

Common Live PURE Product Questions

Differences Between Metabolic ONE, Metabolic MAX, and Metabolic TEN:

- a. Metabolic ONE: A blend of amino acids, nutrients, herbs, and caffeine that supports weight management, boosts metabolism, and helps reduce stress-related eating.
- b. Metabolic MAX: Designed to boost energy, metabolism, and fat loss while promoting lean muscle mass. Best when combined with exercise and a healthy diet.
- c. Metabolic TEN: Helps with weight management by reducing food intake and boosting fat burning, providing a quick energy boost with naturally occurring caffeine.

Are All Products Organic?

- a. Although we strive to use high-quality ingredients in our products, not all of them are necessarily organic.

What Can Kids Take?

LivePURE Products List Safe for Kids 6 to 12 Years Old:

Suggested ½ Serving of the Following Products:

- GoYin®
- CalciuMK+
- Mila®
- All Superfruit Juices: Acai, Goji, Mangosteen, Noni, and Fusion
- GPS Hydrate
- GPS Energize
 - ½ serving contains 55mg of caffeine[†]
- Greens
 - [†]NOTE: Do not exceed ½ serving per day.

LivePURE Products List Safe for Kids Ages 12 Years (at least 110 lbs.) and Older

- Daily Build
- PURE Energy (grape, watermelon, island splash, mixed berry, and lemon flavors)
 - Do not exceed 1 serving per day (120 mg caffeine per serving) *
- GPS Energize
 - Do not exceed 1 serving per day (110 mg caffeine per serving) *
- GPS Rebuild
- Organic Sulfur
- Probiotic
- Immune⁶
- Silver
- HealthTrim® Metabolic ONE
 - Do not exceed 1 serving per day (88 mg of caffeine per serving) *
- HealthTrim® Green Coffee Bean

*NOTE: Do not combine servings of Metabolic ONE, PURE Energy, or GPS Energize in 1 day. Choose only 1 serving of 1 product each day, if used by children age 12 or at least 110 lbs.

Can Kids Take Cleanse?

We do not recommend the Cleanse product for children under 18.

Is Fusion the Same as Taking All the Superfruits Separately?

No, you would need to take 4 oz to get similar benefits although the results won't likely be exactly the same.

Will Energy Make Me Jittery?

Energy contains 110mg of natural caffeine per serving, which may cause jitters depending on individual tolerance. Hydrate has less sodium compared to traditional electrolyte powders, and

Difference Between Energy and Energize:

- a. Energy: Supports mental clarity and focus with natural caffeine and a blend of vitamins, minerals, and herbs. Results can last 6-8 hours.
- b. Energize: A pre-workout supplement that boosts physical and mental energy, supports fat burning, and includes fast- and slow-digesting carbohydrates for sustained energy. Results can last 2-3 hours

Best Combination for Cleansing:

LivePURE offers several detox programs for cleansing. You can find all the programs through your Back Office or through the LivePURE App. The specific products that Cleanse are : The Cleanse, Daily Detox, Sulfur and Mila

Which Products Cleanse, Balance, and Build?

- a. Cleanse: The Cleanse (capsule and liquid), Sulfur, Mila & Daily Detox
- b. Balance: GoYin, Mila, the Superfruits, CalciumK
- c. Build: Daily Build (liquid and capsule), Mila, the Superfruits, the Greens, Calcium MK

Can I Take Noni Juice in a Smoothie?

Yes, Noni Juice can be taken in a smoothie and will still be effective.

Benefits of Mushroom Coffee:

Mushroom Coffee has various health benefits. You can find all the programs through your Back Office or through the LivePURE App.

How Much Sulfur Is Too Much?

2-3 servings per day is the recommendation. Exceeding this may not be beneficial, so it's best to stick to the recommended dosage.

How Do I Take Mila?

Mila can be mixed into liquids, yogurt, or shakes. We have a multitude of recipes that you can use to incorporate it into muffins, French toast or puddings. Many people add it to smoothies and baked goods.

How Often Can You Take GoYin?

Recommended dosage is 1-2 servings per day.

Which Products Contain Caffeine?

Products with caffeine include Energy, Energize, Metabolic Max, Metabolic Ten, Metabolic One, and PureCafé varieties. Individual tolerance varies, so there's no universal maximum intake recommendation.

Capsules vs. Liquid (Daily Build, Sulfur, and CalciuMK+):

Both forms are assumed to be equally effective since they contain the same nutrients. Although the liquid form is likely more bio-available or easily absorbed and utilized by the body.

How Long Should I Take the Cleanse? Does It Affect Medications?

We recommend using Cleanse (capsule or liquid) for 7-10 days every two months. If you're on medication, we recommend that you always consult your physician before starting any new supplements to ensure they're safe to take together.

If Daily Build Contains Superfruits, Do I Still Need to Take Them Separately?

Daily Build does contain superfruit extracts but taking them separately will maximize benefits.

Should I Continue Medication When Starting PURE Products?

If you're on medication, we recommend that you always consult your physician before starting any new supplements to ensure they're safe to take together.

Should I Take Both Probiotic Capsules and Mie Collagen Pro?

LivePURE Probiotic Capsules have 8 billion CFU per serving, while Mie Collagen Pro offers 17 billion CFU. Both can be taken, depending on your probiotic needs.

What can I do for low iron levels? We currently don't offer iron supplements. Goji however increases the Iron absorption into your cell. If you struggle with low Iron levels, Goji should be a part of your daily routine.

What Products Need to Be Taken on an Empty Stomach? Sulfur, Energy and Energize are best consumed on an empty stomach.