

## Energy

*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.*

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:** Liquid or Capsule Cleanse, Go-Yin, Daily Build.

**Daily Basics:** Alkaline Water, Mila, Probiotic, Greens, Sulfur, and CalciuMK+.

**The following products are recommended for Energy support:**

### **Core:**

- **Liquid or Capsule Cleanse** – Promotes healthy bowel activity and the elimination of toxins from the body.
- **Go-Yin** – Contains a proprietary blend of superfruits, herbs, and other fruits that have been traditionally used to help bring the body into balance and enhance overall well-being. Balance in the body is important to maintain a healthy weight.
- **Daily Build** - A liquid multivitamin, such as Daily Build, may help 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, greens, sea vegetables and botanicals, and is designed to provide you with the vitamins, minerals, trace minerals, amino acids and other important nutrients your body needs. One serving of Daily

Build delivers 23 essential vitamins and minerals, which offer a unique role in maintaining health.

### Daily Basics:

- **Organic Sulfur** – Sulfur may help with swelling and pain in connective tissues and joints. Sulfur may also help support the making of collagen, the main supportive protein of tendons, cartilage, connective tissue, and bone. Sulfur also may improve flexibility and mobility by promoting joint function and health. May help promote healthy hair, skin, and nails. Older adults may especially benefit from Organic Sulfur due to an inadequate intake of protein, as MSM provides sulfur-containing amino acids.

### Support

- **Pure ENERGY** - Looking for a way to clear the morning fog, energize your daily workout, or avoid the mid-afternoon slump? Genesis PURE™ ENERGY is for you! Packed with antioxidants, botanicals and natural sources of caffeine, it's a perfect alternative to sugar-laden, artificially sweetened energy drinks on the market. A single serving helps stimulate alertness, ease fatigue, and fuel your focus.
- **Acai** – Is a powerful antioxidant. Genesis PURE packages this superfruit 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. They may benefit heart health and play a crucial role in brain function, growth and development.
- **Pure Café** - PURE Café is high in B-complex vitamins including Thiamin (B1), Riboflavin (B2) and Niacinamide (B3). B vitamins are important for converting food into fuel; they are also referred to as “anti-stress” vitamins as they may

strengthen the immune system and improve the body's response to stress. PURE Café is also high in pyridoxine (B6) and B12. PURE Café contains oolong tea, which is high in polyphenols, green coffee bean extract standardized to 50% chlorogenic acid, and taurine. PURE Café also contains powerful herbs such as Garcinia cambogia, Caralluma fimbriata, and other extracts. Both Garcinia cambogia and Caralluma fimbriata have been traditionally used as appetite suppressants and thirst quenchers among tribal populations.

- **HealthTrim Metabolic ONE** – Metabolic Boost may help toward your weight management goals. Contains naturally occurring caffeine, which may promote a small increase in metabolic rate and support mental focus. Also contains an iodine blend that may support healthy thyroid function.
- **GPS Energize** - GPS E<sup>2</sup> represents the next generation of pre-exercise sport drinks, providing immediate energy and mental clarity. Formulated with the antioxidant vitamin C, other vitamins, minerals, and amino acids.
- **Noni** – Traditionally known to minimize fatigue. 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.

\*The statements above have not been evaluated by the Food and Drug Administration. PURE products are not intended to diagnose, treat, cure, or prevent any disease. Individual results may vary.