

# The PureLean® Healthy Weight Management<sup>†</sup> Protocol<sup>‡</sup>

Developed with Caroline Cederquist, M.D.<sup>+</sup>

	Product Name	Ingredients	Function <sup>‡</sup>	Dosing
TARGETED SUPPORT <sup>‡</sup>	<b>Metabolic Xtra</b> Order Code: MX9	<ul style="list-style-type: none"> <li>Berberine HCl 350 mg</li> <li>Alpha lipoic acid 100 mg</li> <li>Resveratrol 20 mg</li> <li>Chromium 135 mcg</li> </ul>	<ul style="list-style-type: none"> <li>Support healthy glucose metabolism</li> </ul>	1 capsule, three times daily, with meals
	<b>AdipoLean II</b> Order Code: ADL9	<ul style="list-style-type: none"> <li>LOWAT® proprietary blend 300 mg</li> <li>Lychee and green tea complex 17 mg</li> </ul>	<ul style="list-style-type: none"> <li>Lean mass ratio and healthy abdominal circumference</li> </ul>	1 capsule, twice daily, with meals
	<b>XanthiTrim</b> Order Code: XT6	<ul style="list-style-type: none"> <li>Synergistic blend of fucoxanthin from brown seaweed and pomegranate seed oil 300 mg</li> <li>Enhanced-absorption green tea extract 150 mg</li> </ul>	<ul style="list-style-type: none"> <li>Healthy fat metabolism and metabolic rate</li> </ul>	1 capsule, twice daily, with meals
	<b>Vitamin D<sub>3</sub></b> Order Codes: VDL (liquid) VD16 / VD11 / VD12 (capsules)	<ul style="list-style-type: none"> <li>Vitamin D<sub>3</sub> 25 mg (1,000 IU)</li> </ul>	<ul style="list-style-type: none"> <li>Cardiovascular health</li> <li>Bone support</li> <li>Immune support</li> <li>Cellular health</li> </ul>	1 serving daily, with a meal
	<b>B<sub>12</sub> liquid</b> Order Code: B12L	<ul style="list-style-type: none"> <li>Vitamin B<sub>12</sub> 1,000 mcg</li> </ul>	<ul style="list-style-type: none"> <li>Energy production</li> <li>Cellular function</li> </ul>	1 ml daily
	<b>KetoBrain Energy</b> Order Code: KBE3	<ul style="list-style-type: none"> <li>Calcium 600 mg</li> <li>Magnesium (from magnesium beta-hydroxybutyrate) 350 mg</li> <li>Sodium 900 mg</li> <li>Beta-hydroxybutyrate (from a blend of calcium beta-hydroxybutyrate, magnesium beta-hydroxybutyrate, and sodium beta-hydroxybutyrate) 10 g</li> </ul>	<ul style="list-style-type: none"> <li>Support healthy brain and muscle function</li> <li>Promote healthy weight management<sup>†</sup></li> </ul>	1 serving, mixed with a beverage
FOUNDATIONAL SUPPORT <sup>‡</sup>	<b>PureLean® Pure Pack</b> Order Code: PPPB3	<ul style="list-style-type: none"> <li>PureLean® Nutrients multivitamin</li> <li>EPA/DHA with lemon (300/200 mg)</li> <li>Magnesium (glycinate) 120 mg</li> <li>Alpha Lipoic Acid with GlucoPhenol®, a novel fruit extract developed with the Institute of Nutrition and Functional Foods</li> <li>Taurine 1,150 mg</li> </ul>	<ul style="list-style-type: none"> <li>Comprehensive daily weight management<sup>†</sup> support</li> <li>Support healthy glucose metabolism</li> <li>Daily wellness</li> </ul>	1 packet daily, with a meal
	<b>PureLean® Protein</b> Order Codes: PLV6 (vanilla) PLV55 (stevia/vanilla) PLW4 (whey/vanilla) PLU9 (ultra/vanilla)	<ul style="list-style-type: none"> <li>PLV6: 15 g protein (pea, rice, chia), 3 g fiber, multivitamin/mineral core, vegetarian</li> <li>PLV55: 15 g protein (pea, rice, chia), 3 g fiber, multivitamin/mineral core, 120 mg stevia with no added sugar, vegetarian</li> <li>PLW4: 21 g protein (whey), 4.75 g branched-chain amino acids, instantized for easy mixing</li> <li>PLU9: 25 g protein (pea, rice), 5 g fiber, key nutrient cofactors including magnesium, chromium, biotin and green tea, vegan</li> </ul>	<ul style="list-style-type: none"> <li>Satiety</li> <li>Daily wellness</li> </ul>	Consume as needed 1-2 times per day
	<b>PureLean® Fiber</b> Order Code: PLFX3	<ul style="list-style-type: none"> <li>6 g dietary fiber, including 1 g glucomannan</li> <li>PreticX™ XOS prebiotic</li> <li>Magnesium (citrate) 100 mg</li> </ul>	<ul style="list-style-type: none"> <li>Satiety</li> <li>Digestive health</li> <li>Detoxification</li> <li>Healthy glycemic control</li> <li>Healthy microflora balance</li> </ul>	2 scoops mixed with a beverage, 30 minutes before dinner

Please note that patients may not require all supplements listed.

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<sup>+</sup>Dr. Cederquist is a retained advisor to Pure Encapsulations.

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

<sup>‡</sup>The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

Available for download at [PureEncapsulations.com/pureleanprotocol](https://PureEncapsulations.com/pureleanprotocol)



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<sup>†</sup>These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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