



Mycotoxin and Mold Support Checklist

What are Mycotoxins?

Mycotoxins are toxic compounds produced by mold and fungi that cause health issues in humans and animals. They enter the body via ingestion, inhalation, or absorption through mucous membranes.

Symptoms associated with mycotoxin exposure include:

- Sinus, upper and lower respiratory issues
- Decreased energy
- Sleep disturbances
- Sensitivity to smells
- Changes in mood and behavior
- Neurological or cognitive concerns
- Vision and hearing changes
- Gastrointestinal distress
- Frequent, persistent head, muscle, nerve, and joint discomfort
- Mysterious symptoms of unknown origin

Sources of Mycotoxins

Homes and buildings with water damage and mold growth may harbor mycotoxins in ventilation systems, carpets, furniture, and on surfaces. Daily exposure to hidden food sources of mold, such as grains, corn, peanuts, coffee, and fermented foods can exacerbate the effects of environmental mycotoxin exposures.

Strategies for Optimizing Your Health

Discover practical insights to help you develop daily strategies for optimizing your well-being.

Support Drainage and Detoxification Organs

Supporting both the liver and kidneys and encouraging optimal lymphatic drainage is vital for any wellness program. Utilizing these health strategies supports homeostasis and optimal metabolism.

Build a strong foundation with the following BioPure® products*:

- BioPure Liver Tincture
- Matrix Electrolyte Powder
- Micro Minerals
- LipoSorb
- Core
- Core-S
- Night-Time Deodorant



* 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.

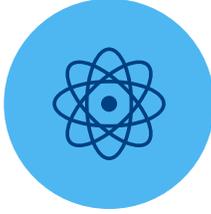
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Choose a Binder

What are binders? This broad term refers to natural or human-made substances that attach or 'bind' to toxicants (mycotoxins, heavy metals, environmental compounds) in the small intestine after being processed by the liver. They decrease toxin reabsorption (hepatic recirculation) in the gastrointestinal tract and support detoxification.*

BioPure® Binder Suggestions:

- Chlorella Pyrenoidosa
- Chlorella Vulgaris
- PC- Ecklonia Cava
- ZeoBind



Support Your Glymphatic System and Optimize Sleep

Toxins and metabolic waste are cleared from the brain via the glymphatic system each night as you sleep. Staying hydrated and daily exercise combined with 7 - 9 hours of sleep encourages optimal glymphatic function and supports normalized metabolism. Adding one pump of BioPure Liposomal Melatonin to your nightly bedtime routine promotes restful sleep and delivers 4 mg of melatonin via the enhanced phospholipid delivery system.*

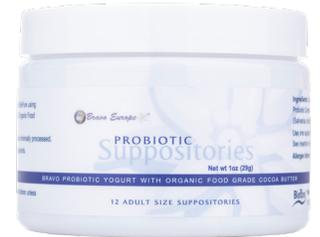
Fortify Your Microbiome

The condition of your gastrointestinal microbiome has a significant impact on your gut, immune, and neurological function. Supporting your gastrointestinal (GI) tract with the addition of beneficial probiotics promotes digestion, regular bowel movements, beneficial GI mucous production, and normalized immune response.*

Bravo Probiotic Suppositories provide an innovative source of beneficial flora and immune-supportive colostrum, delivered in an emollient, organic cocoa butter suppository.** This unique delivery system deposits a powerful supply of probiotics directly to the lower GI tract providing a highly impactful, localized digestive health effect.*

Probiotic strains found in Bravo Probiotic Suppositories:

- *Lactobacillus salivarius*
- *Lactobacillus paracasei*
- *Lactobacillus acidophilus*
- *Lactobacillus rhamnosus*
- *Lactococcus lactis*
- *Bifidobacterium infantis*
- *Bifidobacterium bifidum*
- *Bifidobacterium lactis*



****Bravo Probiotic Suppositories are not considered dietary supplements by the Food and Drug Administration. Consult with your healthcare practitioner before use.**



Our goal at BioPure® is to create an unparalleled culture of authenticity. We offer the highest quality nutraceutical supplements, formulated from the purest raw ingredients.

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