

Targeted Needs: Boost Brain 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.

Boost Brain Power

Maintaining healthy brain function and focus is important throughout a person's life. At times, individuals of all ages may get easily distracted, have trouble concentrating, or have difficulty remembering things. They may also have trouble staying sharp and focused or feel like they are in a "Brain Fog". These may be caused by one or more factors including aging, trauma, an unhealthy diet, genetics, metabolic issues, or vitamin deficiencies. Some types of memory issues can appear suddenly, while others may be present years before becoming apparent. Studies have shown that positive changes in diet and lifestyle can improve cognitive function and maintain mental well-being.

Targeted Needs Products

Targeted Needs Products are those that have been shown to be the most effective for Boosting Brain Power. 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	
Mila® Focus PurXcel	Goji Acai NEUROBoost PureZyme	Daily Build GoYin Cleanse	DailyDetox Probiotic

Boost Brain Power 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
Focus PurXcel NEURO Boost Daily Detox Probiotic	Mila® Goji Acai GoYin Daily Build	PureZyme		Mila®	Cleanse

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Top Priority Products for Boost Brain Power

All Foundational Core products are recommended for general health purposes.

The Core products include Daily Build, GoYin, and Cleanse.

Mila®

Studies have shown a correlation between Omega-3 fatty acids and healthy brain function. Mila® is an organic chia seed varietal that is high in 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. Mila® contains 3 grams of ALA (alpha-linolenic acid) Omega-3 fatty acids which play a crucial role in normal growth and development and brain function. May be a great substitute for fish oil.

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.

Focus

Focus is a great alternative to high-carb, artificially enhanced Focus drinks. A proprietary blend of natural ingredients may help support mental clarity and focus. Some studies indicate those who have memory or concentration issues may be lacking in amino acids. Focus provides amino acids that may help calm and focus the mind. It also stimulates alertness, enhances cognitive performance, eases fatigue, and promotes wakefulness. It also contains an adrenal support blend, an alkalizing blend, a nutrient-rich vitality blend and antioxidants for immune and cognitive health. Contains natural caffeine and chlorogenic acid, both of which have been linked to focus improvement.

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

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. This product targets signs of aging, fights oxidative stress, and helps promote mental and physical well-being.

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

Goji

The goji berry, known as the “happy berry” has been shown to combat feelings of “brain fog” and mental fatigue. Goji also helps balance neurotransmitters that may improve mood, enhance cognitive function, and reduce complaints of stress. This product is also a beneficial source of antioxidants, particularly the carotenoids, lutein, and zeaxanthin, which may help enhance eye health.

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.

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. It also contains polyphenols, which are antioxidants that may help protect and maintain healthy brain cells.

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.

NEURO Boost

With 30 years of clinical evidence to support its efficacy, NEURO Boost contains the key ingredient Bacopa monnieri (Synapsa™) which has been shown to improve mental performance, decrease forgetfulness, and help improve multi-tasking memory (both short- and long-term memory support). This product also contains Goto Kola, Sage leaf extract, and a proprietary blend called S7 (green coffee bean extract, green tea extract, turmeric, tart cherry, blueberry, broccoli, and kale). These ingredients have been shown to increase cognitive function, help reduce anxiety, improve circulation, boost nitric oxide production, and improve sleep.

Recommended Use: Take one capsule daily, preferably with food.

PureZyme

is 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.

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Additional Products for Boost Brain Power

Daily Build

Eight proprietary ingredient blends and twenty-three essential vitamins and minerals support immune, nervous system, cardiovascular health and more. Contains a neuroprotective blend that supports and maintains a healthy brain and nervous system. L-theanine, inositol and PABA (para-amino benzoic acid) help you perform at your best mentally by fighting against occasional nervousness and stress. Daily Build has many vitamins and Phytonutrients that help support brain function and build and strengthen the body's cells, organs, and tissues. A vitamin and mineral deficiency has been linked to poor cognitive function. Studies have shown that supplementation may fill in the nutritional gaps to give your body what it needs to feed the brain properly. Contains Methylated B Vitamins which are vital for optimal health and wellness.

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 may help optimize physical and mental function. In addition to supporting a healthy mood, GoYin has been shown to reduce stress hormones, tension, fatigue, and confusion. GoYin contains powerful superfruits to maintain both 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 may compromise memory and focus. This product 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. This product contains ingredients to relieve occasional constipation which may contribute to a lack of concentration and "Brain Fog".

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 improving cognitive function.

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

Probiotic

The gut is the center of the immune system. Probiotic helps support and maintain appropriate levels of healthy bacteria and balance gut flora. Studies have shown a correlation between healthy brain function and digestive health, so creating a constant healthy environment within the intestines may help maintain mental clarity and focus.

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.

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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