



PureLean® Whey

Introduced 2012

What Is It?

PureLean® Whey provides 21 grams of high-quality whey protein per serving in a great-tasting naturally flavored and sweetened formula. Whey protein naturally contains high levels of branched chain amino acids, as well as immunogloblins and lactoferrin to support nutritional health and immune system function.*

Features

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

Nutritional considerations

- Promotes healthy weight management† in combination with diet and exercise*
- Supports sports nutrition with protein and branched chain amino acids for healthy muscle function and muscle recovery*
- Encourages overall daily wellness with high-quality protein nutrition*

What Is The Source?

Whey protein isolate is extracted using membrane technology to create a highly purified, undenatured protein isolate. The protein is sourced from cows in Idaho. The cows are grass-fed (pesticide-free) and are not treated with hormones. The whey protein is cold processed using acid-free processing. Lecithin is derived from sunflower.

Recommendations

Pure Encapsulations® recommends mixing 1 serving with 8 oz water, milk or juice. Blend with fresh or frozen fruit pieces if desired. Shake, stir, or blend until smooth.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. At this time, there are no known side effects or precautions.

Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications. Consult your physician for more information.

PureLean® Whey

each scoop contains v

calories	90
total carbohydrate	1 g
sugars	<1 g
protein	21 g
sodium (naturally occurring)	45 mg
stevia leaf extract	70 mg
other ingredients:	whey protein isolate, sunflower lecithin, natural vanilla bean flavor

Contains milk

serving size: 24 g (1 scoop)

servings per container: 18

****Warning:** Very low calorie protein diets (below 400 calories per day) may cause serious illness or death. Do not use for weight reduction in such diets without medical supervision.

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

Amino Acid Profile

serving size 24 g (1 scoop)

alanine	1.21 g	lysine	1.82 g
arginine	0.42 g	methionine	0.42 g
aspartic acid	2.36 g	phenylalanine	0.61 g
cystine	0.49 g	proline	1.31 g
glutamic acid	3.22 g	serine	0.98 g
glycine	0.40 g	threonine	1.59 g
histidine	0.26 g	tryptophan	0.19 g
isoleucine	1.40 g	tyrosine	0.51 g
leucine	2.10 g	valine	1.26 g

† 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.