

# Targeted Needs: Healthy Heart 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, breastfeeding, 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.

## Healthy Heart

A healthy heart is central to overall good health. Embracing a healthy lifestyle at any age can prevent heart issues and lower your risk for future complications. You are never too old or too young to begin taking care of your heart. True, the younger you begin making healthy choices, the longer you can reap the benefits. But swapping good habits for bad to promote good health can make a difference. Some risk factors that have been linked to an unhealthy heart are tobacco use, being overweight, physical inactivity, stress, the use of alcohol, age, genetics, and an unhealthy diet. Diet and lifestyle play an important role in maintaining a healthy heart and cardiovascular system. Eating a healthy diet, exercising regularly, getting enough sleep, managing stress, maintaining a healthy weight, and filling in the nutritional gaps with proper supplements are all ways to help support and maintain a strong and healthy heart.

## Targeted Needs Products

Targeted Needs Products are those that have been shown to be the most effective for a Healthy Heart. 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	
Daily Build CalciuMK+ Mila®	Circulate Hydrate Acai	GoYin Cleanse Daily Detox Organic Sulfur	Probiotic Mangosteen Goji Greens

## Healthy Heart Product Guide

EARLY MORNING + 16 oz of water	BREAKFAST + 16 oz of water	LUNCH + 16 oz of water	MID-AFTERNOON + 16 oz of water	DINNER + 16 oz of water	EVENING
Hydrate Greens Daily Detox Organic Sulfur Probiotic	Circulate Daily Build Mila® Acai GoYin Goji Mangosteen	Mila®	Hydrate	Mila® Acai Goji Mangosteen	CalciuMK+ Organic Sulfur Cleanse

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# Top Priority Products for A Healthy Heart

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

## Daily Build

A liquid multivitamin, such as Daily Build, may help fill the gaps in our diets caused by unhealthy eating habits or depleted food sources. A liquid multivitamin, such as Daily Build, may help fill the gaps in our diets caused by unhealthy eating habits or depleted food sources. This liquid vitamin is easy to digest, absorb and assimilate, and is complete with an amino acid blend, trace mineral blend, bio-protection blend, Phyto-fruit complex, neuroprotective blend, Phyto-vegetable blend, superfood blend, and an Optisorb blend. Many of these nutrients are essential to build and strengthen the body's cells, organs, and tissues. It also contains eight proprietary ingredient blends and twenty-three essential vitamins and minerals that help support immune, nervous system, and cardiovascular health. Daily Build helps the body fight against internal and external toxins while supporting cardiovascular health and maintaining healthy blood and blood viscosity.

**Recommended Use:** Take one fluid ounce serving daily in conjunction with a well-balanced diet. Take with food. If you choose the capsule option, serving size would be two capsules twice daily with your morning and evening meals.

## CalciuMK+

This unique liquid formula offers rapid delivery of calcium, magnesium and Vitamin K2, PLUS Vitamins D, A, C and E and 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. Additionally, studies have indicated that magnesium can help relax muscles and help promote restful sleep.

**Recommended Use:** Take 1 ounce daily, preferably before bedtime.

## Mila®

Studies have shown a direct correlation between consuming Omega-3 fatty acids and a healthy cardiovascular system. Mila® contains the Omega-3 fat ALA, or "alpha-linolenic acid." ALA has been shown to support heart health; in fact, studies have illustrated improved cardiovascular health among those with a high intake of ALA-containing foods, like Mila®. Mila® is an organic whole food that is packed with healthy plant-based Omega-3 fatty acids, fiber, and Phytonutrients. The antioxidant Phytonutrients found in chia seeds may also help protect and maintain healthy brain cells. This effect may support healthy cognitive function as we age. Therefore, Mila® is an important whole food source that may help fill in the nutritional gaps required for overall health and wellness.

**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.

## Circulate

This product contains L-Arginine and other amino acids that have been shown to support healthy blood flow to the heart and enhance vascular pliability.

**Recommended Use:** Add 1 scoop to 8-10 fl. oz. of water, mix thoroughly and drink.

**Caution:** Do not use Circulate if you have already experienced a heart attack.

*Please consult a licensed medical professional before using Circulate.*

### Hydrate

Proper hydration is essential for maintaining a healthy mind and body. Hydrate contains electrolytes and the correct balance of methylated Vitamin B12, Vitamin B6, and folate that the body requires to break down the amino acid homocysteine. This process creates other essential amino acids the body needs to protect the cardiovascular system and maintain optimal heart health and wellness.

**Recommended Use:** Add 1 scoop to 8-10 fl. oz. of water, mix thoroughly and drink. Additional servings may be taken throughout the day, if desired.

### Acai

This product contains Phytonutrients, antioxidants, and anthocyanins. It also has Omega-6 essential fatty acids. 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. Omega-6 (linoleic acid) may help maintain blood cholesterol levels already within normal range. These may benefit heart health and play a crucial role in brain function, growth, and development. The açai berry is a strong cardiovascular protectant and full of powerful antioxidants which may reduce the negative effects of oxidative stress, cell damaging free radicals, and maintain a healthy inflammatory response within the body.

**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 PURE superfruits.

## Additional Products for A Healthy Heart

### GoYin

GoYin may provide nutritional support to help your body deal with everyday stressors. Stress can be a contributing factor for an unhealthy heart. Created on the premise of 5,000 years of Traditional Chinese Medicine, it 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. GoYin is a special blend of 20 warming and cooling superfruits and herbs that help optimize physical and mental wellness. It also contains ingredients that have an antioxidant effect that supports heart 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. daily. 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.

### Cleanse

Environmental toxins can influence heart health. Maintaining a healthy heart should include the management of environmental toxins. Environmental toxins are thought to contribute to a variety of health complaints. 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 may contribute to poor heart health. Toxins in the body may impair the function of the organs, and detoxification may help remove these toxins and support healthy organ function. Cleanse is an all-natural, proprietary blend of herbs and botanicals specifically formulated to feed the gut with nutrients to relieve occasional constipation and help the blood stay clean and healthy.

**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. Intended for short-term use (7-10 days) every 2 months. 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 two months. Transition to use of Daily Detox for everyday support.

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### 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 supporting healthy heart function. Daily Detox also helps to maintain a healthy inflammatory response within the body.

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

### Organic Sulfur

Organic Sulfur is both a mineral and an element. It is naturally found in the protein of plants, animals, and humans. Methylsulfonylmethane (MSM), a naturally occurring dietary form of sulfur, is necessary for many important functions in the body. Sulfur is an important element that supports a healthy inflammatory response and may provide relief from multiple health complaints.

**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 on an empty stomach. May choose to increase daily use amount over time to achieve desired results.

### Probiotic

Probiotics are important for proper nutrient absorption. Probiotic creates an ideal environment for digestion, immune function, and absorption of nutrients. Five out of eight species within Probiotic specifically target the small intestine to maintain a healthy inflammatory response, facilitate nutrient absorption and support the immune system. The remaining three species target the colon (large intestine) to help control unfavorable organisms and assist in proper waste elimination. A healthy gut may increase immunity, allow the body to efficiently absorb nutrients and maintain optimal health and wellness.

**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.

### Mangosteen

The Mangosteen superfruit contains xanthenes, a unique class of biologically active compounds and powerful Phytonutrients that are found in the rind of the mangosteen fruit. Studies suggest that xanthenes may promote healthy bodily functions, including supporting the body's natural defenses, neutralizing free radicals, and supporting heart health. Additionally, Mangosteen is a fruit that is rich in Phytonutrients with antioxidant properties, and it has been shown in clinical studies to support and maintain healthy prostaglandin and histamine levels in the body, thereby helping to maintain a healthy inflammatory response.

**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 PURE superfruits.

### Goji

Goji berries have been recognized for centuries in Asia for their high nutrient content, carotenoids, unique Phytonutrients, and powerful antioxidant properties. In Traditional Chinese Medicine, it is well known that the whole berry and its extracts have numerous health effects. The Goji berry contains many nutrients and trace minerals and is an important natural source to support and maintain a healthy cardiovascular system. It also contains Vitamin C which has been shown to maintain healthy blood pressure already in normal range.

**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 PURE superfruits.

### Greens

We all know that fruits and vegetables are tried-and-true staples of a healthy, nutritious, and balanced diet and lifestyle. Taking your Greens on a daily basis adds unique nutrient components to your diet that may be lacking in these vitamins and minerals; it ensures that you are getting a full range of nutrients that your body needs to function optimally. It contains a full spectrum of alkalizing vegetables, mushrooms, and superfoods that support optimal health and wellness. The Greens contain a full spectrum of land and sea vegetables that may help support healthy blood pressure and cholesterol that are already in normal range.

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

*Additionally, unhealthy weight gain may contribute to poor heart health.  
If you are overweight, you may benefit from the **Detox and/or 28DC Program**.  
Please refer to the program material for more details and to see if it is right for you.*

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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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