



Product Use Schedule

The following matrix may be used to determine how Genesis PURE products can be combined throughout the day. Note that individual needs may vary and it is best to check with your doctor. Please check with your doctor if taking prescription medication.

Empty Stomach				Take as Needed
Best taken at least 1 hour before or 2 hours after any food				
Group 1	Group 2	Group 3	Group 4	
May be taken with other products in group 1 and 30 minutes apart from other products. Best taken first thing in the morning and/or at night, but may be taken other times.	May be taken with other products in group 2 and 15 minutes apart from other products (may be taken with juice).	May be taken with other products in group 3 and 15 minutes apart from other products. Best taken before bed, but may be taken other times as needed.	May be taken with other products in group 4 and 30 minutes apart from other products. Best taken immediately before bed, but may be taken other times as needed.	Products may be taken as needed throughout the day. Note, HT Complete Shake should be treated as a meal or snack when determining product usage.
<ul style="list-style-type: none"> • Organic Sulfur • Probiotic 	<ul style="list-style-type: none"> • GoYin • Superfruits • Probiotic 	<ul style="list-style-type: none"> • GPS Moomiyo Edge • GPS Pro-Arginine • Cardio Clean 	<ul style="list-style-type: none"> • Liquid Cleanse • Capsule Cleanse 	<ul style="list-style-type: none"> • Alkaline Water Concentrate • Cell Water • ENERGY • Fruit and Fiber • Greens • HT Complete Shake • Mila • PURE Café • Silver

Before Meal	With Meal	Pre-Exercise	During Exercise	Post-Exercise
Take 20-30 minutes before meals and/or snacks.	Take product with food. May also be taken with GPS Recovery.	Take 30-45 minutes before exercise.	Consume during strenuous exercise.	Take within 30 minutes following exercise.
<ul style="list-style-type: none"> • Green Coffee Bean • HT Metabolic Boost or HT Control	<ul style="list-style-type: none"> • Coral Calcium • Daily Build • Immune6 	<ul style="list-style-type: none"> • GPS E2 • GPS Pro-Arginine • GPS Moomiyo Edge • GPS Hydration 	<ul style="list-style-type: none"> • GPS Hydration 	<ul style="list-style-type: none"> • GPS Recovery

Use HealthTrim® Fasting Solution, Ionic Blend, and Appetite Chews as directed in *HealthTrim® Detox and Weight Management Program*.



Sample Daily Schedule

This is intended as a sample schedule of how the products may be used throughout a typical day. Create your own product schedule based on your unique routine and desired products.

7:00 am – **Wake up**, take Probiotic and Organic Sulfur

7:15 am – Take GoYin and Superfruits

7:30 am – Take Green Coffee Bean and HT Metabolic Boost

8:00 am – **Breakfast**, take Daily Build, Mila, and Immune6

10:30 am – Take GPS E2, GPS Pro-Arginine, and GPS Moomiyo Edge

11:00 am – **1 hr. Exercise**, take GPS Hydration

12:15 pm – Take GPS Recovery

12:45 pm – Take Green Coffee Bean and HT Metabolic Boost

1:15 pm – **Lunch** (HT Complete Shake)

3:00 pm – Take GoYin and Superfruits

3:30 pm – Take Greens

6:00 pm – Take Control*

6:30 pm – **Dinner**, take Coral Calcium

10:00 pm – Take Organic Sulfur and Probiotic

10:30 pm – Take Moomiyo

11:00 pm – **Bed**, take Liquid Cleanse

*Some individuals may experience sleep disturbances when taking Control or other caffeine containing products in the evening.