

Pure Encapsulations® Supplements

	Product Name	Dosing
TARGETED SUPPORT†	Th1 Support	___ servings/day
	Innate Immune Support	___ servings/day
	Th2 Modulator	___ servings/day
FOUNDATIONAL SUPPORT‡	Balanced Immune	___ servings/day
	EPA/DHA essentials	___ servings/day
	UltraZin Zinc	___ servings/day
	Vitamin A 3,000 mcg (10,000 IU)	___ servings/day
	Vitamin D ₃ 25 mcg (1,000 IU)	___ servings/day
ADDITIONAL SUPPORT**	_____	___ servings/day
	_____	___ servings/day
	_____	___ servings/day
	_____	___ servings/day
	_____	___ servings/day
	_____	___ servings/day
	_____	___ servings/day

*Based on individual health needs. Your healthcare practitioner will provide an additional nutritional support plan to achieve optimal health.†

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

†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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PureResponse™



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Nothing But Pure®

PureResponse™

Promote Active Response.‡
Create Immune Balance.‡



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PureResponse™

Immunology is a complex area of medicine that focuses on the body's natural defense system and how it responds to foreign triggers. A balanced immune system is fundamental to the health of every major system in the body, including joints and mucosal barriers of the gut, sinuses, and urinary tracts.

PureResponse™ is a first-of-its-kind functional immunology support platform, developed for the more than 25 million Americans seeking solutions to reset their immune balance and responsiveness. It was designed to help you and your practitioner to address the interrelationship among elements of your immune system, the environment, and other biological processes. Although these connections are the same for all individuals, each manifestation is unique, with a greater emphasis on some elements than others.‡

PureResponse™ will help you and your practitioner identify which components are most important for you and how to address them effectively.‡

PureResponse™ will help:

- ✓ **PREPARE** your body for immune readiness and responsiveness‡
- ✓ **RESET** your body's natural immune balance by providing the right conditions for it to thrive‡

Dietary & Lifestyle Recommendations

Nutrition:

- **Emphasize organic natural whole foods** to minimize exposure to antibiotics, hormones, pesticides, artificial colors/flavors/sugars, high-fructose corn syrup or preservatives.
- **Remove reactive foods/allergens from the diet** to reduce stress on the G.I. tract and immune system. Appropriate dietary changes will be specific to the individual; however, avoidance of one or more of the following is common to help maintain cytokine homeostasis:
 - Gluten-containing grains (wheat, rye, spelt, barley, kamut) as well as foods known to be gluten cross-reactors (dairy, sesame, oat, millet, corn, rice, coffee, yeast)
 - Grains in general
 - Refined carbohydrates (some individuals may need to minimize all forms of carbohydrates)
 - Nightshades (tomato, white potato, eggplant, peppers, paprika, etc.)
 - Trans fats/hydrogenated oils
 - Nuts and legumes (tree nuts, peas, beans, etc.)
- **A low-histamine, low-FODMAP diet or a similar diet may be appropriate** based on intestinal health assessment(s).
- **Individuals with concerns regarding self-tissue response must be consistent in their dietary practices.** Consumption of problematic foods by these individuals may increase the risk of developing new self-tissue responses.

Exercise:

- **Exercise should be enjoyable and sustainable.** Commit to activities you will do on a consistent basis. Even a daily walk can help combat fatigue, boost energy levels, and help manage stress by stimulating the release of endorphins.

Stress:

- **Minimize stress** through mindful practices, daily journaling, or other stress-reducing activities.



Ask your healthcare practitioner about PureResponse™ or visit PureEncapsulations.com/pureresponse to learn more.