

PureLean®

Healthy Weight Management[†] Protocol[‡]

Developed with Caroline Cederquist, M.D.⁺



Dr. Cederquist is a board-certified family medicine physician, IFM-certified functional medicine provider, and weight management specialist. This protocol includes her clinical experiences and recommendations to help guide and validate your wellness plan for healthy weight management.[†]

DR. CEDERQUIST'S APPROACH	SCIENTIFIC RESEARCH	DR. CEDERQUIST RECOMMENDS
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Step 1: Micronutrients & Sleep		
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<p>Many of my patients have low levels of several nutrients — often magnesium, vitamin B₁₂ and vitamin D. Repleting these nutrients makes a difference in their quality of life.[†]</p> <p>Sleep is also incredibly important for healthy weight management.[†] As an initial intervention, I often recommend a low dose of melatonin to support the body's natural sleep cycle.[†]</p>	<p>In a 26-week randomized, double-blind, placebo-controlled study, a simple multivitamin significantly supported healthy weight, lipid profile and energy expenditure with no change in diet or exercise habits.^{11†}</p> <p>In several studies, adequate sleep (7-8 hrs.) has been associated with healthy weight, satiety and dietary choices.¹²</p>	<p>PureLean® Nutrients Order Code: PLN1</p> <p>Melatonin 0.5 mg Order Code: ME56</p> <p>Additional support based on lab results:</p> <p>B₁₂ Liquid (as either methyl or adenosyl/hydroxycobalamin) Order Codes: B12L/AHBL</p> <p>Vitamin D₃ Liquid or Capsule Order Code: VDL/VD16</p> <p>Magnesium (glycinate) Order Code: MG9</p>
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Step 2: Adequate Protein & Fiber		
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<p>A higher-protein diet is particularly helpful, especially when combined with adequate fiber. I generally recommend between 100 to 140 grams of protein per day, depending on gender and medical conditions, along with two servings of fruit and at least three servings of vegetables.[†]</p>	<p>Reduced-calorie diets that are higher in protein have repeatedly been associated with healthy weight management,[†] satiety and body composition.¹³</p>	<p>PureLean® Protein or PureLean® Whey Order Codes: PLPV6/PLW4</p> <p>PureLean® Fiber Order Code: PLFX3</p>
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Step 3: Glucose & Lipid Metabolism		
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<p>By comparing hundreds of test results, I discovered that 90% of my patients need support for glucose metabolism, either clinically or sub-clinically. I use Metabolic Xtra — one of my favorite products — to support both healthy glucose and lipid metabolism.[†]</p>	<p>Weight can influence glucose and lipid metabolism. Research suggests that support for these two objectives can contribute to healthy weight management[†] and cardiovascular function.¹⁴⁻⁶</p>	<p>Metabolic Xtra Order code: MX29</p>
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Available for download at PureEncapsulations.com/purelean

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⁺Dr. Cederquist is a retained advisor to Pure Encapsulations.
[†]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.

[‡]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.