

Targeted Needs: Muscular Strength & Endurance 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.

Muscular Strength & Endurance

Regular physical activity is one of the most important things you can do for your health. Exercise and physical activity are good for everyone, including older adults. No matter your health and physical abilities, you can gain a lot by staying active. In fact, studies show that "taking it easy" is risky. Often, inactivity is more to blame than age when older people lose the ability to do things on their own. There are so many important health benefits that come with exercising regularly, including enhancing brain health, maintaining a healthy weight, strengthening bones and muscles, enhancing mood, maintaining healthy blood sugar levels, increasing energy, and aiding in protecting your body from numerous health complaints. Building and maintaining muscle strength takes effort and requires the proper diet, regular exercise, and adequate sleep to make it happen. When building muscle, it is necessary to eat a variety of nutrient-dense foods with the right blend of proteins, carbohydrates, healthy fats, and other vital nutrients. Whether you are an athlete wanting to enhance your muscle strength and endurance, or just a person wanting to support and maintain strong muscles and a health body, incorporating regular exercise, proper nutrition, and the right supplements are the keys to optimal health and wellness.

Targeted Needs Products

Targeted Needs Products are those that have been shown to be the most effective for Muscular Strength and Endurance. 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+ Organic Sulfur Hydrate Energize Circulate	Rebuild PurXcel Serene	Daily Build GoYin Cleanse	Daily Detox Goji

Muscular Strength & Endurance Product Guide

EARLY MORNING + 16 oz of water	BREAKFAST + 16 oz of water	PRIOR TO WORKOUT	DURING WORKOUT	POST WORKOUT	EVENING
Hydrate Organic Sulfur Serene PurXcel Daily Detox	Daily Build GoYin Goji	Energize Circulate	Hydrate	Rebuild	CalciuMK+ Organic Sulfur Cleanse

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Top Priority Products for Muscular Strength & Endurance

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 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. Calcium is a key mineral required for muscle contraction and overall function. Additionally, studies have indicated that magnesium can help relax muscles and help promote restful sleep.

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

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. Both of these amino acids are present in your skin, hair, and nails where they help to make these tissues strong and flexible. Amino acids and proteins are essential in muscle growth and maintenance. Sulfur 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 on an empty stomach. May choose to increase daily use amount over time to achieve desired results.

Hydrate

Proper hydration is essential for maintaining a healthy mind and body. Hydrate contains the amino acids L-Glutamine, L-Citrulline Malate, Taurine, Glycine, and N-Acetyl Carnitine. These amino acids have been shown to enhance muscle growth and recovery, increase athletic performance, boost circulation, enhance flexibility and range of motion, and build lean muscle. This product contains the correct balance of vital ingredients and electrolytes that the body requires for overall health and wellness.

Recommended Use: Add 1 scoop to 8-10 fl. oz. of water, mix thoroughly and drink. May consume during exercise or activity, or as desired throughout the day.

Energize

Energize supports fat burning, activates the neuromuscular system and elevates cellular energy production while helping build lean body mass. This product contains methylated Vitamin B12 which has been shown to support healthy metabolism, adrenal function, enhance cellular energy, activate muscles, and support lean muscle growth, especially when combined with exercise. Energize supplies the body with branched chain amino acids (BCAA) which may aid in increased protein synthesis, enhanced fat metabolism, better hormone balance, and helps fight central nervous system fatigue. BCAA's may also increase athletic performance and endurance and reduce muscle fatigue and muscle tissue damage following exercise.

Recommended Use: Add 1 scoop to 8-10 fl. oz. of water, mix thoroughly and drink. Consume 15-20 minutes before exercise or activity, or as desired throughout the day.

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Circulate

This product offers an efficient delivery of nutrients and oxygen throughout the body. It may relax arteries to improve blood flow, enhance delivery of energy at the cellular level for greater physical activity, and preserve lean body mass and protect muscle tissue. Circulate contains L-arginine and L-citrulline which promotes nitric oxide to boost circulation and stimulate the release of growth hormone. They have also been shown to increase athletic performance, recover from endurance exercise, and build and maintain lean muscle when combined with physical activity.

Recommended Use: Add 1 scoop to 8-10 fl. oz. of water, mix thoroughly and drink. Consume 15-20 minutes before exercise or activity or may consume throughout the day and at bedtime for general health benefits.

Rebuild

This product replenishes and restores energy reserves while generating repair and growth in muscles after activity. The Rebuild delivers the appropriate ratio of protein, carbohydrates, and healthy fats for optimal health and wellness. Additionally, this product contains comprehensive vitamins and branched chain amino acids (BCAA) which enhance optimal muscle and skeletal functioning. BCAA's also contribute to protein synthesis, muscle building, decreased recovery time, cellular energy production, and bone health.

Recommended Use: For 4 years of age and older: Add 1 scoop to 8 fl. oz. of water and blend or shake thoroughly. For optimum results, take immediately (or within 60 minutes) after activity for quick replenishment. For children 4 through 17 Years of Age: Do not exceed 2 servings per day.

Serene

This product contains Moomiyo, a powerful adaptogenic herbal, mineral and organic acid complex which offers natural support for muscle endurance by fighting fatigue. It has been used by Olympic athletes and sports establishments for over four decades because of its potential for reducing muscle fatigue and supporting muscle strength when combined with physical activity, and for its recuperative effects on mental and physical stresses. Its main purpose is to enhance physical performance and to help the body adapt and recover faster from both physical and emotional stresses. It also helps support and maintain an appropriate testosterone-cortisol balance.

Recommended Use: Take 2 capsules with water 15-30 minutes prior to physical activity. Caution: Not recommended for children under the age of 18 years. If you are pregnant, nursing, taking a prescription medication, or have a medical condition, consult a physician prior to using this product.

PurXcel

PurXcel is a proprietary blend of 18 complimentary ingredients designed to help cleanse, balance, and build the body through glutathione and superoxide dismutase support and production. This proprietary supplement contains 18 beneficial ingredients working synergistically to deliver whole health and wellness. PurXcel promotes optimal health and longevity by supporting the body's ability to neutralize damaging free radicals and remove toxins. PurXcel uses bioavailable (absorbable) and clinically tested forms of glutathione and superoxide dismutase, which are essential to everyday living. It also targets the signs of aging (anti-aging), supports immune health, promotes a healthy inflammatory response, and provides nutritional support to the body's antioxidant defense systems. PurXcel offers liver function support to assist internal detoxification, assists the body's removal of toxins (detoxification), and helps improve the perception of stress and physical and mental fatigue for optimal muscle strength and endurance.

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

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Additional Products for Muscular Strength & Endurance

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. 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. One serving of Daily Build delivers 23 essential vitamins and minerals, which offer a unique role in maintaining overall health and setting the stage for optimal results.

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 whole-body balance, which helps optimize physical and mental function. In addition to supporting healthy energy, GoYin has been shown to help balance stress hormones and elevate mood, making GoYin a great source of nutrition to help improve mental and physical well-being.

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.

Cleanse

Environmental toxins are thought to contribute to fatigue and mental dullness. 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 and that can contribute to mental and physical complaints.

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.

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 it supports better absorption of nutrients to help the body build strong muscles and maintain optimal health.

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

Goji

This superfruit provides key nutrients and antioxidants that may help support and maintain a healthy mood, mind, and memory. Goji also contains other important vitamins that host a list of benefits, including enhancing athletic performance. Preliminary research suggests that Goji may help protect and support neurotransmitters, which are important for mood regulation, cognitive health, and sexual function. It also aids in promoting restful sleep, reducing the negative effects of stress, and supporting and maintaining optimal health and wellness.

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.

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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