

Pure Encapsulations® Supplements

	Product Name	Dosing
TARGETED SUPPORT*†	_____	___ servings/day
	_____	___ servings/day
	_____	___ servings/day
	_____	___ servings/day
FOUNDATIONAL SUPPORT*	Women's Pure Pack	___ servings/day
	Probiotic-5	___ servings/day
	G.I. Fortify (powder or capsules)	___ servings/day
	Magnesium (glycinate)	___ servings/day

†Based on individual health needs, your healthcare professional will provide a targeted nutritional support plan to achieve optimal health.*

Please follow the dosing recommendations provided by your licensed healthcare professional.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



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PureWoman™



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PWT17



Nothing But Pure

PureWoman™

Targeting the Whole Woman
at Every Stage of Life*



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PureWoman™

What makes women unique is not solely a matter of anatomy and hormones. It is the complex interplay of hormones, their receptors, and dietary, lifestyle and environmental factors that converge on every organ system in a woman's body.

The PureWoman™ platform offers product protocols for:

- ✓ Premenstrual and Menopausal Support*
- ✓ Breast and Ovarian Health*
- ✓ Metabolic Health*
- ✓ Reproductive Support*
- ✓ Emotional Well-Being and Occasional Stress*
- ✓ Cardiovascular Support*



Dietary & Lifestyle Recommendations

Nutrition:

- **Emphasize organic, whole foods.** Aim for a vegetable-to-fruit ratio of 5:1 and select produce representing all colors of the rainbow.
- **Limit sugar, refined carbohydrates and other processed foods.**
- **Limit caffeine, alcohol, and salt.**
- **Eat at approximately the same times each day** and minimize snacking between meals.
- **Maintain adequate fluid intake.** Choose purified water or non-caffeinated tea.
- **Consume approximately 30 grams or more of fiber daily** from a variety of sources.

Exercise:

- **Exercise at least 30 minutes per day**, three to five days per week.
- **Avoid sitting for long periods.** For each hour of sitting, stand up and walk for five minutes.
- **Start slow and easy.** Five minutes per day is better than zero minutes. Add a few extra minutes each week.
- **Exercise should be fun!** Commit to activities you will do on a consistent basis. To be effective, fitness must become a regular part of your routine. Even a daily walk can help combat fatigue, boost energy levels, and help stress by releasing healthy endorphins and hormones.

Stress:

- **Consider breathing exercises, yoga, meditation, and calming teas** such as chamomile and lemon balm to help manage life's daily demands.

Sleep:

- **Take five minutes for a simple three-step breathing exercise prior to bedtime:** Breathe in slowly through the nose for four seconds, hold for seven seconds and exhale through the mouth for eight seconds.
- **Avoid using electronic devices** or watching television prior to bed.
- **Stick to low-glycemic carbohydrates**, particularly at dinner.
- **For additional sleep support, consider the following supplements:***
 - **Melatonin is a hormone produced by the brain that regulates the body's circadian rhythm (sleep/wake cycle).** Take 1 capsule of Melatonin 0.5 mg four to six hours before bed to support a healthy circadian rhythm. If needed, on occasion, take 1 capsule of Melatonin 3 mg 30 minutes before bed to support sleep onset.*
 - **Best-Rest Formula supports alpha wave production and inhibitory neurotransmission in the brain.** Take 2 capsules as needed 30-60 minutes prior to bedtime.*

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship. Please be sure to consult your physician before taking any product. Consult your physician for any health problems.

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