

Pure Encapsulations® Supplements

	Product Name	Dosing
TARGETED SUPPORT*	Metabolic Xtra	___ servings/day
	XanthiTrim	___ servings/day
	Vitamin D ₃ (liquid or capsules)	___ servings/day
	B ₁₂ 5000 liquid	___ servings/day
FOUNDATIONAL SUPPORT*	PureLean® Pure Pack	___ servings/day
	PureLean® Protein**	___ servings/day
	PureLean® Fiber IMPROVED	___ servings/day

Choices include PureLean® vegetarian Protein Blend, PureLean® Whey and PureLean® Ultra **NEW

Please follow the dosing recommendations provided by your licensed healthcare professional.

*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

PureLean®

Visit www.PureLean.com and use the Supplement Selector to discover your PureLean® personalized supplement protocol.*



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Nothing But Pure

PureLean®

A Proactive Path to Good Health*



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PureLean®

Healthy Weight Management[†] Protocol*

Body weight is influenced by multiple factors, including genetics, diet, neurotransmitter function, physical activity and stress. When excess weight is introduced, particularly in the midsection, complex interactions occur among these elements that can affect multiple aspects of health.

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.

The PureLean® Healthy Weight Management[†] Protocol* is designed to support appetite and mood centers of the brain, energy expenditure, metabolic rate, healthy glycemic control, carbohydrate and lipid metabolism, and satiety.*

When combined with a healthy diet and regular exercise, PureLean® can support a proactive path to good health.*

Dietary & Lifestyle Recommendations

Nutrition:

- **Choose healthful foods**, especially those with a low glycemic value.
 - Lean protein 5-6 times per day
 - Low-glycemic vegetables 4 times per day
 - Green salads with fresh vegetables 2 times per day
 - Fruit or healthful complex carbohydrates no more than 2 times per day
- **Consume a diet high in protein and low in sugar.** Choose a lean protein-rich diet including foods such as lean meats, poultry, eggs and fish. Ideal target protein range per meal is 25-35g.
- **Eat foods rich in omega-3 fats**, such as free-range eggs (fortified with omega-3), wild salmon, sardines and herring.
- **Limit unhealthful foods**, such as refined sugars and carbohydrates, meats with saturated fats (untrimmed or processed meats), and other processed foods.

Exercise:

- **Exercise should be fun!** Commit to activities you will do on a consistent basis. To be effective, fitness must become a regular part of your routine. Even a daily walk can help combat fatigue, boost energy levels, and help stress by releasing healthy endorphins and hormones.
- **Start slow and easy.** Five minutes per day is better than zero minutes. Add a few extra minutes each week. Don't overdo it.
- **Try to exercise in the morning.** This helps you burn more fat over the course of the day, even at rest.
- **Record each time you exercise** and for how long.

Stress:

- **Daily stress affects the waistline.** Life's daily demands, such as job stress, family, inadequate sleep and physical inactivity take a toll on metabolic health. Regular exercise helps moderate stress and its effects on metabolism.

Sleep:

- **Trouble sleeping?** Falling asleep with no trouble, but often waking in the middle of the night may be an indicator of low blood sugar. A poor diet and excess alcohol consumption are two very common culprits.
- **Stick to low-glycemic carbohydrates**, particularly at dinner. As with any meal, consume lean protein and avoid sugars and artificial sweeteners.
- **Limit alcohol consumption** to 1-2 drinks per week for women and 2-4 drinks per week for men.



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

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 any product. Consult your physician for any health problems.

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