

## **Sports Performance**

*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 Sports Performance:**

### **Core:**

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

### **Dailey Basics:**

- **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. 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:**

- **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.
- **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.

- **GPS Adapt** – May help body adapt to physical stressors. Moomiyo has traditionally been used as an adaptogen and rejuvenating tonic. Adaptogenic herbs may help the body adapt to physical stressors and improve oxygenation. Moomiyo may also boost your workout performance and help improve recovery time.
- **GPS Circulate** - L-arginine is an amino acid involved in many physiological functions and helps support maintaining lean muscle mass. Supports nitric oxide, which may help circulation and blood flow.
- **GPS Hydrate** - GPS HYDRATION supports the replenishment of vital fluids, electrolytes, and nutrients lost during exercise. The formula quenches thirst by supporting rehydration of the body and includes a blend of amino acids, carbohydrates, and B- vitamins. Proper hydration is essential for maintaining a healthy mind. This product helps replenish vital fluids, electrolytes, and nutrients lost during exercise.
- **GPS Energize** –This supplement represents the next generation of pre-exercise sports products providing immediate energy and supporting clarity.
- **GPS Recover** - with its unique formula of vital nutrients, offers an effective, post-workout supplement. It is designed to help promote post-exercise muscle recovery and muscle tissue maintenance. Each serving provides protein and carbohydrates, combined with essential vitamins, minerals, creatine, and branched chain amino acids (BCAAs). This product contains 20 grams of protein and 15 grams of carbohydrates. More than 20 vitamins and other nutrients support your muscles in recovery and help post exercise muscle soreness.

\*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.