



Manufacturers of
Hypo-allergenic
Nutritional
Supplements



PureLean™ Fiber

INTRODUCED JANUARY 2010

What Is It?

PureLean™ Fiber contains a blend of soluble fibers from glucomannan, guar gum, apple pectin and prune powder and insoluble fibers from rice bran, cellulose and flaxseed to promote satiety and weight management as part of a healthy lifestyle with a reduced calorie diet and regular exercise. Fiber also supports regularity, detoxification, GI cell health and microflora balance.*

Uses For PureLean™ Fiber

Weight Management: 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. In an 8-week double blind trial, glucomannan provided statistically significant support for weight management in volunteers. Several randomized controlled trials indicate that glucomannan supports healthy lipid metabolism and promotes healthy glycemic control.*

GI Health: Both soluble and insoluble fibers promote GI motility and regularity, supporting healthy bowel movements and softer stools by adding bulk. Studies with glucomannan, Sunfiber® partially hydrolyzed guar gum, flaxseed and rice bran indicate that these fibers promote abdominal comfort, GI motility and bowel regularity while being well-tolerated. Furthermore, soluble fiber is fermented in the large intestines by intestinal microflora, producing short chain fatty acids (SCFAs). SCFAs are important energy sources for the colon and have protective effects for healthy colon cell function. SCFAs also keep the intestinal environment acidic, providing optimal conditions for lactobacillus and other beneficial bacteria to thrive.*

Detoxification: Fiber also helps to collect and eliminate waste and toxins from the intestinal walls, minimizing the amount of exposure of the GI tract to toxins. Research suggests that flax seed fiber supports colon cell health in part by promoting healthy beta-glucuronidase activity and detoxification. High fiber diets also increase fecal elimination of bile acids to support healthy lipid excretion. Several randomized controlled trials indicate that glucomannan supports healthy lipid metabolism in this way.*

What Is The Source?

Magnesium is derived from limestone. Citrate is derived from corn dextrose fermentation. Flax seed fiber is derived from *Linum usitatissimum*. Sunfiber® partially hydrolyzed gum is derived from guar plant seed. CreaFibe cellulose is derived from bamboo. Defatted rice bran powder is derived from rice. Glucomannan is derived from root of *Amorphophallus konjac*. Prune powder and apple pectin and derived from the fruit. Xylitol is derived from corn cob and purified to be free of corn protein. Lo Han extract is derived from *Momordica grosvenori* fruit. PureLean Fiber contains 6.5 to 7 grams of fiber per serving, typically providing 3.7 grams of soluble fiber and 3.4 grams of insoluble fiber.

Sunfiber® is a registered trademark of Taiyo International, Inc.

Recommendations

Pure Encapsulations recommends 1-3 servings per day, mixed with a beverage. Adequate water intake is recommended.

(continued)

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.

Are There Any Potential Side Effects Or Precautions?

Fibers in this formula could cause gastrointestinal discomfort, including bloating, flatulence, abdominal pain or diarrhea. Additionally, when consumed without adequate fluids, it can cause GI obstruction. It is recommended to begin taking small amounts with adequate fluids and increase daily fiber intake slowly over time. If pregnant or lactating, consult your physician before taking this product.

Are There Any Potential Drug Interactions?

Fibers in this formula could alter the absorption of some medications. Concurrent administration is not recommended. Individuals on antidiabetes medications may require blood glucose monitoring. Flaxseed may be contra-indicated with certain blood thinning medications. Consult your physician for more information.

PureLean™ Fiber

two scoops (14.3 grams) contain

calories	40
sodium	15 mg
carbohydrate.....	8 g
dietary fiber.....	6 g
protein.....	1 g
magnesium (citrate)	100 mg
other ingredients: CreaFibe cellulose, Sunfiber® partially hydrolyzed guar gum, flax seed fiber, xylitol, glucomannan, rice bran (defatted), prune powder, apple pectin, Lo Han (Momordica grosvenori) fruit extract.	

1-3 servings per day, mixed with a beverage. Adequate water intake is recommended.

Not to be taken by pregnant or lactating women.



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