



Manufacturers of  
Hypo-allergenic  
Nutritional  
Supplements



# PureLean<sup>®</sup> Whey

INTRODUCED JANUARY 2012

## What Is It?

PureLean<sup>®</sup> 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 l-glutamine and branched chain amino acids, as well as immunogloblins and lactoferrin to support nutritional health and immune system function.

## Features Include

- 21 grams protein
- 3 grams l-glutamine
- 4.75 grams branched chain amino acids, including 2 grams l-leucine
- Low in fat and < 1% lactose
- Instantized for easy mixing

## Nutritional considerations include

- Promotes healthy weight management in combination with diet and exercise\*
- Supports sports nutrition with protein, l-glutamine 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 soy.

## Recommendations

Pure Encapsulations recommends mixing 1 serving with 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<sup>®</sup> Whey

#### 1 scoop 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

Contains milk, soy

other ingredients: whey protein isolate, soy lecithin, natural vanilla bean flavor

serving size: Vanilla Bean flavor: 24 g (1 scoop)

servings per container: 20

**\*\*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.**

#### 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

\*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.



— Your Trusted Source —

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