



Manufacturers of
Hypo-allergenic
Nutritional
Supplements



PureLean® Protein Blend

INTRODUCED AUGUST 2009

What Is It?

PureLean® provides a unique blend of vegetarian protein, vitamins, minerals, omega-3 fatty acids and superfruit antioxidants in a great-tasting naturally flavored and sweetened formula. PureLean® Basics provides the same PureLean® profile, but without the vitamin and mineral core.

PureLean® Features

PureLean® Protein Blend

- 15 grams vegetarian protein from a unique blend of rice, pea, hemp and chia
- 250 milligrams omega-3 fatty acids from chia and hemp per serving
- Promotes satiety and healthy body composition with protein.* A moderate protein diet (40% carbohydrates, 30% protein, 30% fat) was associated with improved lean body composition, fewer reported cravings and increased diet compliance in a recent *Journal of Nutrition* study.
- Supports healthy triglyceride metabolism with protein and omega-3 fatty acids*

Multivitamin/mineral Complex

(PureLean® and PureLean® (with stevia) only)

- Wide range of vitamins and minerals for comprehensive support
- Maintains healthy metabolism with B vitamins, zinc and chromium*
- Enhances healthy weight management, body composition and bone health with calcium, vitamin D and magnesium*

Antioxidant Synergists

- Vitamin A, vitamin C, vitamin E, selenium and zinc (PureLean® and PureLean® (with stevia) only)
- Superfruit antioxidant blend of coffee berry, acerola, camu camu, quercetin, acai and mangosteen

What Is The Source?

Pea protein isolate, rice protein concentrate, hemp protein concentrate and white chia seed meal are derived from *Pisum sativum*, *Oryza sativa*, *Cannabis sativa* and *Salvia hispanica* respectively and naturally contain protein, calcium, phosphorus, magnesium, potassium and iron. Pectin is derived from apple. Vitamin A, thiamine (B₁), riboflavin (B₂), niacinamide, pyridoxine HCl (B₆), folic acid, biotin, pantothenic acid (B₅) and vitamin K₁ are synthetically derived. Vitamin C and methylcobalamin (B₁₂) are derived from corn dextrose fermentation. d-Alpha tocopherol acetate (vitamin E) is derived from soybean oil. Vitamin D₃ is derived from lanolin. Calcium, magnesium, zinc, iodine, selenium and chromium are derived from elemental ore. Superfruit antioxidant blend is derived from coffee berry, acerola, camu camu, quercetin, açai and mangosteen. Stevia is derived from *Stevia rebaudiana* leaf (PureLean® (with stevia) and PureLean® Basics only).

Recommendations

Pure Encapsulations recommends 1–2 servings per day. 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.

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. Consult your physician for more information.

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.

(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.

PureLean®

1 scoop contains

| | |
|--|---------------------|
| calories | 130 |
| calories from fat | 15 |
| fat..... | 2 g |
| saturated fat..... | < 0.5 g |
| sodium | V: 220 mg C: 200 mg |
| carbohydrate..... | V: 13 g C: 15 g |
| dietary fiber..... | 3 g |
| sugars | V: 8 g C: 10 g |
| protein..... | 15 g |
| vitamin A (as palmitate) | 1,500 i.u. |
| vitamin C (from calcium ascorbate) | 30 mg |
| calcium (glycinate) | 250 mg |
| iron (naturally occurring) | 1 mg |
| vitamin D ₃ | 400 i.u. |
| d-alpha tocopherol acetate (vitamin E) | 15 i.u. |
| vitamin K ₁ | 40 mcg |
| thiamine (mononitrate) (B ₁) | 0.75 mg |
| riboflavin (B ₂) | 0.85 mg |
| niacinamide | 10 mg |
| pyridoxine HCl (B ₆)..... | 1 mg |
| folic acid..... | 200 mcg |
| methylcobalamin (B ₁₂) | 3 mcg |
| biotin | 150 mcg |
| pantothenic acid (calcium pantothenate) (B ₅)..... | 5 mg |
| phosphorus (naturally occurring) | 100 mg |
| iodine | 75 mcg |
| magnesium (glycinate) | 100 mg |
| zinc (glycinate)..... | 7.5 mg |
| selenium (selenomethionine)..... | 35 mcg |
| chromium (niacinate) | 60 mcg |
| potassium (naturally occurring)..... | 30 mg |
| superfruit antioxidant blend | 100 mg |

(from coffee berry, acerola, camu camu, quercetin, açai and mangosteen)
 other ingredients: pea protein isolate, rice protein concentrate, organic evaporated cane juice, hemp protein concentrate, natural flavors, apple pectin, white chia seed meal; chocolate also contains cocoa powder

serving size: Vanilla Bean: 34 g (1 scoop)
Chocolate: 37 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.**

PureLean® (with stevia)

1 scoop contains V

| | |
|--|------------|
| calories | 100 |
| calories from fat | 15 |
| fat..... | 2 g |
| saturated fat..... | < 0.5 g |
| sodium | 220 mg |
| carbohydrate..... | 6 g |
| dietary fiber..... | 3 g |
| sugars | 1 g |
| protein..... | 15 g |
| vitamin A (as palmitate) | 1,500 i.u. |
| vitamin C (from calcium ascorbate)..... | 30 mg |
| calcium (glycinate) | 250 mg |
| iron (naturally occurring) | 1 mg |
| vitamin D ₃ | 400 i.u. |
| d-alpha tocopherol acetate (vitamin E) | 15 i.u. |
| vitamin K ₁ | 40 mcg |
| thiamine (mononitrate) (B ₁) | 0.75 mg |
| riboflavin (B ₂) | 0.85 mg |
| niacinamide | 10 mg |
| pyridoxine HCl (B ₆)..... | 1 mg |
| folic acid..... | 200 mcg |
| methylcobalamin (B ₁₂) | 3 mcg |
| biotin | 150 mcg |
| pantothenic acid (calcium pantothenate) (B ₅)..... | 5 mg |
| phosphorus (naturally occurring) | 100 mg |
| iodine (potassium iodide)..... | 75 mcg |
| magnesium (glycinate) | 100 mg |
| zinc (glycinate)..... | 7.5 mg |
| selenium (selenomethionine)..... | 35 mcg |
| chromium (niacinate) | 60 mcg |
| potassium (naturally occurring)..... | 30 mg |
| superfruit antioxidant blend | 100 mg |

(from coffee berry, acerola, camu camu, quercetin, açai and mangosteen)
 stevia

serving size: Vanilla Bean (with stevia): 27 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.**

PureLean® Basics

each scoop (60 cc) contains V

| | |
|------------------------------------|---------|
| calories | 90 |
| calories from fat | 15 |
| fat..... | 2 g |
| saturated fat | < 0.5 g |
| sodium | 220 mg |
| carbohydrate..... | 6 g |
| dietary fiber | 3 g |
| sugars | 1 g |
| protein..... | 15 g |
| superfruit antioxidant blend | 100 mg |

(from coffee berry, acerola, camu camu, quercetin, açai and mangosteen)
 stevia

serving size: Basics (with stevia): 25 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.**



— Your Trusted Source —

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