

## Healthy Immune Support

*Below are recommendations to help your body achieve and maintain optimal health. Please seek the advice of a qualified medical professional before introducing any recommendations into your current regimen. If you take any medications or other supplements, ask your health care provider about possible interactions before taking any PURE products.*

Maintaining a healthy immune system is paramount to achieving optimal health and well-being. The first step in supporting proper immune health is good nutrition, which starts with making sure your body has the essential vitamins and minerals its needs. Additional products can be added to provide nutritional support to help keep your immune system healthy.\*

NOTE: **PURE Products should be taken at least 1 hour before or after prescription medications.**

❖ **ALL** Core and Daily Basics Products are recommended for general health purposes.

**Core:** HealthTrim® Cleanse Liquid or Capsule Cleanse, GoYin and Daily Build.

**Daily Basics:** Probiotic, Greens, Organic Sulfur and CalciuMK+.

**Targeted Immune Support:** Silver and Immune<sup>6</sup>

**Additional Immune Support:** GPS Adapt and Superfruits

The following products are recommended Healthy Immune Support:

### Core Products

- **HealthTrim® Cleanse (Liquid or Capsule)** – Promotes healthy bowel activity and the elimination of toxins from the body. Prepares

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an optimal environment for nutrient absorption. Follow with Probiotic (see below).

- **GoYin (Balance)** – Contains a proprietary blend of superfruits, herbs, and other fruits that have been used traditionally to help bring the body into balance and enhance overall well-being. GoYin supports balance in the body by improving its resistance to stress. The stress hormone cortisol influences other hormones that impact and help regulate mood. GoYin has been shown to minimize fatigue, promote vigor and enhance positive feelings of well-being.\*
- **Daily Build** – is a multivitamin supplement unlike any other available. It helps fill the gaps in our diets caused by poor eating habits or depleted food sources. Daily Build contains eight carefully crafted PURE blends including superfruits, amino acids, bio-protection nutrients (antioxidants), neuro-protect (brain) ingredients, fruit and vegetable phytonutrient complexes, and other ingredients to optimize nutrient absorption. Daily Build is designed to provide you with the vitamins, minerals, trace minerals and other important nutrients your body needs. One serving delivers 23 essential vitamins and minerals, which offer a unique role in maintaining good health and well-being.\*

### Daily Basics:

- **Probiotic** - A large portion of your immune system's protective barrier resides in the GI tract. Probiotic influences healthy digestive flora, which supports healthy immune function. Targets both the upper and lower GI tract.\*
- **CalciuMK+** - Calcium is essential in the human body for building

strong bones and facilitating healthy communication between the Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Individual results may vary.

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brain and certain parts of the body. The body also uses calcium and magnesium to help blood vessels and muscles contract and expand to secrete hormones and send messages through the nervous system.\*

- **Organic Sulfur** – Sulfur (MSM) in Organic Sulfur helps with overall body comfort with a special emphasis on connective tissues and joints. Sulfur can also help support the making of collagen, the main supportive protein of tendons, cartilage, connective tissue, and bone. Sulfur has been shown to improve flexibility and mobility by promoting joint function and health. Sulfur can also help promote healthy hair, skin, and nails as well as upper respiratory tract function. Older adults may especially benefit from Organic Sulfur due to an inadequate intake of protein, as MSM provides sulfur, which is usually provided by sulfur-containing amino acids.\*
- **Greens** - Taking your PURE 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 phytonutrients that your body needs to function optimally. This is a rich source of antioxidant-rich fruits, greens, and immune supporting mushrooms. Provides a full spectrum of alkalizing green superfoods.\*

### Targeted Immune Support:

- **Silver** - Silver contains 10 parts per million of elemental silver and the only other additional ingredient is purified water. Hippocrates, the Father of Medicine, taught that silver supports health and well-being. It has traditionally been used to support a healthy immune system.\*
- **Immune<sup>6</sup>** – formulated specifically with essential nutrients and ingredients to help support a healthy immune system. One of the

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key ingredients. Mositol Hexaphosphate (IP-6) is a plant

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antioxidant naturally found in legumes, grains, wheat bran and soy, and is the namesake for Immune<sup>6</sup>.\*

### Additional Immune Support:

- **GPS Adapt** – Helps the body adapt to physical and emotional stressors. When your body is run down, your immune system works over time. Moomiyo in Adapt has been used traditionally as an adaptogen and rejuvenating tonic. Adaptogenic herbs help the body adapt to physical stressors. Adapt is also an excellent source of Vitamin C.\*
- **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, and powerful antioxidant properties. As a natural source of vitamin C and polysaccharides, Goji provides nutrition to help support healthy functions of the immune system. Goji’s unique carotenoids include lutein and zeaxanthin, which may help enhance eye health.\*
- **Açaí** – Is a potent antioxidant. PURE packages this superfruit with no added sugar or other juices, maximizing the benefits of this powerful superfruit. Açaí also has essential fatty acids (omega-3 and omega-6), which are necessary for human health and must be obtained through the diet because the body cannot make them. They support proper structure and function of every cell in the body and may benefit heart health, play a crucial role in brain function, and support normal growth.\*
- **Mangosteen** - Like the other superfruits, mangosteen is touted for its antioxidant benefits, and its taste is beyond compare.

Mangosteen contains xanthones, a unique class of biologically active compounds and powerful phytonutrients found in the rind of

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the fruit. Studies suggest xanthenes may promote healthy bodily functions, including supporting the body's natural defenses and immune system. Mangosteen may support healthy joint function by promoting a healthy inflammatory response.\*

- **Noni** - Scientific research has revealed noni to be an antioxidant powerhouse, providing support and promotion of a healthy immune system. Noni also contains polyphenols, minerals, and other nutritious compounds, including vitamin C and potassium. Vitamin C is an important antioxidant and is required to produce collagen, a protein that plays a critical role in the structure of the body. Potassium is a vital mineral that keeps the body functioning and helps muscles and nerves communicate.\*

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