

PureLean[®]

Weight Management[†] Brochure[‡]



Featuring an Exclusive Protocol developed with
Dr. Caroline Cederquist, M.D.[‡]

[‡]Dr. Cederquist is a retained advisor to Pure Encapsulations.

[†]Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

[‡]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.

pure
encapsulations[®]



Weight can be a struggle. How can you help?

Over 70% of American adults struggle with weight (BMI ≥25).¹ While often addressed for aesthetic reasons, weight can have a serious impact on health and well-being, affecting cardiovascular health, lipid metabolism, bone health, detoxification, sleep and much more.²

Thankfully, your expertise in nutrition and lifestyle medicine makes you uniquely suited to help these patients. To augment your plan of care, we partnered with weight management expert Caroline Cederquist, M.D.,[†] to develop PureLean®, an exclusive collection of products and instruction to help you support your patients' weight management goals and overall well-being.[†]

This brochure will introduce you to the following PureLean® assets:

Product Overview table to quickly identify appropriate products

Dr. Cederquist's Foundational Weight Management Protocol

Tips for personalizing your plan of care with lab and genetic assessments

Research and ingredients for our line of exclusive products

Product Overview

The following list of products was curated by Dr. Caroline Cederquist, a board-certified family medicine physician, IFM-certified functional medicine provider and weight management specialist. These formulas can be used individually to support specific clinical objectives or in concert as part of the PureLean Healthy Weight Management[†] Protocol on page five.[‡]



CLINICAL OBJECTIVE [†]	ASSESSMENT	PRODUCT RECOMMENDATION	DOSING
Micronutrient Repletion	Serum Vitamin B ₁₂ 25-hydroxy Vitamin D Magnesium RBC Genetic Assessments	PureLean® Nutrients Order Code: PLN1 See page 11	3 capsules, 1-2 times daily, with meals
		B ₁₂ Liquid or Adenosyl/hydroxy B ₁₂ Liquid Order Code: B12L/AHBL See page 9	1 ml (1 full dropper), 1-3 times daily, with meals
		Vitamin D ₃ Liquid or Capsule Order Code: VDL/VDL16 See page 14	25 mcg (1,000 IU) to 100 mcg (4,000 IU) daily, with meals
		Magnesium (glycinate) Order Code: MG9 See page 9	1-4 capsules daily, with meals
Adequate Protein & Fiber	Self-reported dietary intake	PureLean® Protein Order Code: PLPV6 See page 12	Add 1 serving to 8 oz of water, milk or juice. Blend with fresh or frozen fruit pieces if desired. Shake, stir, or blend until smooth.
		PureLean® Whey Order Code: PLW4 See page 14	Add 1 serving to 8 oz water, milk or juice. Blend with fresh or frozen fruit pieces if desired. Shake, stir, or blend until smooth.
		PureLean® Fiber Order Code: PLFX3 See page 10	1 serving, 1-3 times daily, mixed with a beverage. Adequate water intake is recommended.
Glucose & Lipid Metabolism	Comprehensive Metabolic Profile (CMP) Fasting Serum Insulin HbA1c Lipid Profile	Metabolic Xtra Order Code: MG9 See page 10	1 capsule, 1-3 times daily, with meals
Sleep	Self-reported sleep disturbances	Melatonin 0.5 mg Order Code: ME51 See page 9	1 capsule daily, ½ to 1 hour before bedtime

1. Fast Stats. National Center for Health Statistics. Feb 2020.
2. Pi-Sunyer X. Postgrad Med. 2009;121(6):21-33.
[†]Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

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PureLean®
Developed with Expert
Caroline Cederquist, M.D.†

Dr. Cederquist is a board-certified family medicine physician, IFM-certified functional medicine provider, and Weight Management Weight Specialist. She is the founder and medical director of Cederquist Medical Wellness Center in Naples, Florida, a comprehensive weight management and preventive medicine clinic founded in 1998.

Dr. Cederquist's detailed understanding of medical weight management through proper nutrition and lifestyle medicine has allowed her to help patients all over the world.

+Dr. Cederquist has been retained as a medical consultant in advising Pure Encapsulations.



"Whether you're new to functional and lifestyle medicine or looking to grow an existing practice, weight management is a great place to start and a great way to attract new patients."

– DR. CEDERQUIST

Healthy Weight Management† Protocol‡
Developed with Caroline Cederquist, M.D.†

This protocol includes Dr. Cederquist's clinical experiences and recommendations to help guide and validate your wellness plan for healthy weight management.†

DR. CEDERQUIST'S APPROACH	SCIENTIFIC RESEARCH	DR. CEDERQUIST RECOMMENDS
Step 1: Micronutrients & Sleep		
Many of my patients have low levels of several nutrients — often magnesium, vitamin B12 and vitamin D. Repleting these nutrients makes a difference in their quality of life.†	In a 26-week randomized, double-blind, placebo-controlled study, a simple multivitamin significantly supported healthy weight, lipid profile and energy expenditure with no change in diet or exercise habits.1†	PureLean® Nutrients Order Code: PLN1
Sleep is also incredibly important for healthy weight management. As an initial intervention, I often recommend a low dose of melatonin to support the body's natural sleep cycle.†	In several studies, adequate sleep (7-8 hrs.) has been associated with healthy weight, satiety and dietary choices.12	Melatonin 0.5 mg Order Code: ME56
		Additional support based on lab results:
		B12 Liquid (as either methyl or adenosyl/hydroxycobalamin) Order Codes: B12L/AHBL
		Vitamin D3 Liquid or Capsule Order Codes: VDL/VD16
		Magnesium (glycinate) Order Code: MG9
Step 2: Adequate Protein & Fiber		
A higher-protein diet is particularly helpful, especially when combined with adequate fiber. I generally recommend between 100 to 140 grams of protein per day, depending on gender and health conditions, along with two servings of fruit and at least three servings of vegetables.†	Reduced-calorie diets that are higher in protein have repeatedly been associated with healthy weight management,† satiety and body composition.13	PureLean® Protein or PureLean® Whey Order Codes: PLPV6/PLW4
		PureLean® Fiber Order Code: PLFX3
Step 3: Glucose & Lipid Metabolism		
By comparing hundreds of test results, I discovered that 90% of my patients need support for glucose metabolism either clinically or sub-clinically. I use Metabolic Xtra—one of my favorite products—to support both healthy glucose and lipid metabolism.†	Weight can influence glucose and lipid metabolism. Research suggests that support for these two objectives can contribute to healthy weight management† and cardiovascular function.14-6	Metabolic Xtra Order code: MX29

Available for download at PureEncapsulations.com/PureLean

1. Li Y, Wang C, Zhu K, et al. *Int J Obes*. 2010. 34; 1070-1077.
2. Cooper CB, Neufeld EV, Dolezal BA, Martin JL. *BMJ Open Sport Exerc Med*. 2018;4(1):e000392.
3. Moon J and Koh G. *J Obes Metab Syndr*. 2020;29(3):166-173.
4. Vekic J, Zeljkovic A, Stefanovic A, et al. *Metabolism*. 2019 Mar;92:71-81.
5. Yang J, Yin J, Gao H, et al. *Evid Based Complement Alternat Med*. 2012;2012:363845.
6. Namazi N, Larjani B, Azadbakht L. *Clin Nutr*. 2018 Apr;37(2):419-428.

+Dr. Cederquist is a retained advisor to Pure Encapsulations.
†Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.
The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

‡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.



PURE Genomics®



Personalizing Your Plan of Care

Laboratory Recommendations

Every patient's experience with weight management is unique and deserves a personalized plan of care. In addition to foundational interventions, Dr. Cederquist often considers thyroid and adrenal health as well as microbial balance in the GI tract. Here you will find the lab tests she routinely uses to check for out-of-range markers, nutrients and other areas of focus:

LABS

Complete Blood Count (CBC)
Comprehensive Metabolic Profile (CMP)
Fasting Serum Insulin
HbA1c

Lipid Profile
TSH, Free T3 and Free T4
Serum Vitamin B₁₂
5-hydroxy Vitamin D
Magnesium RBC
Genetic Assessment (Nutrigenomics)

Nutrigenomics — A New Level of Personalized Care

Variations in our genes can affect our ability to utilize or respond to certain nutrients—this is the study of nutrigenomics. In her weight management practice, Dr. Cederquist utilizes nutrigenomics to answer patient questions and create a more personalized plan of care. “While I don’t perform a nutrigenomic assessment on all my patients, I’ve found that nutrigenomics can be particularly helpful when patients have questions like: 'Is a ketogenic diet right for me?' Or, 'Will extra protein in my diet really make a difference?' In these instances, a quick look at their APOA2 gene can tell me if they have a tendency to gain weight from consuming even moderate amounts of saturated fat—in which case a ketogenic diet would not be a good idea—or if their FTO gene indicates that they are more likely to benefit from a higher protein diet. I also find useful genetic information related to vitamin and mineral status, dopamine receptor function and exercise response in nutrigenomic reports.”

Better Health From Within

To help you quickly and easily integrate nutrigenomics in your practice, Pure Encapsulations offers complimentary access to PureGenomics®, a nutrigenomic service dedicated to empowering healthcare providers with simple, reliable, and actionable genomic information.

How it Works

Using a patient's genetic data, previously collected by 23andMe® or Ancestry®, PureGenomics creates individualized, actionable reports with evidence-based nutritional and lifestyle recommendations.

What's Included

PureGenomics offers nutrigenomic insights into 60+ genetic variations across 11 health categories, plus:

- Personalized recommendations for PureResponse supplements and more
- Comprehensive genetic reports rooted in verifiable science
- Actionable insights customized for your patients
- Support, education, and resources for you

Learn more and discover the role that nutrigenomics can play in your practice:
PureGenomics.com

"PureGenomics® helps me explain weight management tendencies and create a more comprehensive and personalized plan of care."

– DR. CEDERQUIST

PureGenomics® nutritional information is not intended for use in the diagnosis, cure, mitigation, treatment or prevention of disease. 23andMe® is the registered trademark of 23andMe, Inc. ANCESTRY.COM® is the registered trademark of Ancestry.com Operations Inc. Pure Encapsulations is not affiliated with or endorsed by 23andMe® or ANCESTRY.COM®. *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.



Pure Exclusives

Products and Resources You Won't Find Anywhere Else

Pure Exclusives are unique to Pure Encapsulations and created in collaboration with a medical expert to address key needs for practitioners in specific areas. Each Pure Exclusive, like PureLean™, includes specially formulated products that focus on specific health needs, along with recommendations from highly experienced medical experts to help guide your plan of care. Discover all of the Pure Exclusives at [PureEncapsulations.com](https://www.pureencapsulations.com).

Pure Encapsulations

Nutritional Supplements You Can Trust

At Pure Encapsulations, we've spent the last 30 years researching, innovating, and developing our comprehensive line of premium supplements to bring you uniquely formulated products made with high-quality and pure ingredients, backed by verifiable science. And what we leave out of our products is just as important as what we put in. That's why Pure Encapsulations offers a comprehensive line of supplements FREE FROM unnecessary additives and many common allergens, providing your patients with everything they need, and nothing they don't—that's goodness encapsulated.



PureLean® Products

Adenosyl/Hydroxy B₁₂ liquid

PureGenomics® product line
LIQUID BLEND OF UNMETHYLATED B₁₂ FORMS TO SUPPORT ENERGY METABOLISM AND NEUROLOGICAL HEALTH[†]

Convenient liquid formula without flavorings or sweeteners

1 ml (1 full dropper), 1-3 times daily, with meals.

1 ml (0.03 fl oz) (1 full dropper) contains:

Vitamin B₁₂ 1,000 mcg
(formulated as adenosylcobalamin and 50% hydroxycobalamin)
Other ingredients: purified water, natural glycerin, citric acid, potassium sorbate

Multivitamins, Vitamins & Minerals GF NON GMO V VEG		
Adenosyl/Hydroxy B ₁₂ liquid	Quantity	Order Code
	30 ml (1 fl oz)	AHBL

B₁₂ liquid

CONVENIENT LIQUID DELIVERY FORM; FORMULATED WITH METHYLCOBALAMIN; SUPPORTS RED BLOOD CELL FUNCTION, ENERGY METABOLISM AND NEUROLOGICAL HEALTH[†]

Methylcobalamin, the active form of vitamin B₁₂, supports neurological function and nerve cell health. In studies, methylcobalamin has demonstrated the potential to support healthy cognitive and nerve function as well as memory and emotional well-being. Vitamin B₁₂ is also an important cofactor for energy production and plays a role in immune system health and healthy homocysteine metabolism.[†]

1 dropper, 1-3 times daily, with meals, or as directed by a health professional. Shake well before use.

Serving size: 1 ml (0.03 fl oz) (one full dropper)

Servings per container: 30

1 ml (0.03 fl oz) (one full dropper) contains:

Vitamin B₁₂ 1,000 mcg
Other ingredients: purified water, natural glycerin, citric acid, potassium sorbate, stevia leaf extract

Multivitamins, Vitamins & Minerals GF NON GMO V VEG		
B ₁₂ liquid	Quantity	Order Code
	30 ml (1 fl oz)	B12L

Magnesium (glycinate)

HIGHLY BIOAVAILABLE MAGNESIUM CHELATE FOR SENSITIVE INDIVIDUALS

Magnesium (glycinate) is less likely to cause loose stools than other forms of magnesium.[†]

1-4 capsules daily. Consume with food.

Each (size 00) vegetarian capsule contains:

Magnesium (as magnesium glycinate) 120 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Multivitamins, Vitamins & Minerals GF NON GMO V VEG		
Magnesium (glycinate)	Quantity	Order Code
	360	MG3
	180	MG1
	90	MG9

Melatonin 0.5 mg

SUPPORTS THE BODY'S NATURAL SLEEP CYCLE[†]

Melatonin is a hormone produced by the pineal gland, which regulates the body's sleep/wake cycle. Melatonin's primary role is regulation of the body's circadian rhythm, endocrine secretions, and sleep patterns. Studies indicate that it facilitates the onset of sleep, as well as sleep efficiency.[†]

1 capsule daily, 1/2 to 1 hour before bedtime.

Each (size 3) vegetarian capsule contains:

Melatonin 0.5 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Consult a health professional if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or lactating women, those with a medical condition, and those taking medication. Do not drive or operate machinery when taking melatonin. This product may be contraindicated with autoimmune disease or for individuals taking corticosteroids.

Sleep GF NON GMO V VEG		
Melatonin 0.5 mg	Quantity	Order Code
	180	ME51
	60	ME56

Metabolic Xtra

PureLean® product line

SUPPORTS HEALTHY GLUCOSE METABOLISM*

Metabolic Xtra is a powerful combination of nutrients that helps support insulin receptor function as well as healthy glucose metabolism. The natural plant alkaloid berberine enhances the expression and function of insulin receptors. In a randomized, placebo-controlled trial involving 116 subjects, berberine provided statistically significant support for healthy glucose and lipid metabolism. Resveratrol promotes healthy AMPK and SIRT1 protein levels to support cellular metabolism and glucose homeostasis. In a randomized, double-blind, placebo-controlled, four-week study, resveratrol supported healthy insulin signaling and antioxidant defenses. The trace mineral chromium plays an important role in nutrient metabolism, as well as enzyme activation. Optimal levels of chromium promote healthy carbohydrate and fat utilization. ChromeMate® has been clinically studied for its potential role in supporting healthy body composition when combined with a healthy diet and exercise. Alpha lipoic acid supports healthy receptor function and glucose metabolism.†

1 capsule, 1-3 times daily, with meals.

Each (size 00) vegetarian capsule contains:

Chromium (as ChromeMate® chromium polynicotinate)	200 mcg
Berberine HCl	350 mg
Alpha lipoic acid (thioctic acid)	100 mg
resVida® resveratrol (as trans-resveratrol)	20 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber, ascorbyl palmitate	
ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.	

resVida® is a trademark of DSM.

Not to be taken by pregnant or lactating women.

Cardiometabolic Health & Metabolism	GF	NON-GMO	V	VEG
Metabolic Xtra	Quantity	Order Code		
	90	MX29		

PureLean® Fiber

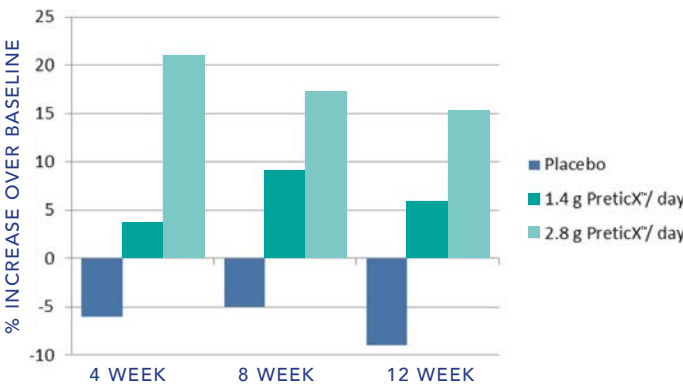
PureLean® product line

POWDERED BLEND OF FIBER AND PREBIOTICS TO PROMOTE WEIGHT MANAGEMENT† BY SUPPORTING HEALTHY MICROFLORA BALANCE, GLYCEMIC RESPONSE, SATIETY AND REGULARITY†

The gut microflora is now recognized as an important factor in overall health, with potential roles ranging from cellular and immune health to metabolic function and weight management. Studies indicate that overweight individuals possess lower levels of Bacteroidetes microorganisms and higher levels of Firmicutes bacteria in the GI tract compared to lean individuals. In one study, germ-free mice inoculated with bacteria from obese mice showed increased Firmicutes bacteria and an increase in body fat over two weeks despite no change in dietary intake, compared to

mice inoculated with bacteria from lean mice. In a double-blind, randomized, placebo-controlled study, 32 healthy adult subjects were given 1.4 grams or 2.8 grams of PreticX™ XOS for eight weeks. The Bifidobacterium count increased 21% from the baseline at four weeks and 17% from the baseline at eight weeks in the highest-dose group. B. fragilis levels (a Bacteroidetes organism) were also found to increase. Similar results were found in another study involving healthy young women, which also showed PreticX™ supplementation resulted in an increase in fecal triglyceride and cholesterol concentrations. In contrast to many common prebiotics, these studies reported no gas, bloating or other intestinal side effects. Each serving of PureLean® Fiber provides 0.7 grams PreticX™ XOS and a minimum of 6 grams fiber, typically providing 3.5 grams soluble fiber from glucomannan, guar gum, apple pectin and prune fiber, and 3 grams insoluble fiber from flax seed and cellulose.‡

12-week PreticX™ XOS



In a 12-week, randomized, double-blind, placebo-controlled intervention trial, Bifidobacterium counts increased in both PreticX™ supplemented groups compared to the subjects taking placebo. Bifidobacterium count increased 21% from baseline at four weeks and 17% from baseline at eight weeks in the high-dose group (2.8 g per day). A similar trend was observed in the lower-dose group. (1.4 g per day)(a=p<0.5, b=p<0.1)†

Soluble fiber helps slow the rate of digestion, promoting satiety, digestive health, nutrient absorption and healthy glycemic control. It enhances satiety by absorbing water and adding bulk in the digestive tract. Research has revealed that the high molecular weight and viscosity of glucomannan is particularly supportive. Each serving of PureLean® Fiber contains 1 gram of glucomannan. Several randomized controlled trials indicate that glucomannan supports healthy weight management† and lipid metabolism, and supports healthy glycemic control.†

1 serving, 1-3 times daily, mixed with a beverage. Adequate water intake is recommended.

Serving size: 2 scoops (approximately 14.4 g)
Servings per container: approximately 24

Two scoops (approximately 14.4 g) contain:

Calories	40
Total carbohydrate	8 g
Dietary fiber	6 g
Sugar alcohols	2 g
Protein	1 g
Magnesium (as magnesium citrate)	100 mg

Sodium (naturally occurring)	30 mg
PreticX™ xylooligosaacharides	700 mg
Proprietary fiber blend	10 g
Providing: CreaFibe cellulose, Sunfiber® partially hydrolyzed guar gum, flax seed fiber, 1,000 mg glucomannan, prune fruit powder, apple pectin	
Other ingredients: xylitol, luo han guo (Momordica grosvenori) extract (fruit)	

Sunfiber® is a registered trademark of Taiyo International, Inc. PreticX™ is a trademark of AIDP, Inc. PreticX™ is a patent protected Xylooligosaccharide exclusively distributed by AIDP, Inc.

Cardiometabolic Health & Metabolism	GF	NON-GMO	V	VEG
PureLean® Fiber	Quantity	Order Code		
	12.2 oz (345.6 g)	PLFX3		

PureLean® Nutrients

With Metafolin® L-5-MTHF

PureLean® product line

MULTIVITAMIN/MINERAL FORMULA FOR HEALTHY WEIGHT MANAGEMENT††

Indications
• Support for healthy glucose metabolism, lipid utilization, and weight management as part of a healthy lifestyle with a reduced-calorie diet and regular exercise†
Vitamin/Mineral Distinctions:
• Provides Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
Special Features:
• MacularSynergy Complex † Enhances the integrity of the macula and retina with lutein and zeaxanthin. Synergistic cofactors include vitamin C, vitamin E, zinc and carotenoids.†
• Metabolic GlycoPlex † Supports healthy glucose uptake with alpha lipoic acid and cinnamon, and maintains healthy glycation activity with l-carnosine.†
• Metabolic LipidPlex † Combines the hepatic fat metabolism properties of taurine and green tea with the metabolic oxidative stress-fighting capabilities of pterostilbene.†

3 capsules, 1-2 times daily, with meals.

Three (size 00) vegetarian capsules contain:

Vitamin A (as beta carotene)	1,125 mcg
Vitamin C (as ascorbic acid)	250 mg
Vitamin D (as cholecalciferol) (D ₃)	25 mcg (1,000 IU)
Vitamin E (as d-alpha tocopherol succinate)	34 mg
Vitamin K (as vitamin K ₁)	50 mcg
Thiamin (as thiamin HCl) (B ₁)	12.5 mg
Riboflavin (as vitamin B ₂ and 28% riboflavin 5' phosphate (activated B ₂))	17.35 mg

†Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

‡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.

Niacin (as niacin and 67% niacinamide)	37.5 mg
Vitamin B ₆ (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B ₆))	10.4 mg
Folate (as Metafolin®, L-5-MTHF) 667 mcg DFE (400 mcg L-5-MTHF)	
Vitamin B ₁₂ (as methylcobalamin)	250 mcg
Biotin	1,500 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	25 mg
Choline (as choline bitartrate)	20 mg
Calcium (as calcium citrate)	75 mg
Iodine (as potassium iodide)	100 mcg
Magnesium (as magnesium citrate)	75 mg
Zinc (as zinc citrate)	7.5 mg
Selenium (as selenomethionine)	35 mcg
Copper (as copper glycinate)	1 mg
Manganese (as manganese citrate)	1 mg
Chromium (as chromium polynicotinate)	200 mcg
Potassium (as potassium citrate)	50 mg
Boron (as boron glycinate)	1 mg
Vanadium (as bis-glycinato oxo vanadium)	50 mcg
Inositol	62 mg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg
MacularSynergy Complex †	
FloraGLO® lutein	3 mg
Zeaxanthin	500 mcg
Metabolic GlycoPlex †	
Alpha lipoic acid (thioctic acid)	150 mg
Cinnamon (Cinnamomum cassia) extract (dried bark)	50 mg
l-Carnosine (beta-alanyl-L-histidine)	25 mg
Metabolic LipidPlex †	
Taurine (free-form)	150 mg
Green tea (Camellia sinensis) extract (leaf) (providing 23% epigallocatechin gallate (EGCG))	50 mg
Pterostilbene	20 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

CinSulin® is a registered trademark of Beijing Tang-An Nutrition & Healthcare Products Co., Ltd.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

*FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

Take with food. If you have liver problems, consult your health professional before use. Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.

Multivitamins, Vitamins & Minerals				
PureLean® Nutrients	Quantity	Order Code		
	180	PLN1		

PureLean® Protein Improved

PureLean® product line

VEGETARIAN PROTEIN, DNF-10® PEPTIDES, MULTIVITAMIN/MINERAL COMPLEX, OMEGA-3 FATTY ACIDS AND SUPERFRUIT ANTIOXIDANTS TO SUPPORT HEALTHY WEIGHT MANAGEMENT†

Special Features:

- Includes DNF-10® peptides to promote satiety and weight management††
- 15 grams vegetarian protein from a unique blend of vegetarian rice, pea, and chia proteins
- 4 g fiber
- 200 mg omega-3 fatty acids from chia
- 1 g MCT per serving
- Superfruit antioxidant blend of pomegranate fruit extract, acerola berry extract, quercetin, acai berry powder, and blueberry fruit extract
- Comprehensive multivitamin/mineral core including antioxidants, activated B vitamins, and chelated minerals
- Contains activated folate (as Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate)
- Creamy taste and texture

PureLean® Protein offers a blend of vegetarian proteins, antioxidants, fiber, and nutrients in a lightly sweetened formula. Diets higher in protein and fiber have been associated with healthy weight management and body composition, believed to be due, at least in part, to enhanced satiety and nutrient metabolism. Fiber also helps support digestive health, nutrient absorption and healthy glycemic control. Research suggests that a multivitamin/mineral can help moderate appetite to support healthy weight management. Clinical studies indicate that DNF-10® lowers ghrelin secretion between meals, and neuropeptide Y in the hypothalamus to promote satiety. In four double-blind, randomized, placebo-controlled studies involving healthy overweight subjects, DNF-10® promoted a significant decrease in caloric intake, weight circumference, abdominal fat, and body weight. In the most recent study, after two months of taking 500 mg DNF-10®, subjects had decreased their daily caloric intake by 600 calories, and 80% of the subjects thought less about eating during the day.††

Add 1 serving to 8 oz of water, milk, or juice. Blend with fresh or frozen fruit pieces if desired. Shake, stir, or blend until smooth.

Serving size: Vanilla Bean Flavor: 31 g (1 scoop)
Servings per container: 20

Each scoop contains:

Calories	110
Total fat	2.5 g
Saturated fat	1 g
Total carbohydrate	8 g
Dietary fiber	4 g
Total sugars	3 g
Includes 3 g Added Sugars	

Protein	15 g
Vitamin A (as acetate)	450 mcg
Vitamin C (as calcium ascorbate)	30 mg
Vitamin D (as cholecalciferol) (D ₃)	10 mcg (400 IU)
Vitamin E (as D-alpha tocopherol succinate)	10 mg
Vitamin K (as vitamin K ₁)	40 mcg
Thiamin (as thiamin mononitrate) (B ₁)	0.75 mg
Riboflavin (vitamin B ₂)	0.85 mg
Niacin (as niacinamide)	10 mg
Vitamin B ₆ (as pyridoxine HCl)	1 mg
Folate (as Metafolin®, L-5-MTHF)	333 mcg DFE (200 mcg 5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	6 mcg
Biotin	150 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	5 mg
Calcium (naturally occurring and as calcium citrate)	220 mg
Iron (naturally occurring)	1 mg
Phosphorus (naturally occurring)	100 mg
Iodine (as potassium iodide)	75 mcg
Magnesium (naturally occurring and as magnesium citrate)	100 mg
Zinc (as zinc citrate)	7.5 mg
Selenium (as selenomethionine)	35 mcg
Chromium (as chromium polynicotinate)	60 mcg
Sodium (naturally occurring)	300 mg
Superfruit antioxidant blend	100 mg
(from pomegranate fruit extract, acerola berry extract, quercetin, acai berry powder, and blueberry fruit extract)	
DNF-10® yeast hydrolysate (from <i>Saccharomyces cerevisiae</i>)	500 mg
Other ingredients: pea protein isolate, rice protein concentrate, organic evaporated cane sugar, natural vanilla and other natural flavors, C8Vantage™ medium-chain triglyceride C8 powder, Sunfiber® hydrolyzed guar gum, apple pectin, chia seed protein, cellulose gum, stevia leaf extract	

Other ingredients: pea protein isolate, rice protein concentrate, organic evaporated cane sugar, natural vanilla and other natural flavors, C8Vantage™ medium-chain triglyceride C8 powder, Sunfiber® hydrolyzed guar gum, apple pectin, chia seed protein, cellulose gum, stevia leaf extract

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ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

C8Vantage™ is a trademark of NNB Nutrition.

DNF-10® is the property of Fytexia.

Consume within 90 days from opening.

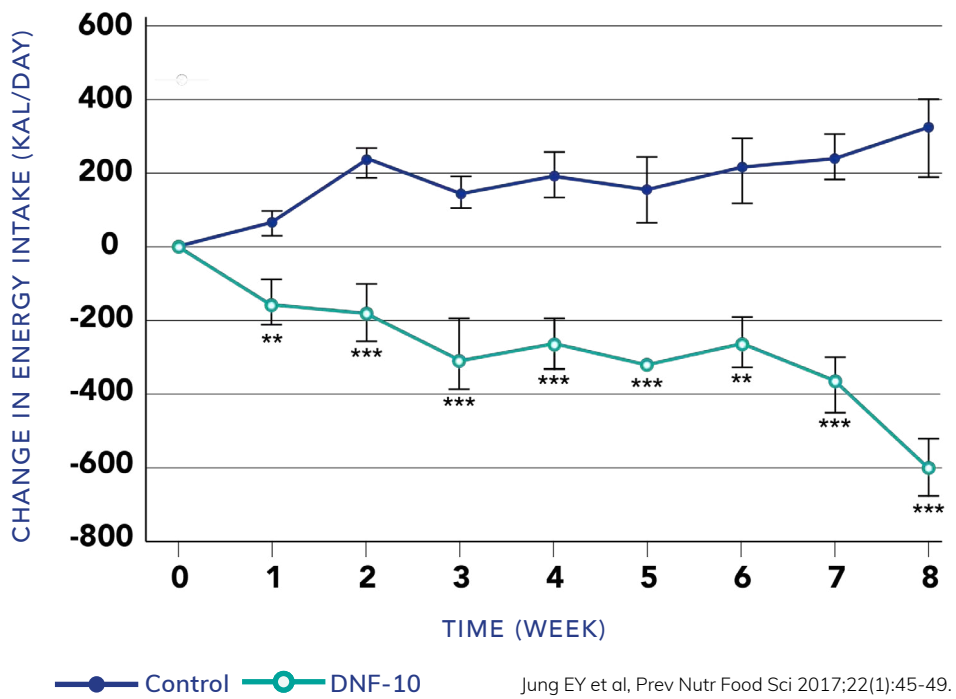
Vitamin K may be contraindicated with Coumadin (Warfarin). If you are taking blood thinning medication, consult your health professional before use.

Cardiometabolic Health & Metabolism

GFNON GMODIEG

PureLean® Protein	Quantity	Order Code
	21.8 oz (620 g)	PLPV6

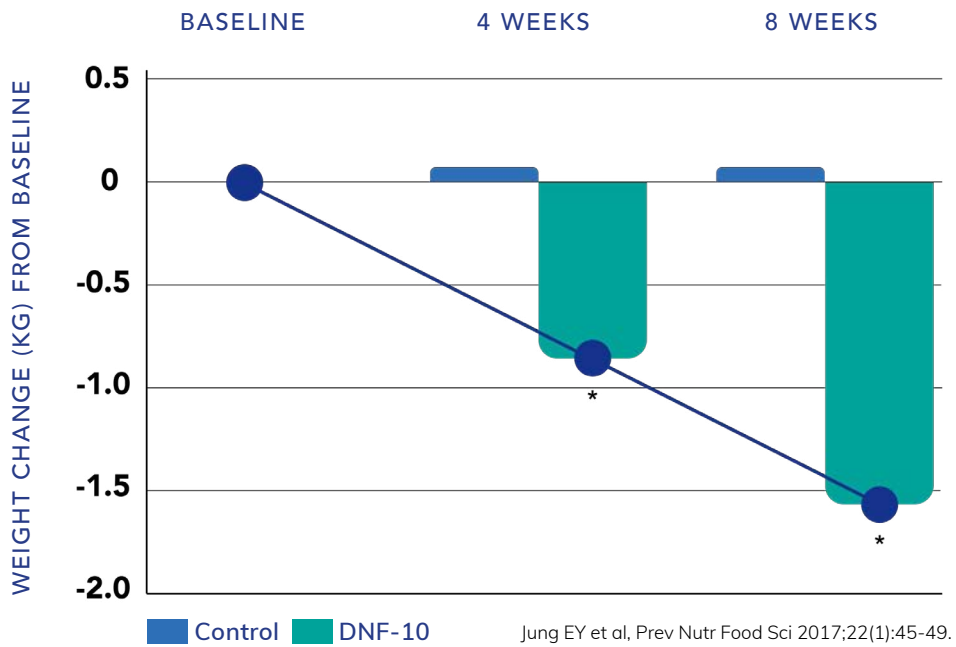
DNF-10 Reduces Caloric Intake‡



DNF-10 supplementation (500 mg/day) reduced caloric intake during an 8-week clinical trial involving 30 women who followed their regular diet and exercise patterns.‡

Data represent mean ± SEM. Asterisks indicate a statistically significant difference (*p<0.05, **p<0.01, and ***p<0.001) versus control.

DNF-10 Supports Weight Loss in Women Following Their Typical Diet and Exercise Habits‡



DNF-10 supplementation (500 mg/day) resulted in an average weight loss of 1.6 kg (3.5 lb) over 8 weeks (mean body weight: 64.6 ± 2.4 kg vs. 66.2 ± 2.0 kg at baseline).‡

Participants followed regular diet and exercise patterns. Statistically significant body fat reduction was achieved (8.1%) with no change in lean mass over the course of the study (data not shown).‡

Asterisks indicate a statistically significant difference (*p<0.05 versus baseline and control).

†Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

PureLean® Whey

PureLean® product line

HIGHLY PURIFIED, COLD-PROCESSED, UNDENATURED WHEY PROTEIN FOR HEALTHY WEIGHT MANAGEMENT†

Features Include:

- 21 g protein per serving
- 4.75 g branched chain amino acids, including 2 g l-leucine per serving
- Low in fat and < 1% lactose
- Instantized for easy mixing
- Great-tasting, naturally flavored formula

Add 1 serving to 8 oz water, milk or juice. Blend with fresh or frozen fruit pieces if desired. Shake, stir, or blend until smooth.

Serving size: 26.4 g (1 scoop)
Servings per container: 18

Each scoop (approximately 26.4 g) contains:

Calories	90
Total carbohydrates	1 g
Total sugars	<1 g
Protein	21 g
Sodium (naturally occurring)	45 mg
Other ingredients: whey protein isolate, sunflower lecithin, natural vanilla bean flavor, stevia leaf extract	

Contains milk

Cardiometabolic Health & Metabolism	NON-GMO	VEG
PureLean® Whey	Quantity	Order Code

16.8 oz
(475.2 g)

PLW4

Vitamin D₃ liquid

SUPPORTS MUSCULOSKELETAL, CARDIOVASCULAR, NEUROCOGNITIVE, CELLULAR, AND IMMUNE HEALTH IN AN EASY-TO-USE LIQUID FORM†

- Offered with child-proof cap for improved safety
- Drop-dispensing delivery system; allows for more reliable dosing and ease of use
- Free of preservatives, as well as artificial colors, flavors and sugars

Pure Encapsulations Vitamin D₃ liquid provides 25 mcg (1,000 IU) per drop. For individuals with greater short-term needs, this product allows for achieving 625-1,250 mcg (25,000-50,000 IU) vitamin D₃ per week without having to take multiple capsules. For the elderly, Vitamin D₃ liquid is an easy-to-use form. Vitamin D₃ is offered in a base of medium-chain triglycerides to support absorption.‡

1–7 drops daily, with a meal, or as directed by your health professional.

Serving size: 1 drop (approximately 0.03 ml)
Servings per container: approximately 750

One drop contains:

Vitamin D (as cholecalciferol) (D ₃)	25 mcg (1,000 IU)
Other ingredients: medium-chain triglycerides	

Adverse side effects in infants. This product is not intended for infants. The recommended daily dose of vitamin D for infants is 10 mcg (400 IU) per day. This product provides 25 mcg (1,000 IU) per drop.

It is recommended that individuals taking more than 50 mcg (2,000 IU) vitamin D per day have their blood levels monitored. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Multivitamins, Vitamins & Minerals			
Vitamin D ₃ liquid	Quantity	Order Code	

22.5 ml
(0.75 fl oz)

VDL

Vitamin D₃ 25 mcg (1,000 IU)

SUPPORTS MUSCULOSKELETAL, CARDIOVASCULAR, NEUROCOGNITIVE, CELLULAR AND IMMUNE HEALTH†

Vitamin D promotes intestinal calcium and phosphorous absorption and reduces urinary calcium loss, essential mechanisms for maintaining proper calcium levels in the body and for healthy bone composition. Research indicates that it also promotes cellular health, including support for breast and prostate tissue, in part by helping to maintain healthy blood vessel function, supporting immune cell activity, and maintaining healthy cell metabolism. A role for vitamin D in supporting colon health by promoting healthy cellular function has also been suggested. Vitamin D's role in immune health has long been established; vitamin D receptors are found on a number of immune cells, including lymphocytes and macrophages, supporting healthy immune cell activation. Vitamin D also supports cardiovascular function in some individuals.‡

1-5 capsules daily. Consume with food.
Each (size 3) vegetarian capsule contains:

Vitamin D (as cholecalciferol) (D ₃)	25 mcg (1,000 IU)
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

It is recommended that individuals taking more than 50 mcg (2,000 IU) vitamin D per day have their blood levels monitored. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Multivitamins, Vitamins & Minerals				
Vitamin D ₃ 25 mcg (1,000 IU)	Quantity	Order Code		
	250	VD12		
	120	VD11		
	60	VD16		



PureLean®

A Proactive Path to Good Health[‡]



Access hundreds of research-based FREE-FROM products—
from the #1 most recommended brand by health care professionals.¹

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¹ Among professional supplement brands surveyed, Nutrition Business Journal® 2016, 2020

[‡]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.

pure
encapsulations®