General Health Recommendations
The concept of Genesis PURE™ is to Cleanse, Balance, and Build in an effort to help the body achieve optimal health. The following is a simplified program to help support the body in maintaining good health. Please be advised that the lifestyle changes and supplements suggested are not intended to prevent, treat, or cure any disease. Rather, they are meant to support the body’s ability to help itself. This program is for an ADULT. If you are pregnant, breastfeeding, or under 18 please consult with your health care provider for product recommendations.

Below are recommendations to help your body achieve and maintain optimal health. Please seek the advice of a qualified medical professional before introducing any recommendations into your current regimen. If you take any medications or other supplements, ask your health care provider about possible interactions before taking any Genesis PURE products.

NOTE: Genesis PURE products should be taken at least 1 hour before or after prescription medications.

Genesis PURE Core Products:

**Liquid or Capsule Cleanse** – Both Liquid Cleanse and Capsule Cleanse contain herbs traditionally used to support healthy bowel activity. We have formulated these products, based on traditional herbal practices, to support the body’s primary channel of elimination. Liquid and Capsule Cleanse are vegetarian formulas with no excipients, binders, or preservatives. They are sugar and dairy free and contain no harsh or artificial ingredients. **Recommended use:**
- **Liquid Cleanse:** Take 35 drops (1 dropper full) in 2 oz. of water or juice in the morning or before bed, followed by 8 oz. of water. Do this for 7-10 days every 60-90 days, or as directed by your health care provider.
- **Capsule Cleanse:** Take 1 capsule with 8 oz. of water in the morning or before bed. Do this for 7-10 days every 60-90 days, or as directed by your health care professional.
  
  Dose may be increased up to 4 droppers or capsules twice daily as needed.

**GoYin** – GoYin is a special blend of 20 warming and cooling superfruits and herbs that induce a whole-body balance. **Recommended use:** Take 1-2 oz. twice daily. May be taken as is, or mixed with other superfruits and/or fruits.

**Daily Build** – Daily Build is a liquid multivitamin that contains vitamins, minerals, trace minerals and amino acids, plus whole superfruits like acai and goji, supergreens like alfalfa and Spirulina, botanicals like aloe and triphala and sea vegetables like kelp and bladderwrack. Daily Build is a good source of antioxidants and contains nutrients that may support the immune system and overall health of the body. **Recommended use:** Take 1 fl. oz. serving daily or as directed by your health care provider. Best taken with food. May add to 100% fruit juice to make it more palatable.

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Genesis PURE Daily Basics:

**Alkaline Water Concentrate** – Alkaline Water Concentrate by Genesis PURE™, when added to tap or bottled water, helps increase the pH and reduce the oxidative potential of the water. Alkaline Water Concentrate uses a revolutionary technology called E2™ that not only alkalizes the water you drink, but also adds electrons to help neutralize harmful free radicals in the water. Genesis PURE’s Alkaline Water Concentrate is your powerful ally in alkalizing the water you drink and creating the balance needed for health and well-being.

**Recommended use:** Add 2-4 squirts of Alkaline Water Concentrate to 8 oz. (1 cup) water. Work up to multiple servings daily, as desired.

**Coral Calcium** – Coral Calcium supports strong bones. In addition to its structural role in bone health, calcium is an essential mineral required for many functions. Genesis PURE™ Coral Calcium contains coral calcium, as well as other essential vitamins and minerals to support bone health. This exceptional product comes in liquid form.

**Recommended use:** Take 1 fl. oz. daily or as directed by your health care provider. Best taken with food. Use before bed may promote restful sleep. Additional servings may be taken throughout the day if desired.

**Organic Sulfur** – Genesis PURE™ Organic Sulfur consists of 99.9 percent pure (distilled) methylsulfonylmethane (MSM). Organic Sulfur contains no added fillers, binders, or flow agents, is non-GMO and 100 percent vegan friendly. Sulfur may support joint health. Organic Sulfur is an ideal supplement to add to your daily regimen.

**Recommended use:** Mix 1 teaspoon into warm water or drink of your choice. Drink twice daily on an empty stomach.

**Probiotic** – Genesis PURE™ Probiotic incorporates a diverse group of good bacteria that have been shown in some studies to support regularity and healthy gut flora. Additionally, Probiotic contains a quality prebiotic to help foster the growth of healthy bacteria. Genesis PURE Probiotic uses a proprietary protective coating, which is intended to help the bacteria survive the harsh environment of the stomach.

**Recommended use:** Take 1 capsule daily on an empty stomach 30 minutes before a meal (preferably breakfast).

**Mila** – Mila® is a proprietary blend of Salvia hispanica L., commonly known as chia seed. Mila provides 3 g. of plant-based protein, fiber, omega-3 fatty acids, and phytonutrients creating a complete overall boost for your health. With twice the potassium of bananas, and six times the calcium of milk, this whole, raw food should be a staple in your daily diet. It is non-GMO, gluten-free, trans fat-free, and sugar-free and can be combined with your favorite healthy foods, including oatmeal, smoothies, and yogurt.

**Recommended use:** 1 scoop (2 Tablespoons) daily. Add Mila to your favorite beverage, cereal, yogurt, salad, and incorporate into your favorite recipes.

**Greens** – Genesis PURE Greens boasts four unique and complete proprietary blends: Organic Superfood Blend (combining the highest quality super-food grasses with important sea vegetables, herbs and organic spirulina), Organic Botanical Complex (with an array of powerful botanicals like turmeric, cinnamon, ginger, and green tea), Organic Mushroom Blend (with three of the most researched and lauded polysaccharide-rich mushrooms), and Organic Fruit Complex (aggregates important fruit nutrients providing a comprehensive

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offering of unique phytonutrients). *+ Recommended use: Add one scoop to 8-12 fl. oz. of water (according to taste), shake or stir thoroughly, and drink. For optimal results, drink one or more servings per day.

**Genesis PURE Support Products:**

The following Support Products may be particularly helpful in maintaining health and well-being.

*Açaí/Açaí Plus* – Known by some as the “beauty berry,” Genesis PURE™ Açaí is unique among açaí products with no added juice or sweeteners. Made from the whole açaí berry, it includes the epicarp (dark purple/black skin), the mesocarp (pulpy meat), and the scraping of the endocarp (seed). **+ Recommended use:** Take 1-2 oz. per day, one in the morning and one in the afternoon. May be taken as is, or mixed with other superfruits and/or fruits.

*Goji* – Goji doesn’t just make you healthier; it can help you feel happier, too. The goji berry, also known as "the happy berry," is a unique and beneficial superfruit, which supports a positive mood. **+ Recommended use:** Take 1-2 oz. per day on an empty stomach. May be taken as is, or mixed with other superfruits and/or fruit.

*Mangosteen* – Mangosteen is a fruit that contains xanthones, 20 percent of which occur ONLY in the mangosteen fruit. Genesis PURE™ Mangosteen contains no added sweeteners or fillers and is made with 100 percent pure Mangosteen fruit. **+ Recommended use:** Take 1-2 oz. per day on an empty stomach. May be taken as is, or mixed with other superfruits and/or fruit.

*Noni* – Genesis PURE™ Noni contains no added sweeteners or juices. Noni captures the full essence of one of the world’s most popular superfruits and is unique from all other noni products. Genesis PURE Noni may help support detoxification and digestion. **+ Recommended use:** Take 1-2 oz. first thing in the morning on an empty stomach. May also be taken immediately following a meal. Take as is, or mix with other superfruits and/or fruit.

*CardioClean™* - Genesis PURE™ CardioClean is a liquid dietary supplement. It contains a combination of essential nutrients, traditional herbs, and proprietary blends, including pomegranate juice, noni juice, capsicum, dandelion, B-vitamins, and more. **+ Recommended use:** Take 1-2 oz. per day for 1-2 weeks, or as directed by your health care provider.

*Cell Water* - Water is essential to life, health, and vitality. Not all water is created equal. Evidence suggests that mineral water may support health benefits. Genesis PURE™ Cell Water is a way to help add minerals to your drinking water. **+ Recommended use:** Add 10-20 drops (about 1 ml) to 6-8 oz. of water and drink. Take at least 3 times daily.

**Food & Dietary Recommendations:**

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• 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.

Seafood Recommendations:
• Drink at least half your body weight in ounces of water every day (more if you are cleansing). Water hydrates the body and helps to flush out toxins. You may want to add Genesis PURE Hydration to your regimen to increase electrolytes during the flushing process.*
• 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).
• Avoid pork, which is difficult to digest.
• Never use vegetable or corn oil for cooking.
• Avoid fried foods.

Lifestyle Recommendations:

• If you smoke, quit.
• Chew food thoroughly – this aids in digestion, 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 9 p.m. (the liver rests from 10 p.m. to 2 a.m.).
• Engage in at least 30 minutes of moderate-intensity physical activity daily. Vary your routine and incorporate strength, flexibility, and cardiovascular exercise to prevent overuse injuries and promote a balanced approach to physical activity.
• Use mindfulness activities like yoga, meditation, or gentle stretching to help reduce stress and tension.

Best wishes,
Genesis PURE™ Nutrition Team

Disclaimer: No information contained here is intended to take the place of the care provided by your doctor or health care provider. This information is provided for educational purposes only. Genesis PURE and Genesis PURE products do not treat, diagnose, prescribe for or cure any disease, disorder, deformity, or physical or mental condition. Individual results may vary. Always consult your doctor prior to starting any new health product or program.

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