What Is It?
PureLean® Green Coffee provides a unique mix designed to maintain healthy post-prandial glucose metabolism, fat utilization and metabolic rate in convenient single-serving packets.*

Special Features
- Great-tasting, cranberry-tea flavor
- Portable, single-serving packets
- 400 mg Svetol® green coffee bean extract per serving
- 100 mg green tea per serving
- 1 gram fiber per serving

Uses For PureLean® Green Coffee

Weight Management: Green coffee beans are unroasted and therefore retain a higher level of chlorogenic acid compared to roasted beans. Chlorogenic acids are the phenolic compounds believed to be responsible for most of the pharmacological effects of green coffee. Research suggests that green coffee bean extract promotes healthy weight management by targeting healthy glycemic control and fat utilization. In a 60-day randomized double-blind placebo-controlled clinical trial involving 50 individuals, 400 mg of Svetol® green coffee bean extract supported lean mass ratio and healthy weight management. Research indicates that green coffee maintains healthy post-prandial glucose metabolism and targets glucose-6-phosphatase activity in the liver to moderate the breakdown of glycogen, supporting healthy fat metabolism and lean body mass. Green coffee bean extract may also maintain healthy adiponectin levels to support healthy glucose regulation and fatty acid oxidation. PureLean® Green Coffee combines green coffee bean extract with green tea to enhance resting energy expenditure and thermogenesis.*

What Is The Source?
Svetol® green coffee extract is derived from Coffea robusta beans and standardized to contain 45% chlorogenic acids. Green tea extract is derived from Camellia sinensis leaf and standardized to contain 35% polyphenols. Sunfiber® partially hydrolyzed guar gum is derived from guar plant seed. Potassium is derived from the lime of rock. Citrate is derived from corn dextrose fermentation. Xylitol is derived from corn cob. Stevia is from the leaves of the botanical Stevia rebaudiana.

Recommendations
Pure Encapsulations recommends 1-2 packets daily, in divided doses, mixed with 8 oz water, 15-30 minutes before a meal.

Are There Any Potential Side Effects Or Precautions?
If pregnant or lactating, consult your physician before taking this product. Guar gum has been associated with GI upset, including gas or diarrhea. Additionally, when consumed without adequate fluids, it can cause GI obstruction. In rare cases, green tea can cause dizziness, insomnia, agitation or fatigue. Consult your physician for more information.

PureLean® Green Coffee: Mechanisms of Action

Figure 1. Green coffee bean extract moderates the entry of glucose into the bloodstream from the two principal sources, dietary carbohydrates and liver glycogen. This action maintains healthy glycemic responses. Polyphenols in green tea extract target lipogenic enzymes, support thermogenesis and promote fat utilization. Together, these actions maintain metabolic homeostasis and support healthy weight management.*

(continued)

*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. 800-753-2277 | PureEncapsulations.com
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 this or any other product. Consult your physician for any health problems.
Are There Any Potential Drug Interactions?

Guar gum could alter some medication absorption. Concurrent administration is not recommended. Green tea may be contra-indicated with blood thinning medications. Green tea extract may also interfere with the absorption and effectiveness of a number of other medications, including certain heart, anti-diarrhea, cold and hay fever medications. Consult your physician for more information.

**PureLean® Green Coffee**

<table>
<thead>
<tr>
<th>Nutrition Information</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>Total Fat</td>
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</tr>
<tr>
<td>Sodium</td>
<td>5 mg</td>
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<tr>
<td>Carbohydrate</td>
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<tr>
<td>Fiber</td>
<td>1 g</td>
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<tr>
<td>Sugars</td>
<td>2 g</td>
</tr>
<tr>
<td>Protein</td>
<td>0 g</td>
</tr>
<tr>
<td>Potassium (as potassium citrate)</td>
<td>65 mg</td>
</tr>
</tbody>
</table>

Svetol® green coffee (coffea robusta) extract (bean) 400 mg (standardized to contain 45% chlorogenic acids)
Green tea (camellia sinensis) extract (leaf) 100 mg (standardized to contain 35% polyphenols)
Stevia 40 mg

Other ingredients: xylitol, Sunfiber® partially hydrolyzed guar gum, potassium citrate, citric acid, malic acid, cranberry extract, red beet powder, natural lemon flavor, luo han guo (momordica grosvenorii) extract (fruit)

Take 1-2 packets daily, in divided doses, mixed with 8 oz water, 15-30 minutes before a meal.

Serving size: 4.45 g (1 packet)
Serving per container: 30

Svetol® is a trademark of Naturex, Inc.
Sunfiber® is a registered trademark of Taiyo International, Inc.