

# PureLean® Fiber

Powdered blend of fiber and prebiotics to promote microflora balance, GI function and weight management<sup>†‡</sup>

## INDICATIONS

- Ages 18 and up
- Digestive health and weight management support<sup>†‡</sup>

## BENEFITS

- Promotes satiety, digestive health, nutrient absorption and healthy glycemic control<sup>†</sup>
- Supports healthy weight management<sup>†‡</sup>
- Enhances healthy gut microflora without gas, bloating or other intestinal side effects<sup>†</sup>

## FEATURES

- Offers a minimum of 6 grams of fiber per serving (7 grams typical)
- 1 gram glucomannan per serving
- Great mild taste
- No sugar, stevia or artificial sweeteners
- Part of the PureLean® product line  
Made with high-quality vegan ingredients backed by verifiable science

## VERIFIABLE SCIENCE

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.<sup>11</sup> Studies indicate that obese individuals possess lower levels of Bacteroidetes microorganisms and higher levels of Firmicutes bacteria in the GI tract compared to lean individuals.<sup>2</sup> 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.<sup>3</sup> 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.<sup>4†</sup>

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.<sup>5</sup> 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 flaxseed and cellulose. 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.<sup>6-9</sup> 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<sup>†</sup>, lipid metabolism and healthy glycemic control.<sup>10,11†</sup>

## SUGGESTED USE

As a dietary supplement, take 1 serving, 1-3 times daily, mixed with a beverage.

## STORAGE

Store in a cool, dry place.

## WARNING

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use.

## SOURCE

- Magnesium is derived from limestone
- Citrate is derived from corn dextrose fermentation
- Flaxseed fiber is derived from *Linum usitatissimum*
- Sunfiber® partially hydrolyzed gum is derived from guar plant seed
- CreaFibe cellulose is derived from bamboo

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- Glucomannan is derived from root of *Amorphophallus konjac*
- Prune powder and apple pectin and derived from the fruits
- PreticX™ XOS and xylitol are derived from corn cob and purified to be free of corn protein
- Luo Han Guo extract is derived from *Momordica grosvenori* fruit

## NOTES

Serving Size 2 scoops (approximately 14.4 g)

Servings per Container 24

Quantity per Bottle 12.2 oz (345.6 g)

Order code PLFX3

Bottle size 25 oz

## REFERENCES

1. Lecerf JM, et al. *Br J Nutr.* 2012 Nov 28;108(10):1847-58.
2. Ley RE, et al. *PNAS.* 2005. 102(31); 11070-11075.
3. Turnbaugh PJ, et al. *Nature.* 2006. 444; 1027-1031.
4. Finegold SM, et al. *Food Funct.* 2014. 5; 436-445.
5. Na MH, et al. *The Korean Nutrition Society.* 2007. 40(2); 154-161.
6. Homann HH, et al. *JPEN J Parenter Enteral Nutr.* 1994 Nov-Dec;18(6):486-90.
7. Ibrügger S, et al. *Appetite.* 2012 Apr;58(2):490-5.
8. Dahl WJ, et al. *J Med Food.* 2005 Winter;8(4):508-11.
9. Okubo T, et al. *Biosci Biotech Biochem.* 1994. 58 (8); 1364-1369.
10. Vuksan V, et al. *Diabetes Care.* 1999 Jun;22(6):913-9.
11. Walsh DE, et al. *Int J Obes.* 1984;8(4):289-93.

## SUPPLEMENT FACTS

**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™ xylooligosaccharides	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.



PureLean® Fiber	Quantity	Order Code
	12.2 oz (345.6 g)	PLFX3

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

Visit [PureEncapsulationsPro.com](http://PureEncapsulationsPro.com) for more information about our GMO policy.