

# PureLean® Protein

Vegetarian protein, DNF-10® peptides, multivitamin/mineral complex, omega-3 fatty acids and superfruit antioxidants to support healthy weight management<sup>††</sup>

## INDICATIONS

- Ages 18 and up

## BENEFITS

- Supports healthy weight management<sup>††</sup>

## FEATURES

- Includes DNF-10® peptides to promote satiety and weight management<sup>††</sup>
- 15 grams vegetarian protein from a unique blend of vegetarian rice, pea and chia proteins
- 4 g fiber
- 200 milligrams omega-3 fatty acids from chia
- 1g 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

## VERIFIABLE SCIENCE

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.<sup>1,2</sup> 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.<sup>3</sup> 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.<sup>4-7</sup> In the most recent study, after 2 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.<sup>4††</sup>

## SUGGESTED USE

As a dietary supplement, 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.

## STORAGE

Store in a cool, dry place.

## WARNING

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.

## SOURCE

- Pea protein isolate, rice protein concentrate and chia seed meal are derived from *Pisum sativum*, *Oryza sativa* and *Salvia hispanica* respectively and naturally contain protein, calcium, phosphorus, magnesium, potassium and iron.
- Pectin is derived from apple.
- Vitamin A, thiamine (B<sub>1</sub>), riboflavin (B<sub>2</sub>), niacinamide, pyridoxine HCl (B<sub>6</sub>), folic acid, biotin, pantothenic acid (B<sub>5</sub>) and vitamin K<sub>1</sub> are synthetically derived.
- Vitamin C and methylcobalamin (B<sub>12</sub>) are derived from corn dextrose fermentation.
- d-Alpha tocopherol acetate (vitamin E) is derived from soybean oil.
- Vitamin D<sub>3</sub> is derived from lanolin.
- Calcium, magnesium, zinc, iodine, selenium and chromium are derived from elemental ore.
- Superfruit antioxidant blend is derived from acerola, camu camu, quercetin, açai, mangosteen and green coffee concentrate.
- Stevia is derived from *Stevia rebaudiana* leaf.

## NOTES

Scoop Size 50 cc

Servings per container 20

Order code PLPV6

Bottle size 1500 cc

# PureLean® Protein

Vegetarian protein, DNF-10® peptides, multivitamin/mineral complex, omega-3 fatty acids and superfruit antioxidants to support healthy weight management<sup>††</sup>

## REFERENCES

1. Astrup A, Raben A, Geiker N. *Int J Obes (Lond)*. 2015 May;39(5):721-6.
2. Layman DK, et al. *J Nutr*. 2009. 10; 1-8.
3. Major GC, et al. *Br J Nutr*. 2008 May;99(5):1157-67.
4. Jung EY, et al. *Prev Nutr Food Sci*. 2017 Mar; 22(1): 45–49.
5. Jung EY, et al. *Nutrition*. 2014 Jan;30(1):25-32.
6. Jung EY, et al. *Jour of Food Biochem*. 2011 Apr; 35(2): 337-350.
7. Jung EY, et al. *Prev Nutr Food Sci*. 2009; 14(2):123-128.

## SUPPLEMENT FACTS

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 vitamin A acetate)	450 mcg
Vitamin C (as calcium ascorbate )	30 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	10 mcg (400 IU)
Vitamin E (as D-alpha tocopherol succinate)	10 mg
Vitamin K (as vitamin K <sub>1</sub> )	40 mcg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	0.75 mg
Riboflavin (vitamin B <sub>2</sub> )	0.85 mg
Niacin (as niacinamide)	10 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl)	1 mg
Folate (as Metafolin®, L-5-MTHF)	333 mcg DFE (200 mcg 5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin)	6 mcg
Biotin	150 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	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)	11 mg
Selenium (as selenomethionine)	35 mcg
Chromium (as chromium polynicotinate)	60 mcg
Sodium (naturally occurring)	375 mg
Superfruit antioxidant blend (from pomegranate fruit extract, acerola berry extract, quercetin, acai berry powder, and blueberry fruit extract)	100 mg
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, gellan gum, stevia leaf extract	

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

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C8Vantage™ is a trademark of NNB Nutrition.

DNF-10® is the property of Fytexia.

Consume within 90 days from opening.

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