

General Health

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+.

Recommended Products to support General Health:

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:

- **Alkaline Water Concentrate** – Water maintains life-sustaining chemical reactions, it carries nutrients, oxygen and waste products, it helps regulate body temperature, and it acts as a lubricant and shock absorber for joints and muscles during athletic performance. Alkaline Water Concentrate improves the pH and antioxidant potential of tap, filtered, and bottled water. Alkaline water may help improve hydration, reduce oxidative damage to cells.
- **CalciuMK+**- Calcium is essential in the human body for building strong bones and facilitating healthy communication between the brain and certain parts of the body. The body also uses calcium to help blood vessels and muscles contract and expand to secrete hormones and send messages through the nervous system.
- **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. Sulfur has antimicrobial properties and may help promote healthy digestion and immune function. May help reduce oxidative stress in the body. Older adults may especially benefit from Organic Sulfur due to an inadequate intake of protein, as MSM provides sulfur-containing amino acids. May help promote healthy hair, skin, and nails.
- **Probiotic** - Promotes healthy digestive flora, healthy immune function. Targets both the upper and lower GI tract.

- **Mila** – Mila is created using a blend of different crops of chia seed to maximize nutritional density. It is a good source of dietary fiber and natural occurring insoluble digestive fiber.
- **Greens** - Taking your Genesis 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 nutrients that your body needs to function optimally. This is source of antioxidant-rich fruits and greens. Provides a full spectrum of alkalizing green superfoods. Greens are a source of phytonutrients, which give fruits and vegetables their intense color and phenomenal nutrition benefits. Phytonutrients provide a multitude of health benefits, such as strengthening the immune system. May provide digestive support. Provides a powerful dose of whole food nutrition.

Support:

- **Acai** – 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.
- **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. As a natural source of vitamin C and polysaccharides, Goji provides nutrition to help support healthy functions of the immune system. Goji is

also is a source of carotenoids, including lutein and zeaxanthin, which may help enhance eye health.

- **Mangosteen** - Like the other superfruits, mangosteen is touted for its antioxidant benefits, and its taste is beyond compare. Mangosteen superfruits contain xanthenes, a unique class of biologically active compounds and powerful phytonutrients that are found in the rind of the mangosteen fruit. Studies suggest that xanthenes may promote healthy bodily functions, including supporting the body's natural defenses, neutralizing free radicals and supporting joint function.
- **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.
- **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.
- **HealthTrim 360 Complete Shake** - Staying active is an integral part of a healthy lifestyle; but finding a fast, nutritious, well-balanced meal can be a challenge. HealthTrim® Complete Shake is a convenient, delicious meal alternative that offers essential nutrients. At only 155 calories the complete shake is packed with 20 grams of GMO

free protein blends that help support weight loss and curb appetite.

*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.