

Targeted Needs: Blood Sugar Maintenance Guide

The following is a simplified health program to help support the body in healing naturally. Please be advised that the lifestyle changes and supplements suggested are not intended to treat or cure any disease. Rather, they are meant to support the body's ability to heal itself. If you are pregnant, breastfed, or under 18 please refer to <https://livepure.com/faq/ingredients/are-your-products-okay-for-children/> and consult with your health care provider for product recommendations and dosage.

BLOOD SUGAR MAINTENANCE

Maintaining healthy bloodsugar levels is important to overall health and wellness. Many factors can influence a person's ability to maintain a healthy blood sugar level. An improper diet, alcohol consumption, dehydration, poor sleep, certain medications, stress, hormones, exercise, toxins, and nutritional deficiencies to just name a few. Incorporating some lifestyle changes, a healthier diet, and filling in the nutritional gaps is vital to maintaining healthy blood sugar levels.

These products contain sugar and may not be appropriate for some people with bloodsugar complaints: GoYin, Mangosteen, Goji, Pure Cafe, Rebuild, Hydrate, and Energize.

TARGETED NEEDS PRODUCTS

Targeted Needs Products are those that have been shown to be the most effective for Blood Sugar Maintenance.

Below are recommendations to help your body achieve and maintain optimal health.

NOTE: Please be sure to take LivePURE products at least 1 hour away from prescription medication.

Top Priority Products		Additional Products	
CalciuMK+	Mila®	Daily Build	Daily Detox
Probiotic Greens	On Track AquaLean	GoYin Cleanse	Organic Sulfur Nutrition Shake Fusion*

*Fusion can also be substituted with the individual bottles of Acai, Goji, Noni, and Mangosteen.

4 ounces of Fusion is equal to 1 ounce each of Acai, Goji, Noni, and Mangosteen.

BLOOD SUGAR MAINTENANCE PRODUCT GUIDE

EARLY MORNING +16oz of water	BREAKFAST +16oz of water	LUNCH +16oz of water	MID-AFTERNOON +16oz of water	DINNER +16oz of water	EVENING
Probiotic Greens Daily Detox Organic Sulfur	AquaLean Mila® On Track Nutrition Shake Fusion GoYin Daily Build	Mila® On Track	Organic Sulfur	Mila® On Track	CalciuMK+ Cleanse

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TOP PRIORITY PRODUCTS FOR BLOOD SUGAR MAINTENANCE

All Foundational Core products are recommended for general health purposes. The Core products include Daily Build, GoYin, and Cleanse.

CalciuMK+

This unique liquid formula offers rapid delivery of calcium, magnesium and Vitamin K2, PLUS Vitamins D, A, C and E and over 70 essential trace minerals for a potent blend the body craves. Calcium is essential in the human body for building and strengthening bones and teeth and facilitating healthy communication between the brain and certain parts of the body. The body also uses calcium to help muscles contract and expand and to secrete hormones and send messages through the nervous system. Magnesium and Vitamin K2 contribute to the development of bone and are important for regulating nerve and muscle function, blood sugar levels, and blood pressure already in normal range. CalciuMK+ may help to supply the body with the calcium needed to facilitate appropriate insulin production and reception.

Recommended Use: Take 1 ounce daily, preferably before bedtime. May opt to take up to 2 servings if desired.

Probiotic

The gut is the center of the immune system. Probiotic creates an ideal environment for digestion, immune function, and absorption of nutrients. Studies have shown that Probiotic bacteria appear to produce compounds that may make it easier for cells to use the hormone insulin to convert blood sugar into energy.

Recommended Use: For individuals age 12 and older, take two capsules daily in the morning, preferably on an empty stomach. For children age 4 to 12, take the contents of one capsule daily. To prevent a choking hazard in children, pull apart capsule and mix contents with food or beverage.

Greens

Contains a full spectrum of alkalizing vegetables, mushrooms, and superfoods that may promote optimal health and wellness. The nutrients in these foods help maintain a healthy inflammatory response within the body, strengthen the immune system, and support healthy blood sugar maintenance.

Recommended Use: Add one scoop of Greens to 8-12 fl. oz. of water or other healthy beverage (according to taste) and mix thoroughly.

Mila®

Contains high amounts of Omega-3 Fatty Acids which may increase levels of a hormone called adiponectin. This hormone has been shown to support healthy insulin regulation and may help maintain healthy blood sugar levels. The fiber in Mila® delays gastric emptying, which slows the digestion of carbohydrates, which positively influences post-meal blood sugar levels.

Recommended Use: Add 2 tablespoons of Mila® to your favorite beverages, yogurt, salads, cereals, smoothies, and recipes. Children: Start with 1 tablespoon one time per day. Feel free to pre-soak to hydrate seeds prior to ingestion if bloating or constipation become an issue due to the increased fiber.

On Track

Has been shown in clinical trials to limit the absorption of glucose in the small intestines and helps maintain healthy blood sugar levels after a meal. This effect may also help individuals maintain a healthy body weight.

Recommended Use: Take 1-2 capsules with 10 ounces of water 15-20 minutes before meals.

AquaLean

is a daily supplement designed to boost energy production, and is vital for heart, brain, and muscle function. Featuring Carnipure® L-Carnitine, which transports fatty acids into mitochondria to be burned for fuel, thus promoting healthy fat loss and increased metabolism. This formulary helps control hunger and cravings, and the added prebiotics promote proper digestion and gut health. Finally, Aqua Lean improves insulin sensitivity, as well as balances blood sugar, normalizes blood pressure and triglycerides, thus making this an excellent supplement for overall health and wellness.

Recommended Use: Mix one stick with 8 fl. Oz. of water. Shake or stir well. Can be consumed up to twice daily if desired. More effective when taken prior to activity.

ADDITIONAL PRODUCTS FOR BLOOD SUGAR MAINTENANCE

Daily Build

This vitamin is easy to digest, absorb and assimilate, and is complete with an amino acid blend, Phyto-antioxidant complex, bio-protection blend, botanical blend, superfruit blend, sea vegetable blend, and superfood blend. Many of these nutrients are essential to build and strengthen the body's cells, organs, and tissues. Daily Build is a comprehensive multivitamin designed to support well-being and healthy blood sugar maintenance.

Recommended Use: For 12 years of age and older, take 2 capsules twice daily with your morning and evening meals. Children 4 through 11 years of age, take contents of one capsule twice daily in conjunction with a well-balanced diet. If you choose the capsule option, serving size would be two capsules twice daily with your morning and evening meals.

GoYin

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 optimal health.

Recommended Use: For 12 Years of Age and Older: take 1-2 fluid ounces on an empty stomach in the morning and afternoon or as directed by your healthcare provider. Take on an empty stomach in the morning or the evening or as directed by your healthcare provider. Additional servings may be taken throughout the day if desired.

For children 6 through 11 Years of Age: Do not exceed 2 fl. oz. daily.

Note: *Although GoYin is a part of our whole health regimen, it may not be appropriate for some people who struggle with maintaining healthy blood sugar levels, due to its natural sugar content. GoYin does contain ingredients that may help achieve optimal blood sugar levels and has many other health benefits, so if you choose to take this product, please monitor your blood sugar and adjust according to your response.*

Cleanse

Environmental toxins can influence overall health and wellness. This cleanse is formulated to help support all seven channels of elimination (liver, kidneys, colon, lungs, lymphatic system, skin, and blood) and allow the avenues of toxic release to flow and minimize toxic build up. It contains ingredients that help the body release stored toxins that can contribute to poor health. Toxins in the body may impair the function of the organs, including the pancreas. Detoxification may help remove these toxins and improve organ function.

Recommended Use: Take one full squeeze of dropper (1 ml, or about 24 drops) in 2-4 fluid ounces of water or juice. Increase to twice daily if needed. Do not exceed 4 servings per day. If you choose the capsule option, recommended use would be 4 capsules daily with 8 fluid ounces of water. Increase by 2 capsules each day, if needed, and do not exceed 8 capsules in 24 hours. Intended for short-term use (7-10 days) every 2 months. Transition to use of Daily Detox for everyday support.

Daily Detox

The botanicals in Daily Detox support the 3 phases of detoxification. The liver, GI tract, lungs and kidneys are involved in phase 1 where toxic substances are broken down and neutralized. In phase 2, bile secreted by the liver helps toxins become more water soluble making them easily eliminated, leading to phase 3 where they are transported and eliminated from the body. One of the key benefits of eliminating toxins is a strong and healthy immune system. It contains dandelion root and milk thistle, both of which may aid in maintaining healthy blood sugar levels.

Recommended Use: Take 2 capsules in the morning, preferably with food.

Organic Sulfur

Sulfur is the third most abundant mineral in your body. It is present in methionine and cysteine, which are two of the amino acids you use to make proteins. Sulfur is an important element in the insulin structure, and also helps maintain a healthy inflammatory response within the body which promotes overall health.

Recommended Use: Mix one level teaspoon into warm water or drink of your choice to dissolve crystals and consume. Take twice daily. Organic sulfur works best when taken between meals or on an empty stomach. May choose to increase daily use amount over time to achieve desired results.

Fusion

This powerful superfruit blend is a combination of equal parts of Noni, Acai, Mangosteen, and Goji. It contains vital Phytonutrients that may help support insulin function and maintain healthy blood sugar levels. However, it does contain natural sugar, so introduce it slowly.

Recommended Use: Take one serving in the morning and one in the afternoon. Additional servings may be taken throughout the day, if desired. May be taken alone or mixed with other LivePURE superfruits. *If Fusion increases your blood sugar, consider just taking Noni and Acai.* If you chose the individual superfruit bottles instead of fusion, use 1 oz. each of Acai, Goji, Noni, and Mangosteen as a serving.

Nutrition Shake

Weight gain has been linked to low testosterone levels. The Nutrition Shake is a convenient, delicious meal alternative that offers a variety of essential nutrients that can help achieve and maintain a healthy weight. At only 150 calories, this nutritious shake contains 19 grams of GMO-free protein blends that help support weight loss and curb appetite. It also contains iron, which can be decreased in those who have a low testosterone level. A key ingredient in this shake has been shown to increase feelings of fullness, promote healthy weight loss, including significant reductions in waist and hip measurements, and help maintain normal post-meal blood sugar levels when combined with regular physical activity. It also contains MCT powder, which metabolizes faster than other fat sources, helping to manage weight. MCT has been shown to reduce body fat, increase energy expenditure, and curb appetite. It may also improve performance during exercise.

Recommended Use: Mix with 8oz of water, nut milk, or dairy free milk. Can replace up to 2 meals per day. Children ages 4 and over can use the product but it should not be used as a meal replacement.

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FOOD, DIETARY & LIFESTYLE RECOMMENDATIONS

- **Seasonal Plant-Based Foundation:** Eat a diet rich in vegetables, sprouted whole grains, beans, and legumes that are in season
- **Smart Fruit Selection:** If eating fruit, choose low-glycemic options like berries.
- **Carbohydrate Awareness:** Avoid 'simple' carbohydrates like white rice, white potatoes (yams or sweet potatoes are excellent alternatives), and processed baked goods.
- **The Protein Essential:** Prioritize high-quality, lean protein by consuming approximately 4–6 oz at each meal. Consistent intake provides essential amino acids that support:
- **Metabolic Health:** Helps maintain blood sugar levels already within a normal range and aids in sustainable weight management.
- **Mental & Physical Resilience:** Supports brain health and helps the body manage the physiological effects of stress.
- **Vitality:** Promotes strong bones, improves endurance, and provides steady energy throughout the day.
- **Hormonal Balance:** Supports key aspects of both men's and women's health.
- **Healthy Fats:** Incorporate healthy fats from avocados, nuts, seeds, eggs, and wild-caught fish.
- **Hydration:** Drink at least half your body weight in ounces of water every day (increase this amount if you are following a detox protocol).
- **Dairy Nuance:** Limit dairy consumption, preferring organic, plain yogurt or kefir for probiotic support.
- **Food Combining:** To optimize digestion, avoid eating starches (grains, potatoes, cereals, corn, etc.) in the same meal as proteins (fish, chicken, beef, eggs, nuts, seeds, etc.). Protein is digested first and takes longer to process; combining them can slow the digestive flow.
- **Purity in Sourcing:** Avoid alcohol, chemical caffeine, soda, processed sugar, and artificial sweeteners (such as aspartame, sucralose, or ace-K). Eliminate preservatives like nitrates, nitrites, and MSG, as well as artificial colorings and hydrogenated oils.
- **Quality Meats:** Red meat (if permitted) and other animal proteins should be organic and grass-fed/pasture-raised. Natural meats contain the proper balance of "good" fats, are more nutrient-dense, and contain CLA (conjugated linoleic acid), which supports the body's natural defenses.
- **Specific Avoidances:** Avoid pork, as it can be difficult to digest.
- **Never use vegetable or corn oils for cooking,** as heating them can promote inflammation; avoid fried foods for the same reason.
- **Blood Sugar Strategy:** If consuming sweets or simple carbs, always pair them with a portion of protein to help slow the release of sugar into the bloodstream.
- **Tobacco Cessation:** If you smoke, quit. Smoking causes vessels to narrow, decreases available oxygen, increases heart rate, and may damage vessel lining.
- **Mindful Digestion:** Chew food thoroughly—this aids in digestion and nutrient absorption, helping create a healthier body and mind.
- **The Protein Foundation:** Consume approximately 4–6 oz of lean protein at each meal. This acts as your daily foundation for metabolic balance, brain health, bone strength, and sustained energy levels.
- **Practice Satiety:** Eat until satiated, but not full. Stop when you are between the two; you should not feel pressure in your stomach region after eating.
- **Restorative Sleep:** Get plenty of sleep (7–9 hours per night).
- **Strategic Fasting:** Do not eat after 9:00 PM to allow the liver to rest during its peak recovery window (10:00 PM–2:00 AM).
- **Physical Activity:** Engage in at least 30 minutes of moderate-intensity physical activity daily. Incorporate strength training to support healthy blood pressure and bone density.
- **Stress Management:** Use mindfulness activities like yoga, breathing techniques, meditation, or gentle stretching. Consider taking a walk, reading an inspiring book, or taking a warm bath with lavender.

Important Disclosures

- **Medical Disclaimer:** *This guide is for educational purposes only and is not intended as medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition or dietary changes.*
- **Results Disclosure:** *Individual results may vary. Recommendations are based on general nutritional principles; your specific protein and caloric needs may differ based on activity level, age, and health status.*

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