

Stress Management

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 Genesis Pure Products for Managing Stress:

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.
- **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.
- **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.
- **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 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 xanthones, a unique class of biologically active compounds and powerful phytonutrients that are found in the rind of the mangosteen fruit. Studies suggest that xanthones 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.
- **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 Hydratie** - 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.

- **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.
- **Green Coffee Bean** - Green coffee extract is obtained in its natural form which retains beneficial chemicals. One such chemical is chlorogenic acid, which is depleted during the roasting process. Genesis PURE™ Green Coffee Bean contains 50% chlorogenic acid, offering beneficial polyphenol antioxidants. This amount is comparable to some products used in weight management research. Some studies show that the chlorogenic acid in green coffee beans affects how the body handles blood sugar and metabolism. Helps support weight management when combined with a healthy diet and exercise. May help support healthy blood pressure levels already within a normal range.
- **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.

*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.