

# Targeted Needs: Immune System Support 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.

## Immune System Support

Building and maintaining a strong immune system is vital for ongoing health and wellness. If you've noticed that you're often rundown, feel fatigued or have other nagging complaints you can't figure out, it may mean your immune system is not functioning optimally. Other signs that may indicate your immune system needs support are digestive complaints, stress, and nutritional deficiencies. Smoking can also negatively impact your immune 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 strengthen and maintain a strong and healthy immune system.

## Targeted Needs Products

Targeted Needs Products are those that have been shown to be the most effective in implementing Immune System Support. 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 Detox Probiotic Silver Immune+	PurXcel Mila® Skin Defense PureZyme	Daily Build GoYin Cleanse Organic Sulfur	Fusion* Greens Immune 6

\*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.

## Immune Support 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
Silver (1 tsp) Daily Detox Probiotic Immune+ PurXcel Organic Sulfur Immune6	Mila® Fusion Greens Daily Build GoYin	PureZyme		Mila®	Silver (1 tsp) Organic Sulfur Fusion Cleanse

**Skin Defense:** A multi-use purifying spray.

Mist on skin or surfaces as a cleanser to support a clean and balanced environment.

\*The statements above have not been evaluated by the Food and Drug Administration. LivePURE products are not intended to diagnose, treat, cure, or prevent any disease. Individual results may vary.

# Top Priority Products to Immune System Support

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

## Daily Detox

The botanicals in Daily Detox support the 3 phases of detoxification. Daily Detox is very effective in supporting these three phases. 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 to support a strong and healthy immune system.

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

## Probiotic

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 manage unfavorable organisms and assist in proper waste elimination. A healthy gut may allow the body to efficiently absorb nutrients and maintain a healthy immune system.

**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.

## Silver

Silver has been used extensively throughout history. The ancient Greeks, Egyptians, Phoenicians, Romans, and Macedonians all used silver to help keep them well. This product may help support and maintain a healthy immune response within the body.

**Recommended Use:** Mix 1 teaspoon (5 pumps) in water and consume up to three times a day. May also spray into any orifice (eyes, ears, nose, mouth, etc.) as needed to prevent the spread of bacteria and viruses that can cause respiratory complaints.

## Immune+

Immune+ is the daily immune supplement you need to protect your entire family. Immune+ interacts with the human immune defenses to protect the body and support immune function without overstimulating the immune system. Over a dozen clinical trials have shown improvement in immune function and a healthier response to stress. The main ingredient, Wellmune®, provides a broad spectrum of immune and respiratory benefits.

**Recommended Use:** Take one capsule every day.

## PurXcel

A proprietary blend of 18 complimentary ingredients that are designed to help cleanse, balance, and build the body through glutathione and superoxide dismutase support and production. PurXcel is formulated to support and maintain immune health and promotes a healthy inflammatory response within the body.

**Recommended Use:** Take 1 capsule once or twice a day, with or without food.

## Mila®

Studies have shown a direct correlation between adequate intake of Omega-3 fatty acids and a healthy immune system. Mila® is an organic chia seed varietal that is packed with plant-based Omega-3 fatty acids, fiber, and Phytonutrients. The antioxidant Phytonutrients found in chia seeds may 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.

## Skin Defense

Defend yourself from the outside against unpredictable elements in our environment, while providing immediate care and hydration for your skin. The safe, stable, and natural ingredients also allow you to effectively manage minor wounds without injuring delicate cells that aid in recovery. Hypochlorous acid (HOCL), a key ingredient in Skin Defense, is a naturally occurring chemical our white blood cells produce every day to fight off bacteria, superbugs, and viruses. It has also been shown in testing to be effective against Coronavirus and similar viruses. HOCL is even in many disinfectants on the EPA's list for use against Covid-19.

**Recommended Use:** Spray on skin to cleanse. Safe for the management of minor cuts, burns, or skin irritations caused by cuts, burns, scrapes, rashes, insect bites, dry skin, or blisters. Thoroughly clean area and dress as needed. Saturate the dressing with solution and apply directly over area. Safe for use around mouth, nose, ears, and eyes.

## PureZyme

A comprehensive solution for digestion, detox, gut balance, and immune function. Powered by plant-based fermented enzymes, a multi-strain probiotic blend, and superfruit antioxidants, PureZyme works in harmony with your body to help break down carbs, protein, gluten, fat, fiber, and daily. This proprietary blend supports liver function and natural detoxification pathways, improving gut flora and supporting health bowel movements along with reducing gas and bloating.

**Recommended Use:** For best results, take PureZyme up to three times daily, ideally after meals when digestion begins. It can be chewed directly or sipped with water to help dissolve and ingest.

# Additional Products For Immune System Support

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## Daily Build

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. Those with digestive complaints are often lacking basic nutrient requirements from their diet alone. The nutrients in Daily Build many help to provide needed nutrition and immune support.

**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.

## GoYin

GoYin is a special blend of 20 warming and cooling superfruits and herbs that induce a systemic whole-body balance, which may help optimize physical and mental function. 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. These ingredients fill in the gaps to help support and maintain a healthy immune system.

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

## Cleanse

Environmental toxins can influence the immune system. Maintaining a healthy immune system should include the management of environmental toxins. 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 may help the body release stored toxins that can contribute to substandard health.

**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.

## 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 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

Superfruits have been used for centuries in herbal and folk medicine to provide nutrition and to help support the immune system. Fusion contains equal parts of Acai, Goji, Mangosteen, and Noni, and contains fiber, vitamins, minerals, and antioxidants. Antioxidants are important because they neutralize the effects of free radicals. The antioxidant properties in superfruits come from polyphenols, which are the substances that give the fruits their color. Polyphenols also protect the body's tissues against oxidative stress. This helps to support and maintain a strong immune system.

**Recommended Use:** Take one serving (4 oz.) 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 superfruits. If you chose the individual superfruit bottles instead of fusion, use 1 oz. each of Acai, Goji, Noni, and Mangosteen as a serving.

## 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. Full spectrum of alkalizing vegetables, mushrooms, and superfoods that support overall health and wellness. The Greens may help support and maintain a healthy immune system.

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

## Immune 6

Immune6 provides the body with vitamins and fortification needed to sustain overall health and well-being. It can be taken daily throughout every season. Formulated with six powerful agents, Immune6 contains the antioxidants Vitamin C and selenium, as well as Vitamin D3, all of which have been shown to support immune health. Excellent source of antioxidant Vitamin C, an antioxidant that neutralizes free radicals and may contribute to healthy immune function. Vitamin C may also help the body absorb iron, in addition to being important for skin, bones, and connective tissue. It's also a healthy source of Vitamin D3 that helps the body regulate calcium and phosphorous which contributes to maintaining bone health. Vitamin D3 is commonly found in fortified foods and supplements and promising research shows benefits beyond bone support including helping with immune system support and aiding in muscle strength. Selenium is a mineral found in soil, which neutralizes free radicals and supports a healthy immune system. Inositol hexaphosphate (IP6) may boost the immune system and offers antioxidant properties.

**Recommended Use:** Take two capsules daily. Not recommended for children under the age of 18.

# 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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