



PureLean®

Targeted Healthy Weight Management[†] Program

Designed to Support:

- Appetite and Mood Centers of the Brain*
- Metabolic Rate*
- Satiety and Healthy Glycemic Control*
- Carbohydrate and Lipid Metabolism*
- Thermogenesis and Energy Expenditure*



[†]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.

PURELEAN® EXPERTS

I love Pure Encapsulations' products. They are very well tolerated by my multi-food sensitive patients and I have confidence that they contain the best quality ingredients. I monitor micronutrient levels after appropriate supplementation and have documented improved nutrient status of those who were previously deficient in one or more areas. Many of my patients have noticed improvements in specific clinical areas since incorporating my protocols.

I use PureLean® Vegetarian Protein Blends in my practice because finding high quality, convenient, lean protein is a challenge. Most protein drinks contain allergenic dairy-based proteins and artificial sweeteners, to which many individuals are sensitive. PureLean® Protein powders have provided a valuable option for them.

Caroline J. Cederquist, MD, ABFP, ABBM

Founder and medical director of the Cederquist Medical Wellness Center in Naples, Florida, a comprehensive Weight Management and Preventive Medicine clinic devoted to addressing the special medical, psychological and life issues of those struggling with nutrition and weight issues.

We have been using the PureLean® Protein powders in our Preventive Medicine, Nutrition and Weight Management practice with very positive results. Our patients appear to have higher energy levels and improved satiety. PureLean® Protein powder is also the logical and safe choice for those with food allergies and sensitivities. This is a high quality product that all medical practices specializing in Nutrition and Weight Management should consider adding to their inventory.

Robert J. Tafuri, MD, DABFM, CMCM

Loretta Tafuri, PhD, MBA, RN

Co-Directors, Bariatric Associates of New England, LLC. A Preventative Medicine and Weight Management Practice located in Connecticut. Dr. Robert Tafuri is also a Clinical Instructor at Yale Medical School where he teaches preventive medicine and nutrition. Both have over 20 years of experience in clinical and integrative medicine.

KEY FACTORS TO HEALTHY WEIGHT

Factors Affecting Weight Gain

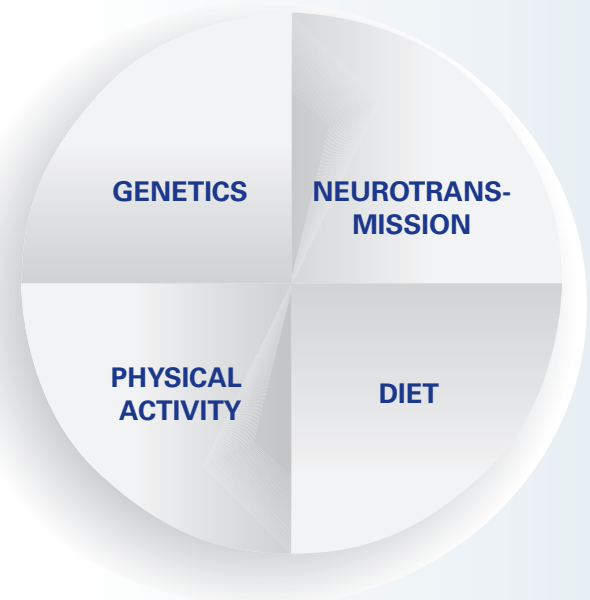
Body weight is influenced by multiple factors including genetics, diet, neurotransmitter function and physical activity. When excess weight is introduced, particularly in the midsection, complex interactions occur between these factors that can lead to increased health risks for cardiovascular disease, diabetes, sleep dysfunction and more. Elevated adrenal stress hormones are also associated with being overweight. These hormones interact with brain neurotransmitters, negatively impacting mood and appetite control, which can often derail efforts toward healthy weight management[†]. When combined with a healthy diet and regular exercise, The PureLean® Healthy Weight Management Program can support a proactive path back towards good health.*

Healthful Diet

The cornerstone of any healthy weight management[†] plan is a balanced diet, which should include healthy, whole foods with low glycemic value. Many of these types of foods are more slowly digested, helping promote feelings of fullness. In a recent study, a higher protein and fiber diet offered statistically significant support for weight management[†] and lean body mass compared to a standard low-fat diet.

Other research has shown that diets higher in protein help preserve muscle mass during a weight management[†] program. Additionally, current research has shown that the type and amount of carbohydrate and fat consumed can affect certain weight-related gene expression. A diet high in sugars, refined carbohydrates, starchy vegetables and refined vegetable oils promotes abdominal weight gain and visceral fat accumulation. Conversely, complex carbohydrates from unrefined food sources high in fiber and antioxidant phytonutrients can contribute to healthy glucose metabolism and healthy weight management[†].*

Diets high in omega-3 fats promote healthy weight and metabolism, as well as cardiovascular system function. Newer research also suggests that omega-3 fatty acids can support satiety. The optimal omega-6 to omega-3 intake ratio should be between 1:1 and 3:1, a stark contrast to the average American diet which can be between 12:1 and 20:1. This overload of omega-6 fats typically comes from processed oils in the diet, including refined vegetable oils, vegetable shortening, margarine and hydrogenated fats.*



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

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KEY FACTORS TO HEALTHY WEIGHT

Below are some basic food lists to guide your meal and menu preparation.

► Choose Healthful Foods (low glycemic value)

- Fruits and phytonutrient-rich berries
- Non-starchy vegetables (leafy greens and brightly colored vegetables)
- Lean meat
- Free-range eggs (fortified with omega-3)
- Fish and seafood
- Unrefined extra virgin olive oil and flaxseed oil
- Legumes and lentils
- Whole grain flour (whole wheat, brown rice or other whole grain breads, pasta and cereals)
- Skim or 1% dairy (milk, cheese and yogurt)
- Raw nuts and seeds

► Limit Unhealthful Foods

- Enriched white flour (savory snacks, white bread, white pasta)
- White rice, white potato
- Sugar or high fructose corn syrup (candy, soda)
- Partially hydrogenated oils (shortening, margarine)
- Refined vegetable oils (corn, safflower, sunflower, canola, lite olive oil)
- Meats with saturated fat (untrimmed meat, processed meats)
- Whole fat dairy (milk, cream, cheese and butter)
- Artificial sugars and sweeteners
- Preservatives




Exercise

All weight management[†] programs must include regular exercise. Thirty minutes per day, 5 days per week is recommended and can include brisk walking or light to moderate aerobic activity (cycling, swimming, treadmill, etc.).

For those who are newer to exercise, begin slowly and gradually to increase your exercise tolerance and improve fitness. Resistance training, such as lifting light weights, helps build muscle, sculpting and strengthening the body. It is always recommended that a physician be consulted prior to beginning any new exercise program.

The health benefits of regular exercise when combined with a healthy diet:

- Prevents loss of lean body mass (muscle tissue) versus dieting alone
- Improves the ratio between lean body mass and body fat
- Increases metabolic rate or the ability to burn calories and maintain this rate for 24 hours or more. Conversely, dieting alone actually slows metabolic rate, making weight management[†] progress more difficult
- Reduces adrenal stress hormones
- Acts as a natural mood elevator by releasing endorphins
- Promotes the release of toxins from the body



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THE PURELEAN® PROGRAM

The PureLean® Program

Targeted Healthy Weight Management^{†*}

Core Products

PureLean® Pure Pack **Daily Multi-Nutrient Packet**

- Multivitamin with metabolic synergists*
- Alpha Lipoic Acid w/GlucoPhenol™, novel extract combination developed with the Institute of Nutrition and Functional Foods (INAF)*
- 1,000 mg *Taurine* for enhanced fat metabolism support*
- Easily tolerated *Magnesium glycinate* for sensitive individuals*
- Lemon-flavored *omega-3 fatty acids* for enhanced tolerability*

PureLean® Protein **IMPROVED TASTE** Choice of PureLean® Protein Blend or PureLean® Whey Protein

- 15 g vegetarian protein from pea, rice and chia or 21 g protein from whey to support satiety*
- Promotes overall daily wellness*
- Great-tasting, naturally flavored and sweetened formulas
- PureLean® Protein Blend (Vanilla Bean) available in convenient single-serving packets

PureLean® Fiber **Convenient Powder**

- 6 g of fiber per serving
- Helps slow the rate of digestion to promote satiety, digestive health and nutrient absorption*
- Promotes detoxification and healthy glycemic control*

Specialized Support Products

AdipoLean

- Combines the patented WellTrim® iG (IGOB131®) *Irvingia gabonensis* extract and Oligonol®, a lychee and green tea complex to support healthy weight management[†] and lean mass ratio*
- Supports healthy visceral fat composition and abdominal circumference*
- Targets adipogenesis, glucose metabolism and fat utilization*

GlyMag-Z **Convenient Single-Serving Stick Packs**

- Offers a combination of the inhibitory neurotransmitter glycine and magnesium to provide support for occasional sleeplessness*
- Promotes healthy circadian rhythm and sleep quality*
- Great-tasting, lemon-lime flavor

Metabolic Xtra **Glucose Support***

- Supports healthy insulin function and signaling to promote glucose metabolism with berberine, alpha lipoic acid, resveratrol and chromium*

PureLean® Green Coffee

Convenient Single-Serving Stick Packs

- 400 mg Svetol® green coffee bean extract per serving to maintain healthy glycemic response*
- 100 mg green tea extract per serving to support fat utilization and thermogenesis*
- 1 g fiber per serving

XanthiTrim **Liquid-Filled Caplique® Capsule**

- Promotes healthy fat metabolism and metabolic rate*
- Supports the body's natural capacity for thermogenesis*

The PureLean® Program Overview

Core Products	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Bedtime
PureLean® Pure Pack	1 packet					
PureLean® Protein <i>(choice of vegetarian blend or whey)</i>	1 serving			1 serving		
PureLean® Fiber		1 serving				
Specialized Support Products						
AdipoLean			1 capsule		1 capsule	
GlyMag-Z						1 packet
Metabolic Xtra			1 capsule		1 capsule	
PureLean® Green Coffee			1 packet		1 packet	
XanthiTrim			1 capsule		1 capsule	

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THE PURELEAN® PROGRAM – CORE PRODUCTS

PureLean® Pure Pack Daily Multi-Nutrient Packet

With Metafolin® L-5-MTHF

Now Enhanced with:

- *GlucoPhenol™*, a novel, proprietary extract of cranberry and Orléans strawberry developed and studied as part of a research collaboration with the Institute of Nutrition and Functional Foods (INAF)*
- 1,000 mg *Taurine* for enhanced fat metabolism support*
- Easily tolerated *Magnesium Glycinate* for sensitive individuals*
- Lemon-flavored *omega-3 fatty acids* for enhanced tolerability*

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:

- ✓ 3 capsules of *PureLean® Nutrients* featuring *Metafolin® L-5-MTHF* and enhanced bioactivity *Chromium 454®* for healthy metabolic function*
- ✓ *PureWay-C®* rapidly absorbed vitamin C, providing support for healthy C-reactive protein (CRP) and lipid balance*

Special Features:

- ✓ Metabolic synergists for healthy glucose utilization, including *alpha lipoic acid*, *cinnamon*, *l-carnosine* and *GlucoPhenol™**
- ✓ Lipid support with *taurine*, *green tea* and *pterostilbene**
- ✓ Lemon flavored *Omega-3 fatty acids* for reduced after taste and healthy PPAR receptor function, supporting glucose and lipid homeostasis via healthy gene expression*

PureLean® Nutrients

three vegetarian capsules v 00

vitamin A (as beta carotene).....	3,750 iu
vitamin C (as ascorbic acid and 50% as PureWay-C®).....	250 mg
vitamin D (as cholecalciferol)(D ₃).....	1,000 iu
vitamin E (as d-alpha tocopherol succinate).....	50 iu
vitamin K (as vitamin K ₁).....	50 mcg
thiamin (as thiamin HCl) (B ₁).....	12.5 mg
riboflavin (vitamin B ₂).....	12.5 mg
niacin (as niacin and 67% niacinamide).....	37.5 mg
vitamin B ₆ (as pyridoxine HCl).....	6.25 mg
folate (as Metafolin®, L-5-MTHF).....	400 mcg
vitamin B ₁₂ (as methylcobalamin).....	250 mcg
biotin.....	1.5 mg
pantothenic acid (as calcium pantothenate) (B ₅).....	25 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 and 50% as chromium 454®).....	200 mcg
potassium (as potassium citrate).....	50 mg
boron (as boron glycinate).....	1 mg
vanadium (as bis-glycinato oxo vanadium).....	50 mcg
ascorbyl palmitate (fat-soluble vitamin C).....	60 mg
riboflavin 5' phosphate (activated B ₂).....	6.25 mg
pyridoxal 5' phosphate (activated B ₆).....	6.25 mg
mixed carotenoids (as lutein, lycopene, zeaxanthin).....	212 mcg
choline bitartrate.....	50 mg
inositol.....	62.5 mg

MacularSynergy Complex

lutein.....	3 mg
zeaxanthin.....	500 mcg

MetabolicSynergy Complex

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).....	50 mg
(providing 23% epigallocatechin gallate (EGCG))	
Indian kino tree (pterocarpus marsupium) extract (heartwood)	25 mg

(standardized to contain 5% pterostilbene)

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

EPA/DHA with lemon

each softgel capsule contains 16 g


calories.....	10
calories from fat.....	10
total fat.....	1 g
vitamin E (as d-alpha-tocopherol).....	10 iu
fish oil concentrate (from anchovies, sardines).....	900 mg
providing:	
EPA (eicosapentaenoic acid).....	300 mg
DHA (docosahexaenoic acid).....	200 mg
other ingredients: natural lemon flavor, proprietary antioxidant blend (rosemary extract, ascorbyl palmitate, natural tocopherols), gelatin capsule (gelatin, glycerin, water)	

Alpha Lipoic Acid w/GlucoPhenol™

each vegetarian capsule contains v 0


alpha lipoic acid (thioctic acid).....	200 mg
GlucoPhenol™ proprietary blend.....	138 mg
providing 25 mg polyphenols from Orléans strawberry (fragaria vesca var Orléans) extract (fruit) and cranberry (vaccinium macrocarpon) extract (fruit)	
ascorbyl palmitate (fat-soluble vitamin C).....	5 mg
other ingredients: rice maltodextrin, magnesium hydroxide, hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Magnesium (glycinate)

each vegetarian capsule contains  v 00

magnesium (as magnesium glycinate) 120 mg
ascorbyl palmitate (fat-soluble vitamin C) 10 mg
other ingredients: vegetarian capsule (cellulose, water)

Taurine 1,000 mg

each vegetarian capsule contains  v 00

taurine (free-form) 1,000 mg
ascorbyl palmitate (fat-soluble vitamin C) 10 mg
other ingredients: vegetarian capsule (cellulose, water)

Do not take if pregnant or lactating.

Take 1 packet daily (7 capsules), with a meal.

PureLean® Pure Pack	Quantity	Order Code
	30 packets	PPPB3

Sensoril is protected under U.S. Patent 6,713,092 and is a trademark of Natreon, Inc.
Suntheanine® is a registered trademark of Taiyo International, Inc.
CinSulin® is a registered trademark of Tang-An Medical, Ltd. Manufactured under U.S. Patent 6,200,569.
Chromium 454® is a registered trademark of VDF FutureCeuticals, Inc, used under license.
Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.
 is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand.
OPTISHARP® is a trademark of DSM Nutritional Products, Inc
PureWay-C® is a trademark of Innovation Laboratories, Inc., and is used here under license. U.S. and International patents pending.
ChromeMate® brand niacin-bound chromium. U.S. Patents 4,923,855; 4,954,492; 5,194,615.
ChromeMate® is a trademark of InterHealth, N.I.
GlucoPhenol™ is a trademark used by Pure Encapsulations under license.



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THE PURELEAN® PROGRAM – CORE PRODUCTS

PureLean® Protein Blends NEW IMPROVED TASTE

Available in the Following Vegetarian Versions:

PureLean® Protein Blend Vanilla Bean Flavor (V)

PureLean® Protein Blend Chocolate Flavor (C)

PureLean® Protein Blend Vanilla Bean Flavor (with stevia) (VS)

PureLean® Protein Blend Basics Vanilla Bean Flavor (with stevia) (B)

Provides no added vitamin/mineral core (ideal for protocols requiring more specific nutrient needs)

Features for All PureLean® Protein Blends include:

- ✓ 15 g vegetarian protein from a rice, pea and chia blend
- ✓ 3 g fiber
- ✓ 200 mg omega-3 fatty acids from chia
- ✓ Superfruit antioxidant blend of acerola, camu camu, quercetin, açai, mangosteen and green coffee concentrate
- ✓ Comprehensive multivitamin/mineral core
- ✓ Great-tasting, naturally flavored formula

PureLean® Protein Blend	Quantity	Order Code
Vanilla Bean Flavor	680 g	PLV6
Chocolate Flavor	740 g	PLC7
Vanilla Bean Flavor (with stevia)	540 g	PLVS5
Basics Vanilla Bean Flavor (with stevia)	500 g	PLVSB5



each scoop contains v

calories	V,C: 130 VS,B: 95
calories from fat	10
total fat	1 g
saturated fat	< 0.5 g
sodium	V,VS, B: 220 mg C: 200 mg
carbohydrate	V: 13 g C: 15 g VS,B: 6 g
dietary fiber	3 g
sugars	V: 9 g C: 11 g VS,B: 2 g
protein	15 g
vitamin A (as vitamin A palmitate)	1,500 iu
vitamin C (from calcium ascorbate)	30 mg
vitamin D (as cholecalciferol) (D3)	400 iu
vitamin E (as d-alpha tocopherol acetate)	15 iu
vitamin K (as vitamin K1)	40 mcg
thiamin (as thiamin mononitrate) (B1)	0.75 mg
riboflavin (vitamin B2)	0.85 mg
niacin (as niacinamide)	10 mg
vitamin B6 (as pyridoxine HCl)	1 mg
folic acid	200 mcg
vitamin B12 (as methylcobalamin)	3 mcg
biotin	150 mcg
pantothenic acid (as calcium pantothenate) (B5)	5 mg
calcium (as calcium glycinate)	250 mg
iron (naturally occurring)	1 mg
phosphorus (naturally occurring)	100 mg
iodine (as potassium iodide)	75 mcg
magnesium (as magnesium glycinate)	100 mg
zinc (as zinc glycinate)	7.5 mg
selenium (as selenomethionine)	35 mcg
chromium (as chromium niacinate)	60 mcg
potassium (naturally occurring)	30 mg
superfruit antioxidant blend	100 mg
(from acerola, camu camu, quercetin, açai, mangosteen and green coffee concentrate)	
stevia (Vanilla Bean (with stevia) and Basics (with stevia))	120 mg
other ingredients: pea protein isolate, rice protein concentrate, organic evaporated cane sugar, natural flavors, apple pectin, chia seed meal; chocolate also contains cocoa powder; vanilla bean (with stevia) and Basics (with stevia) do not contain organic evaporated cane sugar	

serving size: Vanilla Bean Flavor: 34 g (1 scoop)

Chocolate Flavor: 37 g (1 scoop)

Vanilla Bean (with stevia): 27 g (1 scoop)

Basics (with stevia): 25 g (1 scoop)

servings per container: 20

Recommendations: 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.

****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.

PureLean® Protein Blend Packets

Convenient Single-Serving Packets

Available in Vanilla Bean Flavor

each packet (34 g) contains v	
calories	130
calories from fat.....	10
total fat.....	1 g
saturated fat	< 0.5 g
sodium	220 mg
carbohydrate.....	13 g
dietary fiber.....	3 g
sugars	9 g
protein	15 g
vitamin A (as vitamin A palmitate).....	1,500 iu
vitamin C (from calcium ascorbate)	30 mg
vitamin D (as cholecalciferol) (D ₃).....	400 iu
vitamin E (as d-alpha tocopherol acetate).....	15 iu
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
folic acid	200 mcg
vitamin B ₁₂ (as methylcobalamin)	3 mcg
biotin.....	150 mcg
pantothenic acid (as calcium pantothenate) (B ₅).....	5 mg
calcium (as calcium glycinate)	250 mg
iron (naturally occurring).....	1 mg
phosphorus (naturally occurring).....	100 mg
iodine (as potassium iodide).....	75 mcg
magnesium (as magnesium glycinate).....	100 mg
zinc (as zinc glycinate).....	7.5 mg
selenium (as selenomethionine)	35 mcg
chromium (as chromium niacinate)	60 mcg
potassium (naturally occurring).....	30 mg
superfruit antioxidant blend	100 mg
(from acerola, camu camu, quercetin, açai, mangosteen and green coffee concentrate)	
other ingredients: pea protein isolate, rice protein concentrate, organic evaporated cane sugar, natural flavors, apple pectin, chia seed meal	
serving size: Vanilla Bean Flavor: 34 g (1 packet)	
servings per container: 10	
Recommendations: Add 1 packet to 8 oz of water, milk, or juice. Blend with fresh or frozen fruit pieces if desired. Shake, stir, or blend until smooth.	
**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.	



PureLean® Protein Blend Packets	Quantity	Order Code
	340 g	PLVP1

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THE PURELEAN® PROGRAM – CORE PRODUCTS

PureLean® Fiber

- ✓ Powdered blend of soluble and insoluble fibers to promote healthy detoxification, glycemic control, satiety, regularity and weight management†*
- ✓ Provides a minimum of 6 g soluble and insoluble fiber per serving*
- ✓ Slows the rate of digestion by absorbing water and adding bulk to promote satiety and nutrient absorption*
- ✓ Supports weight management† by enhancing satiety, as indicated in an 8-week double-blind trial involving glucomannan*
- ✓ Promotes healthy lipid metabolism and healthy glycemic control*
- ✓ Maintains abdominal comfort, G.I. motility and bowel regularity*

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

two scoops (14.3 g) contain v
calories 40
sodium50 mg
carbohydrate..... 8 g
 dietary fiber..... 6 g
protein 1 g
magnesium (as 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, luo han guo (Momordica grosvenorii) extract (fruit)
Not to be taken by pregnant or lactating women.
serving size: 14.3 g (2 scoops)
servings per container: 24
1–3 servings daily, mixed with a beverage. Adequate water intake is recommended.

PureLean® Fiber	Quantity	Order Code
	343 g	PLF3



PureLean® Whey Protein

Available in Vanilla Bean Flavor

- ✓ 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

each scoop (24 g) contains v	
calories	90
fat	0 g
sodium	45 mg
carbohydrate	1 g
dietary fiber	0 g
sugars	<1 g
protein	21 g
stevia	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

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

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PureLean® Whey	Quantity	Order Code
	432 g	PLW4


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THE PURELEAN® PROGRAM – SPECIALIZED SUPPORT PRODUCTS

AdipoLean

- ✓ Combines WellTrim® iG (IGOB131®), a unique patented extract of *Irvingia gabonensis*, with Oligonol®, a lychee and green tea complex
- ✓ Supports healthy adipocyte function for weight management¹ and healthy visceral fat composition*
- ✓ Targets adipogenesis via PPAR gamma, leptin, adiponectin and glycerol-3-phosphate dehydrogenase pathways*
- ✓ Supports healthy insulin function, adiponectin synthesis and lipolysis*
- ✓ Promotes healthy lean mass ratio and abdominal circumference*
- ✓ A double-blind, placebo-controlled study showed Oligonol® supported healthy visceral fat composition*
- ✓ A separate randomized, double-blind study indicated that 300 mg IGOB131® promoted an average weight loss of 28 pounds compared to 2.9 pounds in the placebo group (p<0.01)*

each vegetarian capsule contains  v 2

WellTrim® iG (IGOB131®)	150 mg
African mango (<i>Irvingia gabonensis</i>) extract (seed)	
Oligonol® proprietary blend of lychee (<i>litchi chinensis</i>).....	50 mg
extract (fruit) and green tea (<i>camellia sinensis</i>) extract (leaf)	
(standardized to contain 10% total monomeric phenols)	
ascorbyl palmitate (fat-soluble vitamin C)	5 mg
other ingredients: vegetarian capsule (cellulose, water)	

2 capsules daily, in divided doses, 30 minutes before meals.

AdipoLean	Quantity	Order Code
	60	ADL6

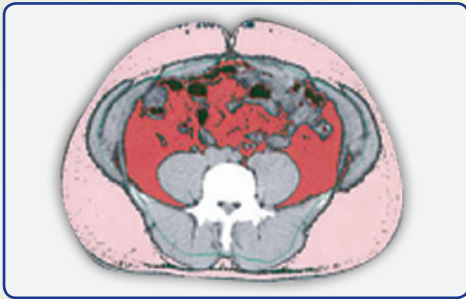
WellTrim® iG is a trademark of Icon Group, LLC.

IGOB131® is a trademark of Gateway Health Alliance, Inc. and is protected under U.S. Patent 7,537,790.

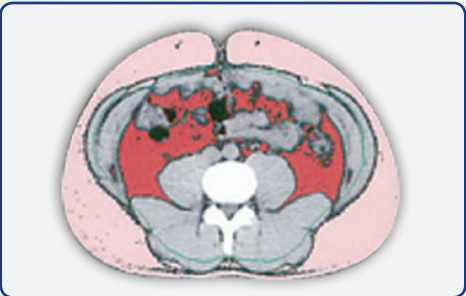
Oligonol® is a registered trademark of the Amino Up Chemical Company, Sapporo, Japan.



Oligonol® Supports Healthy Body Composition
Pre-supplementation



Post-supplementation



In a 10-week, double-blind, placebo-controlled trial, supplementation with Oligonol® supported healthy visceral fat composition and abdominal circumference as indicated by CT scan.*

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THE PURELEAN® PROGRAM – SPECIALIZED SUPPORT PRODUCTS

Metabolic Xtra

- ✓ Offers a powerful combination of nutrients to support healthy insulin receptor function and signaling, and glucose homeostasis*
- ✓ Provides statistically significant support for glucose, lipid and triglyceride metabolism with the natural plant alkaloid berberine*
- ✓ Promotes healthy AMPK and SIRT1 protein levels to support cellular metabolism and glucose homeostasis with resveratrol*
- ✓ Modulates cell signaling for healthy insulin function and glucose metabolism with patent-pending Zychrome™ chromium dinicocysteinate^{††}*
- ✓ Supports healthy receptor function and glucose metabolism with alpha lipoic acid*

each vegetarian capsule contains  v 00

berberine HCl.....	350 mg
alpha lipoic acid (thioctic acid).....	100 mg
resVida® resveratrol (as trans-resveratrol).....	20 mg
chromium (as chromium dinicocysteinate) ^{††}	135 mcg
ascorbyl palmitate (fat-soluble vitamin C).....	50 mg
other ingredients: vegetarian capsule (cellulose, water)	

1–3 capsules daily, with meals.

Metabolic Xtra	Quantity	Order Code
	90	MX9

ZYCHROME™

^{††}Zychrome™ brand chromium dinicocysteinate. Zychrome™ is a trademark of InterHealth N.I.

resVida
promotes healthy aging


This product contains resVida®. resVida® is a registered trademark of DSM Nutritional Products, Inc.





XanthiTrim **Liquid-filled Caplique® Capsule**

- ✓ 300 mg of Xanthigen® per serving, a synergistic combination of fucoxanthin from brown seaweed and pomegranate seed oil
- ✓ 150 mg GreenSelect® Phytosome, a proprietary, caffeine-free green tea extract that is 1 part green tea to 2 parts phosphatidylcholine for enhanced absorption of epigallocatechin gallate (EGCG)
- ✓ Supports healthy fat metabolism and metabolic rate by encouraging resting energy expenditure and thermogenesis, the body's natural ability to dissipate caloric energy as heat from the mitochondria of adipose tissue*
- ✓ Promotes oxidation and utilization of fats rather than fat storage*
- ✓ Maintains healthy liver fat metabolism and function, and healthy triglyceride levels*
- ✓ A 90-day study involving GreenSelect® Phytosome revealed its ability to support healthy weight management¹ and body composition in subjects following a calorie-restricted diet*

each Caplique® Capsule contains  **v 0**

Xanthigen® proprietary blend.....300 mg
providing:
 wakame seaweed (undaria pinnatifida), (providing 1,275 mcg
 fucoxanthin (min.)), and pomegranate seed oil


GreenSelect® Phytosome 150 mg
providing:
 green tea (camellia sinensis) extract (leaf) and soy lecithin phospholipids
 (standardized to contain 13% epigallocatechin gallate (EGCG))
other ingredients: medium chain triglycerides, vegetarian Caplique® Capsule (cellulose, water)

Contains soy

2 Caplique® Capsules daily, in divided doses, with meals and 8 oz water.

XanthiTrim	Quantity	Order Code
	60	XT6

XANTHIGEN® is a registered trademark licensed exclusively to PoliNat. International patents pending.
GreenSelect® Phytosome is a registered trademark of Indena.

 **Caplique®** Capsule is a registered trademark used by Pure Encapsulations under license.

Each Caplique® Capsule is preserved with a nitrogen bubble, which may give the appearance of the capsule not being full. Contents may appear cloudy or thick and may settle or separate.

¹Provides 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.



THE PURELEAN® PROGRAM – SPECIALIZED SUPPORT PRODUCTS

PureLean® Green Coffee

Convenient Single-Serving Stick Packs

- ✓ Provides a unique mix designed to promote healthy postprandial glucose metabolism, fat metabolism and metabolic rate*
- ✓ Supports healthy weight management† and lean mass ratio with green tea and clinically researched green coffee bean extract containing the polyphenol chlorogenic acid*
- ✓ Maintains healthy adiponectin levels to support healthy glucose regulation and fatty acid oxidation*
- ✓ Targets glucose-6-phosphatase activity in the liver to moderate glycogenolysis, the breakdown of glycogen, supporting healthy fat metabolism and lean body mass*
- ✓ Supports healthy hepatic lipid and triglyceride metabolism*
- ✓ Enhances resting energy expenditure and thermogenesis with green tea extract*
- ✓ 1 g fiber per serving
- ✓ Great-tasting, cranberry-tea flavor
- ✓ Portable, single-serving stick packs

each stick pack (4.45 g) contains v

calories	10
total fat	0 g
sodium	5 mg
carbohydrate	3 g
fiber	1 g
sugars	2 g
protein	0 g
potassium (as potassium citrate)	65 mg
Svetol® green coffee (coffea robusta) extract (bean)	400 mg
(standardized to contain 45% chlorogenic acids)	
green tea (camellia sinensis) extract (leaf)	100 mg
(standardized to contain 35% polyphenols)	
stevia	40 mg
other ingredients: xylitol, Sunfiber® partially hydrolyzed guar gum, potassium citrate, citric acid, malic acid, cranberry extract, red beet powder, natural lemon flavor, luo han guo (momordica grosvenorii) extract (fruit)	

serving size: 4.45 g (1 stick pack)

servings per container: 30

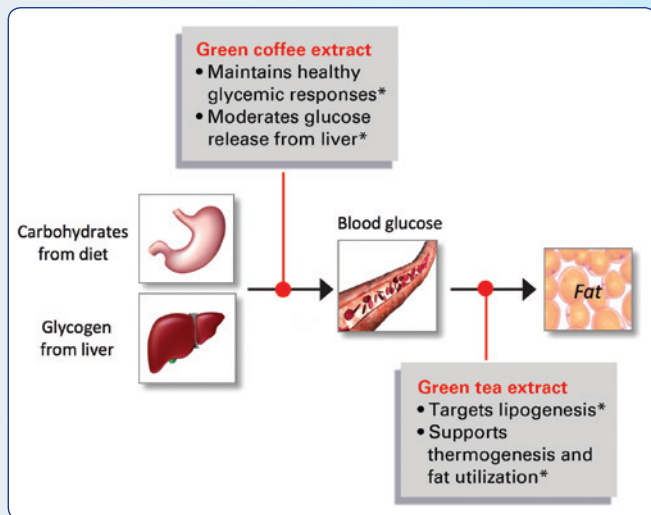
Take 1–2 stick packs daily, in divided doses, mixed with 8 oz water, 15–30 minutes before a meal.

PureLean® Green Coffee	Quantity	Order Code
	30 stick packs	PLGCB3

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



PureLean® Green Coffee: Mechanisms of Action



Green coffee bean extract moderates the entry of glucose into the bloodstream from the two principal sources, dietary carbohydrates and liver glycogen. This action maintains healthy glycemic responses. Polyphenols in green tea extract target lipogenic enzymes, support thermogenesis and promote fat utilization. Together, these actions maintain metabolic homeostasis and support healthy weight management.^{1*}

¹Provides 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.



490 Boston Post Rd, Sudbury MA 01776

The PureLean® Protocol Provides a Targeted Nutritional Plan to Promote Meaningful Weight Management† Support*



PureLean®: A proactive path to good health*

800-753-2277 | PureEncapsulations.com

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship. Please be sure to consult your physician before taking this or any other product. Consult your physician for any health problems.

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