules) optional
5 SHAKE 70–100 g PROTEIN	**OnTrack** (2 capsules) **Organic Sulfur** (1 serving) **FOCUS**[2] (1 serving) **HERE OR IN SMOOTHIE** **OPTIONAL**[5]: Probiotic, Metabolic Max, Aqua Lean	**SUPER SMOOTHIE** (see recipe): **Greens, GPS Hydrate, GoYin, Daily Build, Fusion, Mila** + ½ cup frozen fruit **1 Non-Starchy Vegetable**	**OnTrack**[6] (2 capsules) **Metabolic Max** optional **Vegan Vanilla Shake**[1] (1 serving) **2 Non-Starchy Vegetables** **1 Fat** (¼ cup nuts or ½ avocado)	**1 Fruit or Non-Starchy Vegetable** **1 tsp. Fat**	**2nd Vegan Vanilla Shake**[1] **OR 1 Palm** fish, eggs or tofu (to reach 70 g) **2 Non-Starchy Vegetables** **1 tsp. Fat** **Herbal Tea** **CalciuMK+ Liquid** (1 serving)	**Cleanse**[8] (1 serving) **Broth (8 oz./1 cup) or Herbal Tea** **Sleep Trim** (1–2 capsules) optional
6 CLEANSE 60–80 g PROTEIN	**OnTrack** (2 capsules) **Organic Sulfur** (1 serving) **FOCUS**[2] (1 serving) **HERE OR IN SMOOTHIE** **OPTIONAL**[5]: Probiotic, Metabolic Max, Aqua Lean	**SUPER SMOOTHIE** (see recipe): **Greens, GPS Hydrate, GoYin, Daily Build, Fusion, Mila** + ½ cup frozen fruit	**OnTrack**[6] (2 capsules) **Metabolic Max** optional **GPS Hydrate** (if not used at breakfast) **Vegan Vanilla Shake**[1] (1 serving) **2 Non-Starchy Vegetables** **Broth**[3] **(8–12 oz.) + 1 Tbsp. coconut oil or butter**	**1 Fruit or Non-Starchy Vegetable**	**Greens** (1 serving) **Broth**[3] **2 Non-Starchy Vegetables** **Small Protein** (eggs, fish or tofu) to reach ~60 g **Herbal Tea**	**Cleanse**[8] (1 serving) **CalciuMK+ Liquid** (1 serving) **Broth (8 oz./1 cup) or Herbal Tea** **Sleep Trim** (1–2 capsules) optional
7 CLEANSE 60–80 g PROTEIN	**OnTrack** (2 capsules) **Organic Sulfur** (1 serving) **FOCUS**[2] (1 serving) **HERE OR IN SMOOTHIE** **OPTIONAL**[5]: Probiotic, Metabolic Max, Aqua Lean	**SUPER SMOOTHIE** (see recipe): **Greens, GPS Hydrate, GoYin, Daily Build, Fusion, Mila** + ½ cup frozen fruit	**OnTrack**[6] (2 capsules) **Metabolic Max** optional **GPS Hydrate** (if not used at breakfast) **Vegan Vanilla Shake**[1] (1 serving) **2 Non-Starchy Vegetables** **Broth**[3] **(8–12 oz.) + 1 Tbsp. coconut oil or butter**	**1 Fruit or Non-Starchy Vegetable**	**Greens** (1 serving) **Broth**[3] **2 Non-Starchy Vegetables** **Small Protein** (eggs, fish or tofu) to reach ~60 g **Herbal Tea**	**Cleanse**[8] (1 serving) **CalciuMK+ Liquid** (1 serving) **Broth (8 oz./1 cup) or Herbal Tea** **Sleep Trim** (1–2 capsules) optional

DAYS 8–28

Not a repeat of Week 1. Follow the schedule for the day type shown (Cleanse, Shake or Meal rows above). **Day 1 = Nov 11 · Day 16 = Thanksgiving · Day 28 = Dec 8**

DAY 8	SHAKE	DAY 9	MEAL	DAY 10	SHAKE	DAY 11	MEAL	DAY 12	SHAKE	DAY 13	CLEANSE
DAY 14	CLEANSE	DAY 15	SHAKE	DAY 16[7]	FLEXIBLE	DAY 17	CLEANSE	DAY 18	SHAKE	DAY 19	MEAL
DAY 20	SHAKE	DAY 21	CLEANSE	DAY 22	CLEANSE	DAY 23	SHAKE	DAY 24	MEAL	DAY 25	SHAKE
DAY 26	MEAL	DAY 27	CLEANSE	DAY 28	SHAKE						

[1] Mix 1 serving Vegan Vanilla Protein with 8-12 fl. oz. unsweetened nut milk of choice. On Cleanse days, take it at lunch or split it between lunch and dinner.

[2] FOCUS (1 serving a day): take it with OnTrack and Organic Sulfur in the early morning, OR blend it into your smoothie. PURE Café Bold may replace FOCUS. Do not take both. If you make the smoothie, Daily Build and Fusion are not optional.

[3] Cleanse days: Add 1 Tbsp. coconut oil or butter to 8-12 oz. broth at lunch (or dinner if not used at lunch). Avoid MSG in bouillon.

[4] Meal days: one carbohydrate handful at lunch OR dinner, not both. The second protein palm goes at lunch OR dinner, not both. Start with base portions and add only if still hungry.

[5] Optional early morning: Probiotic (2 capsules), Metabolic Max (2–3 capsules), Aqua Lean (1 stick in 8 fl. oz. water).

[6] 15–30 minutes before lunch: OnTrack (2 capsules), not optional. Metabolic Max (2–3 capsules) is optional. A second Aqua Lean stick is allowed here if the morning stick was not used. Do not exceed 2 Aqua Lean sticks a day, and do not take Aqua Lean in the evening.

[7] Day 16 is Thanksgiving (Nov 26), a Flexible day: eat what you want, but don't overdo it. Daily products may be kept if tolerated; no supplements with alcohol. Return to the Cleanse schedule on Day 17. Day 28 ends the cycle; do not continue past Day 28.

[8] Cleanse: 1 serving in the evening. Take capsules with water only.

PROTEIN REMINDER

The portions listed are suggested starting amounts. You may increase protein portions or add additional protein throughout the day to help meet your daily target or to satisfy your hunger.

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WHY DETOX?

WE ARE REGULARLY EXPOSED

to chemicals and other harmful substances in our food, water, household products and the air we breathe. The body is built to process and eliminate them, but exposure is at an all-time high. It is important to supply the body with appropriate nutritional tools to help with its built-in detoxification systems. A high intake of packaged food adds to the burden. The result: low energy, extra body weight and a foggy, run-down feeling.*

SUGAR IS HIDING

Most added sugar does not come from candy. **Over 90%** of the sugar we consume comes from processed and packaged foods. The average American consumes **77–88 pounds of sugar a year**, the equivalent of 5 ½ full-size candy bars a day. Add to this almost 200 pounds of refined flour and cereal products each year.

This plan guides you to eat fewer processed foods, added sugars and refined flour, while adding whole foods, protein and fat in the correct portions. Cleanse days are the detox step inside the plan.

TIME-RESTRICTED EATING

Refrain from eating at an evening hour that is convenient for you (7 p.m., 8 p.m., 9 p.m., etc.) and wait approximately 12 hours before eating again. For instance, if you stop eating at 8 p.m., eat breakfast at 8 a.m. This mild overnight window supports the plan's structure and may help with overall intake control.

FLEXIBLE DAY · DAY 16

Day 16 lands on **Thanksgiving, Thursday, November 26**. Enjoy the holiday, but do not overdo it. Daily products may be kept if tolerated. Do not take supplements with alcohol. Return to the Cleanse schedule on Day 17.

POST-RESET MAINTENANCE

After completing a 7-day or 28-day cycle, continue the Core Start products along with Greens, Mila, GPS Hydrate and Organic Sulfur as your foundation. Use the Vegan Vanilla Protein Shake and OnTrack as needed to support protein intake and weight-management goals. Emphasize plant-based whole foods, healthy fats and consistent habits. Cycle a 28-day reset every 60–90 days; a 7-day version may be repeated every 30 days.

IMPORTANT CAUTIONS

Not intended for young children. If you are pregnant, nursing, taking prescription medication or have a medical condition, do not follow this program without the advice of a qualified healthcare professional. Do not follow the plan beyond 28 days. If you feel lightheaded or nauseated, have a shake or more food. On a sodium-restricted diet? Ask a qualified healthcare professional before you start.

28 DAY DETOX
Metabolic Reset

SUPER SMOOTHIE | START YOUR DAY WITH WELLNESS

- 8 OZ. WATER
- 2 TBSP. MILA
- ½ CUP FROZEN FRUIT
- 1 CUP ICE
- 1 SCOOP GREENS
- 1 OZ. FUSION (SUPERFRUITS)
- 1 OZ. GOYIN
- 1 GPS HYDRATE STICK
- 1 OZ. DAILY BUILD (or 4 capsules)
- OPTIONAL: 1 FOCUS STICK (if not taken with OnTrack & Sulfur)



Blend all ingredients and enjoy! *This is your Breakfast block every day. Daily Build and Fusion are part of the smoothie, not optional. On Shake and Meal days, add the extra breakfast foods shown on the Daily Calendar.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.