

Inflammation

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 to help combat Inflammation:

Core:

- **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.
- **CalciuMK+** – May help reduce inflammation.
- **Alkaline Water Concentrate** - Helps increase pH levels and reduce the oxidative potential of the water you drink.

Support:

- **Goji** - Free radicals may damage joints and contribute to pain and inflammation; the potent antioxidants in Goji may help reduce free radical damage.
- **Mangosteen** - Free radicals may damage joints and contribute to pain and inflammation; the potent antioxidants in Mangosteen may help reduce free radical damage.
- **Acai** - Free radicals may damage joints and contribute to pain and inflammation; the potent antioxidants in Açai may help reduce free radical damage.
- **Noni** - Free radicals may damage joints and contribute to pain and inflammation; the potent antioxidants in Noni may help reduce free radical damage.
- **HealthTrim Products** – If you are overweight or obese, use of HealthTrim products along with a healthy lifestyle may help decrease overall pain and inflammation in the body.

*Cilantro Green Smoothie:

DONT PUT EVERYTHING IN AT ONCE!

You'll have to blend and re blend in increments.

2 to 3 whole bunches of cilantro

5 to 6 stalks of Kale

2 to 3 oz. Each of Goji, Noni, Acai and Mangosteen

Alkaline water

2 to 3 heaping tablespoons of Bee Pollen

2 to 3 scoops of Green

2 to 3 scoops of Mila

2 scoops of grass fed Whey Protein or GP Complete Shake

1 to 2 large Avocados

2 to 3 heaping tablespoons of coconut oil

1 large handful of raw walnuts or pecans

Large chunk of Ginger - about the size of half your fist! More is better!

Blend and add alkaline water. Will take more than one blender full to mix.

Blend in batches and mix together. Will be very thick so you will need to continuously add alkaline water. This is an incredible "meal"... I drink this 2 to 3 times per day and often drink a large glass for dinner instead of a meal. It will be enough to use for 2 to 3 days, depending on the size of your family!

*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.