

## **Weight 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 Products for healthy Weight Management:**

#### **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:**

- **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.

### **Support:**

- **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.
- **HealthTrim Metabolic ONE** – Metabolic Boost may help toward your weight management goals. Contains naturally occurring caffeine, which may promote a small increase in metabolic rate and support mental focus. Also contains an iodine blend that may support healthy thyroid function.
- **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.

- **GPS Adapt** – May help body adapt to physical stressors. Moomiyo has traditionally been used as an adaptogen and rejuvenating tonic. The balancing of stressors in the body may help support healthy weight management.
- **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.
- **Pure Café** - PURE Café is high in B-complex vitamins including Thiamin (B1), Riboflavin (B2) and Niacinamide (B3). B vitamins are important for converting food into fuel; they are also referred to as “anti-stress” vitamins as they may strengthen the immune system and improve the body’s response to stress. PURE Café is also high in pyridoxine (B6) and B12. PURE Café contains oolong tea, which is high in polyphenols, green coffee bean extract standardized to 50% chlorogenic acid, and taurine. PURE Café also contains powerful herbs such as Garcinia cambogia, Caralluma fimbriata, and other extracts. Both Garcinia cambogia and Caralluma fimbriata have been traditionally used as appetite suppressants and thirst quenchers among tribal populations.
- **HealthTrim Rally28 Program**- Rally28.com  
PURE’s proprietary Craving-Control Technology and sustainable fat-burning ingredients support weight loss while you develop healthier habits for real, lasting results.

\*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.