

TARGETED NEEDS

Armor of Immunity 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.

ARMOR OF IMMUNITY

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 the **Armor of Immunity**. 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	PurXcel	Daily Build	Fusion*
Probiotic	Mila®	GoYin	Greens
Silver	Skin Defense	Cleanse	Immune 6
Immune+		Organic Sulfur	

*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.

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TOP PRIORITY PRODUCTS TO ARMOR FOR IMMUNITY

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.*

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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 in 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 harming 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.

ADDITIONAL PRODUCTS TO ARMOR FOR IMMUNITY

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.

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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. Transition to use of Daily Detox for everyday support. 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.

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

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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.*

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FOOD & DIETARY RECOMMENDATIONS

- Eat a diet rich in fresh fruits (unless Candidiasis or blood sugar issues are present), vegetables, whole grains, beans, and legumes that are in season.
- Eat plenty of quality protein and healthy fats from avocados, nuts, seeds, eggs, and healthy fish. Drink at least half your body weight in ounces of water every day (more if you are cleansing). Water may help thin mucus and improve lung function in addition to other health benefits. You may want to add GPS Hydrate to your regimen to increase electrolytes during the flushing of toxins.
- Limit dairy consumption, except for organic, plain yogurt or keifer.
- Avoid alcohol, caffeine (may substitute ENERGY or Pure Café), soda, sugar, artificial sweeteners (acesulfame K [ace-K], aspartame, saccharin and sucralose), preservatives (nitrates, nitrites and MSG), artificial colorings or flavorings and hydrogenated oil.
- Red meat (if permitted) and other animal products should be organic (in its natural form – cows eat grass; not grain; chickens eat bugs, grubs, and seeds). Natural, organic meat and poultry contain the proper balance of saturated and unsaturated fats (the 'good' fats), are lower in calories, contain more nutrients, fill you up faster and contain CLA (conjugated linoleic acid), which is a potent defense against disease.
- Avoid pork, which is difficult to digest and can create toxins in the body.
- Never use vegetable or corn oil for cooking, as heating them creates toxins and inflammation.
- Avoid fried foods, which also create toxins in the body.

LIFESTYLE RECOMMENDATIONS

- If you smoke, quit. Smoking causes vessels to narrow, decreases available oxygen, increases heart rate, causes plaque build-up in the arteries, and may damage vessel lining. It also weakens the immune system.
- Chew food thoroughly – this aids in digestion and nutrient absorption, helping create a healthier body and mind.
- Eat until satiated, but NOT full. This means you should neither feel hungry nor full; stop between the two. You should not feel pressure in your stomach region after eating. Pressure indicates you may have over-consumed or are not properly digesting.
- Get plenty of sleep (7-9 hours per night).
- Do not eat after 9PM (the liver rests from 10PM-2AM).
- Engage in at least 30 minutes of moderate-intensity physical activity daily.
- Stress is an important factor that contributes to a weakened immune system. Use mindfulness activities like yoga, breathing techniques, meditation, or gentle stretching to help reduce stress and tension. Consider other stress reducing activities like taking a walk, reading an inspiring book, or taking a warm bath with lavender.

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