



Manufacturers of
Hypo-allergenic
Nutritional
Supplements



PureLean™ Nutrients

INTRODUCED JANUARY 2010

What Is It?

PureLean™ Nutrients is designed to provide metabolic and weight management support as part of a healthy lifestyle with a reduced calorie diet and regular exercise. It is a complete hypo-allergenic, highly bioavailable multi-vitamin, multi-mineral and trace element supplement. The formula combines superior mineral cofactors, activated vitamins, antioxidants, amino acids, cinnamon, green tea and pterostilbene to support healthy glucose metabolism, lipid utilization and body composition.*

Indications

Support for healthy glucose metabolism, lipid utilization, body composition and weight management as part of a healthy lifestyle with a reduced calorie diet and regular exercise.*

Vitamin/Mineral Distinctions:

- High potency, hypo-allergenic, vegetarian formula
- Activated vitamins and superior mineral chelates for optimal absorption
- Antioxidant support from naturally derived vitamin C, vitamin E, beta carotene, lycopene, lutein, zeaxanthin and alpha lipoic acid*
- 800 mcg Metafolin® (6S)-5-methyltetrahydrofolic acid (L-5-MTHF), the naturally occurring, universally metabolized form of folate*
- 400 mcg of chromium, from chromium polynicotinate and patented, enhanced bioactivity Chromium 454®, to support Akt metabolic kinase activity and GLUT4 glucose transporter function*
- 500 mg of vitamin C, from ascorbic acid and rapid uptake PureWay-C®, for healthy inflammation balance, lipid antioxidant protection, and C-reactive protein metabolism*

Special Features:

• Macular Synergy Complex

Enhances the integrity of the macula and retina with lutein and zeaxanthin. Numerous double blind, placebo-controlled trials indicate that lutein and zeaxanthin support the health of the retina and optical lens. Additionally, recent research has revealed that the combination may target different areas in the retina to enhance total retinal health, photoreceptor health, and color vision. Synergistic cofactors include vitamin C, vitamin E, zinc and carotenoids.*

• Metabolic GlycoPlex

Supports healthy glucose uptake with alpha lipoic acid and cinnamon. Clinical trials report that supplementation with cinnamon promotes healthy glucose balance and is well tolerated. In another study, alpha lipoic acid decreased serum lactate and pyruvate and promoted healthy glucose metabolism in lean and overweight individuals. Furthermore, alpha lipoic acid and l-carnosine help maintain healthy advanced glycation end product metabolism and provide antioxidant protection.*

• Metabolic LipidPlex

Promotes hepatic fat metabolism with green tea and taurine. Green tea extract has been shown in recent studies to enhance thermogenesis and fat oxidation. Taurine promotes healthy glucose, lipid and triglyceride metabolism. Taurine promotes the formation of taurocholate, a substance that increases cholesterol secretion in the bile and also supports fat metabolism in the liver. Studies reveal that pterostilbene, an antioxidant found in blueberries and the *Pterocarpus marsupium* tree, may promote healthy PPAR activity to encourage healthy lipid and triglyceride metabolism.*

(continued)

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.

What Is The Source?

The nutrients found in PureLean Nutrients are derived from the following:

Mixed carotenoids: *Blakeslea trispora*
 Lycopene: natural tomato concentrate
 Lutein^{††}: marigold flower extract
 Zeaxanthin[†]: synthetic
 Vitamin C: corn dextrose fermentation
 PureWay-C[®]: corn dextrose fermentation and citrus bioflavonoids
 Vitamin D₃: cholesterol from wool fat (lanolin)
 Vitamin E: soybean oil
 Vitamin K₁: synthetic
 Vitamin B₁ (thiamine HCl): synthetic
 Vitamin B₂ (riboflavin): corn dextrose fermentation
 Niacinamide and Niacin: synthetic
 Vitamin B₅ (calcium pantothenate): synthetic
 Vitamin B₆ (pyridoxal HCl): synthetic
 Vitamin B₁₂ (methylcobalamin): corn dextrose fermentation
 Metafolin[®] (6S)-5-methyltetrahydrofolic acid (L-5-MTHF): synthetic
 Biotin: synthetic
 Alpha lipoic acid: synthetic
 L-Carnosine (beta-alanyl-L-histidine) is synthetic
 Taurine (free-form) is synthetic.
 Chromium 454^{®††††} is derived from a proprietary Brewer's yeast extract
 Minerals: naturally derived from the lime of rock
 Sources of the mineral chelates include:
 Citrate: corn dextrose fermentation
 Glycinate: synthetic

Cinnamon extract^{†††††} (10-15:1) is derived from *Cinnamomum cassia* dried bark. Green tea extract is derived from the leaf and standardized to provide 23% epigallocatechin gallate (EGCG). *Pterocarpus marsupium* extract is derived from the tree and standardized to contain 5% pterostilbene.

^{†††††}CinSulin[®] is a registered trademark of Tang-An Medical, Ltd. Manufactured under U.S. Patent 6,200,569.

^{†††††}Chromium 454[®] is a registered trademark of VDF FutureCeuticals, Inc, used under license.

^{†††}Metafolin[®] is a registered trademark of Merck KGaA, Darmstadt, Germany.

^{††} **FloraGLO**  is a registered trademark of Kemin Industries, Inc.

[†]Zeaxanthin is sourced from OPTISHARP[™] brand. OPTISHARP[™] is a trademark of DSM Nutritional Products, Inc.

Recommendations

Pure Encapsulations recommends per 4-6 capsules per day, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Green tea has been associated with dizziness, agitation, headache, and gastrointestinal upset, including nausea, bloating, dyspepsia or diarrhea. Rarely, alpha lipoic acid has been associated with skin rash. Consult your physician for more information.

Are There Any Potential Drug Interactions?

Individuals on antidiabetes medications may require blood glucose monitoring. Green tea may be contra-indicated with blood thinning medications. Consult your physician for more information.

PureLean[™] Nutrients

six vegetable capsules contain  v 00	
vitamin C (as ascorbyl palmitate)	120 mg
vitamin C (1:1 ratio of ascorbic acid and PureWay-C [®])	500 mg
calcium (citrate)	150 mg
vitamin D ₃	2,000 i.u.
d-alpha tocopherol succinate (vitamin E)	100 i.u.
vitamin K ₁	100 mcg
thiamine HCl (B ₁)	25 mg
riboflavin (B ₂)	25 mg
riboflavin 5' phosphate (activated B ₂)	12.5 mg
niacin	25 mg
niacinamide	50 mg
pyridoxine HCl (B ₆)	12.5 mg
pyridoxal 5' phosphate (activated B ₆)	12.5 mg
folate (as Metafolin [®] , L-5-MTHF) ^{†††}	800 mcg
methylcobalamin (B ₁₂)	500 mcg
biotin	3 mg
pantothenic acid (calcium pantothenate) (B ₅)	50 mg
iodine (potassium iodide)	200 mcg
magnesium (citrate)	150 mg
zinc (citrate)	15 mg
selenium (selenomethionine)	70 mcg
copper (glycinate)	2 mg
manganese (citrate)	2 mg
chromium (1:1 ratio of chromium polynicotinate	400 mcg
and chromium 454 ^{®††††})	
potassium (citrate)	100 mg
boron (glycinate)	2 mg
vanadium (as bis-glycinato oxo vanadium)	100 mcg
choline (bitartrate)	100 mg
inositol	125 mg
mixed carotenoids	7,500 i.u.
(providing beta carotene, lycopene, lutein ^{††} and zeaxanthin [†])	
Macular Synergy Complex	
lutein ^{††}	6 mg
zeaxanthin [†]	1 mg
Metabolic GlycoPlex	
alpha lipoic acid (thioctic acid)	300 mg
cinnamon (Cinnamomum cassia) (dried bark) (10-15:1) ^{†††††}	100 mg
l-carnosine (beta-alanyl-L-histidine)	50 mg
Metabolic LipidPlex	
taurine (free-form)	300 mg
green tea extract (leaf)	100 mg
(providing 23% epigallocatechin gallate (EGCG))	
Pterocarpus marsupium extract (tree)	50 mg
(standardized to contain 5% pterostilbene)	
(hypo-allergenic plant fiber added to complete capsule volume requirement)	
4-6 capsules per day, in divided doses, with meals.	
<i>Not to be taken by pregnant or lactating women.</i>	



— Your Trusted Source —

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