

TARGETED NEEDS

Men's Health 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.

MEN'S HEALTH

Balanced nutrition and a healthy diet can support your body in many ways. Whether you're looking to improve your energy and mood, combat stress, achieve a healthy weight, fight the signs of aging, or just stay healthy, what you fuel your body with can make an impact. Men and women have differing nutritional needs as a result of differences in their bodies. Men are statistically more likely to smoke, abuse alcohol, and are typically around greater levels of occupational exposures to physical and chemical hazards. They are also less likely to listen to physical cues that alert them that they may have a health issue. Other lifestyle factors that can influence men's health are stress, weight gain, nutritional deficiencies, inactivity, and an unhealthy diet. Also, as men age, certain hormones can become out of balance, causing signs of "male menopause" that can greatly impact overall health. For example, testosterone is a sex hormone that plays important roles in the body. In men, it's thought to regulate sex drive (libido), bone mass, fat distribution, muscle mass and strength, energy levels, and the production of red blood cells and sperm. Research shows a connection between inflammation and reduced testosterone production. In addition, eating a pro-inflammatory diet is associated with weight gain and increased risk of obesity, which in turn is linked to lower testosterone levels. For this reason, it's important for men to maintain a healthy weight and include foods rich in calcium, magnesium, Vitamin D, zinc, selenium, iron, and other important amino acids. Taking men's health seriously starts with a healthy diet, a smart exercise regimen, adequate sleep, stress management, and hormone balance. Men have specific nutritional needs, and regardless of age, men need the nutrition from a healthy diet and proper supplementation. Food is more than just fuel for the body, and an unhealthy diet can put you at an increased risk for numerous health complaints.

TARGETED NEEDS PRODUCTS

Targeted Needs Products are those that have been shown to be the most effective for **Men's Health**. 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	GPS Reset	GoYin	Probiotic
CalciuMK+	Noni	Cleanse	GPS Hydrate
Goji	GPS Circulate	Daily Detox	Mangosteen
GPS Adapt	NEURO Boost	Mila®	Nutrition Shakes
		Organic Sulfur	Metabolic TEN
		GPS Rebuild	VISION One
		Acai	

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MEN'S HEALTH 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
Daily Detox Organic Sulfur Probiotic Adapt Circulate	Goji** Noni** Acai** Mangosteen** GoYin Metabolic TEN Rebuild	Daily Build Mila Metabolic TEN	GoYin Goji	Daily Build Mila NEURO Boost VISION One	CalciuMK+ Reset Cleanse Organic Sulfur Circulate

TOP PRIORITY PRODUCTS FOR MEN'S HEALTH

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. Also, nutritional deficiencies may be linked to low testosterone levels. 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.

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. Additionally, studies suggest that magnesium supplementation can help support and maintain healthy testosterone levels and help promote restful sleep.

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

Goji

This superfruit provides key nutrients and antioxidants that may help support and maintain a healthy mood, mind, and memory. Goji also contains other important vitamins that host a list of benefits, including enhancing athletic

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performance. Preliminary research suggests that Goji may help protect and support neurotransmitters, which are important for mood regulation, cognitive health, and sexual function. It also aids in promoting restful sleep, reducing the negative effects of stress, and supporting and maintaining optimal health and wellness.

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 Adapt

This product contains Moomiyo, a powerful adaptagenic herbal, mineral and organic acid complex which offers natural support for muscle endurance by fighting fatigue. It has been used by Olympic athletes and sports establishments for over four decades because of its potential for reducing muscle fatigue and supporting muscle strength when combined with physical activity, and for its recuperative effects on mental and physical stresses. Its main purpose is to enhance physical performance and to help the body adapt and recover faster from both physical and emotional stresses. It also helps support and maintain an appropriate testosterone-cortisol balance.

Recommended Use: *Take 2 capsules with water 15-30 minutes prior to physical activity. Caution: Not recommended for children under the age of 18 years. If you are pregnant, nursing, taking a prescription medication, or have a medical condition, consult a physician prior to using this product.*

GPS Reset

GPS Reset supports muscle repair and growth, which in turn helps burn more calories and stored body fat. GPS Reset also encourages proper immune function and the beneficial release of growth hormone (HGH) while you sleep. This product helps to support and maintain lean body mass, enhances fat metabolism, and encourages a restful sleep. It also contains L-arginine and zinc, both of which may support healthy testosterone levels.

Recommended Use: *Add 1 scoop to 4-6 fl. oz. of water and mix thoroughly. For optimal results, drink before bedtime. Caution: Not recommended for children under the age of 18 years.*

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 potassium. Potassium is a vital mineral that keeps the body functioning and helps muscles and nerves communicate. Noni may help the body to produce nitric oxide, which may support and maintain healthy blood sugar levels, support exercise performance and energy levels, and aid in blood vessel relaxation. This allows more blood to flow through your body. This is beneficial for healthy blood pressure and achieving optimal heart health. Studies also show that maintaining healthy blood flow may help the body maintain healthy sexual functions.

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 Circulate

This product offers an efficient delivery of nutrients and oxygen throughout the body. It may relax arteries to improve blood flow, enhance delivery of energy at the cellular level for greater physical activity, and preserve lean body mass and protect muscle tissue. GPS Circulate contains L-arginine and L-citrulline, which promotes nitric oxide to boost circulation and may help support the release of testosterone and other growth hormones when combined with exercise. These amino acids have also been shown to increase athletic performance, recover from endurance exercise, and build and maintain lean muscle when combined with physical activity.

Recommended Use: *Add 1 scoop to 8-10 fl. oz. of water, mix thoroughly and drink. Consume 15-20 minutes before exercise or activity or may consume throughout the day and at bedtime for general health benefits.*

NEURO Boost

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With 30 years of clinical evidence to support its efficacy, NEURO Boost contains the key ingredient Bacopa monnieri (Synapsa™) which has been shown to improve mental performance, decrease forgetfulness, and help improve multi-tasking memory (both short- and long-term memory support). This product also contains Goto Kola, Sage leaf extract, and a proprietary blend called S7 (green coffee bean extract, green tea extract, turmeric, tart cherry, blueberry, broccoli, and kale). These ingredients have been shown to increase cognitive function, help reduce anxiety, improve circulation, boost nitric oxide production, and improve sleep.

Recommended Use: Take one capsule daily, preferably with food.

ADDITIONAL PRODUCTS FOR MEN'S HEALTH

GoYin

GoYin is a special blend of 20 warming and cooling superfruits and herbs that induce a whole-body balance, which helps optimize physical and mental function. In addition to supporting healthy energy, GoYin has been shown to help balance stress hormones and elevate mood, making GoYin a great source of nutrition to help improve 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. For children 6 through 11 Years of Age: Do not exceed 2 fl. oz. daily. 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.

Cleanse

Environmental toxins can influence overall health and wellness. This 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 may help the body release toxins that can 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. Transition to use of Daily Detox for everyday support. 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.

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 improving feelings of mental and physical well-being.

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

Mila®

Mila® is a super food that is gluten-free, trans-fat free, sugar-free, and is a superior plant-based source of protein and fiber. Mila® uses different varieties of the chia seed to provide a wide array of nutrients. It contains the Omega-3 fat ALA, or "alpha-linolenic acid." ALA has been shown to support heart health; in fact, studies have illustrated enhanced cardiovascular health among those with a high intake of ALA-containing foods, like Mila®. The

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fiber found in Mila® is predominantly insoluble fiber, a form of fiber that aids in the relief of occasional constipation. Mila® also contains other important nutrients such as calcium, magnesium, and phosphorus, all of which are important for bone health. The antioxidant Phytonutrients found in chia seeds may also help protect and maintain healthy brain cells. This effect may help support healthy cognitive function as we age. Therefore, Mila® is an important whole food source that may help fill in the nutritional gaps required for overall health and wellness.

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.

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 present in your skin, hair, and nails where they help to make these tissues strong and flexible. Sulfur helps 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.

GPS Rebuild

This product is formulated to replenish and restore energy reserves while generating repair and growth in muscles after activity. The GPS Rebuild delivers the appropriate ratio of protein, carbohydrates, and healthy fats for optimal health and wellness. Additionally, this product contains comprehensive vitamins and branched chain amino acids (BCAA) which enhance optimal muscle and skeletal functioning. BCAA's also contribute to protein synthesis, muscle building, decreased recovery time, cellular energy production, and bone health. This product also contains zinc, which may support healthy testosterone levels.

Recommended Use: for 4 years of age and older: Add 1 scoop to 8 fl. oz. of water and blend or shake thoroughly. For optimum results, take immediately (or within 60 minutes) after activity for quick replenishment. For children 4 through 17 Years of Age: Do not exceed 2 servings per day.

Acai

This product contains Phytonutrients, antioxidants, and anthocyanins. It also has Omega-6 essential fatty acids. 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. Omega-6 (linoleic acid) may help maintain blood cholesterol levels already within normal range. These may benefit heart health and play a crucial role in brain function, growth, and development. The açai berry is a strong cardiovascular protectant and full of powerful antioxidants which may reduce the negative effects of oxidative stress, cell damaging free radicals, and maintain a healthy inflammatory response within the body.

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.

Probiotic

Probiotic creates an ideal environment for digestion, immune function, and absorption of nutrients. Five out of eight species within Probiotic specifically target the small intestine to maintain a healthy inflammatory response, support nutrient absorption and support the immune system. The remaining three species target the colon (large intestine) to help control unfavorable organisms and assist in proper waste elimination. A healthy gut may increase immunity and allow the body to efficiently absorb nutrients and help maintain optimal health and wellness.

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Recommended Use: For individuals age 12 and older, take two capsules daily in the morning, preferably on an empty stomach. For children age 4 to 12, take the contents of one capsule daily. To prevent a choking hazard in children, pull apart capsule and mix contents with food or beverage.

GPS Hydrate

Proper hydration is essential for maintaining a healthy mind and body. GPS Hydrate contains the correct balance of vital nutrients and electrolytes that the body requires in order to pull water and vitamins effectively into the cells, thus promoting radiant skin, supporting joint comfort, and supplying the body with electrolytes and methylated B12 vitamins needed for healthy cognitive function and overall health. This product also contains L-citrulline. L-citrulline may help to boost L-arginine, which helps to boost nitric oxide production. Nitric oxide aids in blood vessel relaxation, which allows more blood to flow through your body.

Recommended Use: Add 1 scoop to 8-10 fl. oz. of water, mix thoroughly and drink. In order to receive a therapeutic dosing of L-citrulline, GPS Hydrate must be mixed with GPS Circulate for optimal results.

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, neutralizing free radicals, and supporting heart health. 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.

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.

Nutrition Shake

Weight gain has been linked to low testosterone levels. The Nutrition Shake is a convenient, delicious meal alternative that offers a variety of essential nutrients that can help achieve and maintain a healthy weight. At only 150 calories, this nutritious shake contains 19 grams of GMO-free protein blends that help support weight loss and curb appetite. It also contains iron, which can be decreased in those who have a low testosterone level. A key ingredient in this shake has been shown to increase feelings of fullness, promote healthy weight loss, including significant reductions in waist and hip measurements, and help maintain normal post-meal blood sugar levels when combined with regular physical activity. It also contains MCT powder, which metabolizes faster than other fat sources, helping to manage weight. MCT has been shown to reduce body fat, increase energy expenditure, and curb appetite. It may also improve performance during exercise.

Recommended Use: Mix with 8oz of water, nut milk, or dairy free milk. Can replace up to 2 meals per day. Children ages 4 and over can use the product but it should not be used as a meal replacement.

Metabolic TEN

Metabolic TEN may help toward your weight management goals. It contains naturally occurring caffeine and DNF-10®, which promotes fewer cravings and a feeling of fullness. This product has also been shown to boost fat burning and deliver a fast-acting boost in energy. DNF-10® has been clinically shown to reduce weight within the first month, with abdominal fat significantly reduced. In addition, eating a pro-inflammatory diet is associated with weight gain and increased risk of obesity, which in turn is linked to lower testosterone levels. Use this product as a part of a healthy diet and consistent physical activity.

Recommended Use: Take 3 capsules twice a day 15 -20 minutes before a meal. Not for use by individuals under the age of 18. Consult your healthcare provider prior to use if you are pregnant, nursing, have a health condition, or taking

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medication. Keep out of reach of children. Be aware of your caffeine intake. Do not exceed the recommended servings of Metabolic TEN. Experts suggest up to 400mg a day is safe and does not elicit negative side effects in normal, healthy individuals. Metabolic TEN contains 138mg per serving (276mg/day – 6 capsules). Choose either Metabolic TEN or Metabolic MAX.

VISION One

This product contains the appropriate ratio of key vitamins and minerals such as Vitamin C, E, copper and zinc to promote healthy eyesight. VISION One also contains Astaxanthin, a potent antioxidant derived from red algae that helps protect cells exposed to direct sunlight (UV-light). Astaxanthin has also been shown to improve symptoms of eye fatigue. Another compound, Bilberry, has strong antioxidant properties and has the ability to strengthen capillary integrity, which is important to maintaining healthy eyes and their functions.

Recommended Use: *Take 2 capsules once daily with food.*

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FOOD & DIETARY RECOMMENDATIONS

- Eat a diet rich in fresh fruits (unless Candidiasis or blood sugar issues are present), vegetables, whole grains, beans, and legumes that are in season.
- Eat plenty of quality protein and healthy fats from avocados, nuts, seeds, eggs, and healthy fish.
- Drink at least half your body weight in ounces of water every day (more if you are cleansing). Water hydrates the body and helps to flush out toxins. You may want to add GPS Hydrate to your regimen to increase electrolytes during the flushing of toxins.
- Limit dairy consumption, except for organic, plain yogurt or keifer.
- Avoid alcohol, soda, sugar, artificial sweeteners (acesulfame K [ace-K], aspartame, saccharin and sucralose), preservatives (nitrates, nitrites and MSG), artificial colorings or flavorings and hydrogenated oil.
- Red meat (if permitted) and other animal products should be 'organic' (in its 'natural' form – cows are fed on 'grass'; not grain; chickens feed on bugs, grubs, and seeds). Natural, organic meat and poultry contain the proper balance of saturated and unsaturated fats (the 'good' fats), are lower in calories, contain more nutrients, fill you up faster and contain CLA (conjugated linoleic acid), which is a potent defense against disease.
- Avoid pork, which is difficult to digest and can create toxins in the body.
- Never use vegetable or corn oil for cooking, as heating them creates toxins and inflammation.
- Avoid fried foods, which also create toxins in the body.

LIFESTYLE RECOMMENDATIONS

- If you smoke, quit. It deprives the body of oxygen, which starves the brain, weakens the immune system, reduces the absorption of nutrients, increases the signs of aging, and compromises your quality and quantity of life.
- Chew food thoroughly – this aids in digestion and nutrient absorption, helping create a healthier body and mind.
- Eat until satiated, but NOT full. This means you should neither feel hungry nor full; stop between the two. You should not feel pressure in your stomach region after eating. Pressure indicates you may have over-consumed or are not properly digesting.
- Get plenty of sleep (7-9 hours per night). Don't exceed more than 9 hours regularly.
- Spend time outside during the day. Adequate sun exposure during the day may improve symptoms of anxiety.
- Do not eat after 9PM (the liver rests from 10PM-2AM).
- Engage in at least 30 minutes of moderate-intensity physical activity daily. Vary your routine and incorporate strength, flexibility, and cardiovascular exercise to prevent overuse injuries and promote a balanced approach to physical activity.
- Use mindfulness activities like yoga, meditation, or gentle stretching to help reduce stress and tension.

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