

Healthy Digestion

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 Healthy Digestion:

Core:

- **Liquid or Capsule Cleanse** – Promotes healthy bowel motility and elimination of toxins.

Daily Basics:

- **Probiotic** - Promotes healthy digestive flora, healthy immune function. Targets both the upper and lower GI tract.
- **Organic Sulfur:** 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.

Support:

- **Noni** – Known as a digestive bitter and provides a healthy immune support and nutrient assimilation.
- **Greens** - 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.
- **Acai** – The Acai berry contains high levels of omega 3 fatty acids, which may help promote healthy bowel activity.
- **Goji** – May help promote bowel function.
- **Mangosteen** – Promotes a healthy immune system, which may assist in improving bowel activity.
- **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, which is important for digestion and elimination.
- **Silver** – May help enhance immune support and possibly defend against viruses, and bacteria.
- **Pure Café** – Coffee sometimes stimulates healthy bowel activity.

*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.