



# LIVEPURE™ TRIFECTA

1



OR



## START YOUR DAY STRONG

Drink PureCafé or Focus first thing in the morning  
on an empty stomach with 6-8 oz of water.

2



## FUEL YOUR FOCUS

Take 3 Metabolic Max Capsules  
while drinking your Focus  
or PureCafé

**EAT BREAKFAST 20 MINUTES  
AFTER STEPS 1 & 2**

3



## BOOST YOUR BURN

Drink AquaLean with your midday  
meal or snack to stay energized  
and balanced.



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