



PureLean® Ultra

Introduced 2017



What Is It?

PureLean® Ultra is a high-protein blend offering additional fiber and metabolic cofactors in a lightly sweetened, smooth and delicious formula to support healthy weight management.*

PureLean® Ultra Features

- 25 grams vegetarian protein from pea and rice protein
- 5 grams fiber to support satiety, digestive health and healthy glycemic control*
- Magnesium to promote nutrient metabolism, healthy neurotransmitter function and positive mood*
- Chromium and biotin to support healthy glucose metabolism and promote lean body composition*
- Green tea extract to promote resting energy expenditure and thermogenesis*
- Smooth and delicious formula lightly sweetened with natural vanilla flavors

Uses for PureLean® Ultra

Weight Management: Diets higher in protein and fiber have been associated with healthy weight management and body composition, believed to be due, at least in part, to enhanced satiety and nutrient metabolism. In a comparison study, individuals on a higher-protein diet (1.6 g/kg body weight) compared with individuals on a moderate-protein diet (0.8 g/kg body weight) had comparable weight loss, but had lost 22% more fat mass after four months. While weight loss was again comparable at the 12-month mark, more participants in the higher-protein arm completed the study ($p < 0.05$), and the higher-protein diet offered more significant support for healthy body composition. In another multinational European study involving 548 overweight adults who had recently lost 8% of their initial body weight, those following a higher-protein diet (25% of energy intake) were more likely to maintain weight loss. Fiber, another key nutrient to promote satiety, also helps support digestive health, nutrient absorption and healthy glycemic control. The nutrient cofactors magnesium, chromium and biotin are included to enhance nutrient metabolism, while green tea targets fatty acid oxidation.*

What Is The Source?

Pea protein isolate and brown rice protein concentrate are derived from *Pisum sativum* and *Oryza sativa*, respectively. Evaporated cane sugar is derived from organic sugar cane. Acacia gum is derived from acacia tree sap. Pectin is derived from apple. Flax seed powder is derived from organic *Linum usitatissimum* seed. Biotin is synthetic. Citrate is derived from corn dextrose fermentation. Magnesium and chromium are derived from elemental ore. Decaffeinated green tea extract is derived from *Camilla sinensis* leaf and standardized to contain 40% epigallocatechin gallate (EGCG).

Recommendations

Pure Encapsulations® recommends 1 serving (2 scoops) 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.

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

*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.

PureLean® Ultra

two scoops (approximately 45.8 grams) contain   v

calories	170
calories from fat	30
total fat	3 g
saturated fat	0 g
total carbohydrate	11 g
dietary fiber	5 g
sugars	7 g
protein.....	25 g
biotin.....	3,000 mcg
magnesium (as magnesium citrate)	100 mg
chromium (as chromium polynicotinate)	180 mcg
sodium (naturally occurring and from sea salt)	360 mg
green tea (<i>Camellia sinensis</i>) extract (leaf) (decaffeinated).....	150 mg
(standardized to contain 40% epigallocatechin gallate (EGCG))	
other ingredients: pea protein isolate, organic evaporated cane sugar, brown rice protein concentrate, acacia gum, apple pectin, organic flax seed powder, natural vanilla and butterscotch flavors, sea salt, xanthan gum, purified stevia leaf extract	
serving size 2 scoops (approximately 45.8 g)	
servings per container 20	
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.	

 ChromeMate® brand niacin-bound chromium. ChromeMate® is a registered trademark of InterHealth, N.I.