



PureLean® Fiber

Introduced 2010



What Is It?

PureLean® Fiber contains a blend of prebiotics, soluble fibers from glucomannan, guar gum, apple pectin, and prune powder and insoluble fibers from cellulose and flaxseed to promote weight management†, satiety, regularity, detoxification, G.I. cell health, and microflora balance.*

Special Features

- Supports healthy gut microflora with the prebiotic PrecticX™ XOS without G.I. side effects*
- Offers a minimum of 6 grams of fiber per serving (7 grams typical)
- 1 gram glucomannan per serving
- Great mild taste
- No sugar, stevia or artificial sweeteners
- Vegetarian

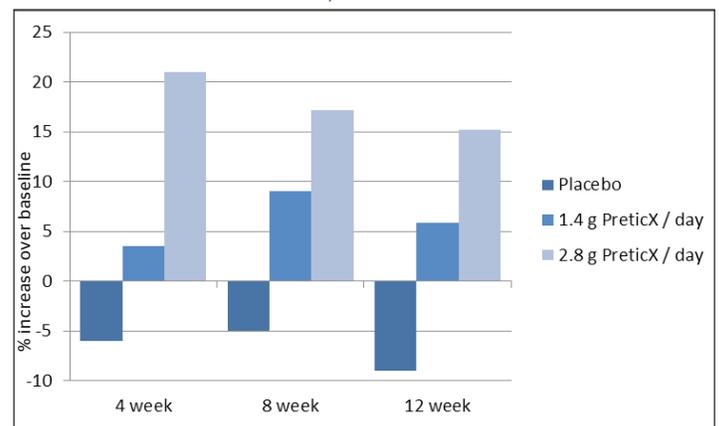
Uses For PureLean Fiber

Weight management†: The gut microflora is now recognized as an important factor in overall health, with potential roles ranging from cellular and immune health to metabolic function and weight management†. Studies indicate that obese individuals possess lower levels of Bacteroidetes microorganisms and higher levels of Firmicutes bacteria in the G.I. tract compared to lean individuals. In one study, germ-free mice inoculated with bacteria from obese mice showed increased Firmicutes bacteria and an increase in body fat over two weeks despite no change in dietary intake, compared to mice inoculated with bacteria from lean mice. In a double-blind, randomized, placebo-controlled study, 32 healthy adult subjects were given 1.4 grams or 2.8 grams of PrecticX™ XOS for eight weeks. The Bifidobacterium count increased 21% from the baseline at four weeks and 17% from the baseline at eight weeks in the highest dose group. B. fragilis levels (a Bacteroidetes organism) were also found to increase. Similar results were found in another study involving healthy young women, which also showed PrecticX™ supplementation resulted in an increase in fecal triglyceride and cholesterol concentrations. Furthermore, the formula contains soluble fiber, which helps slow the rate of digestion, promoting satiety, digestive health, nutrient absorption and healthy glycemic control. It enhances satiety by

absorbing water and adding bulk in the digestive tract. Research has revealed that the high molecular weight and viscosity of glucomannan is particularly supportive for weight management†. In an eight week double-blind trial involving obese subjects, glucomannan provided statistically significant support for weight management†.*

G.I. Health: Both soluble and insoluble fibers promote G.I. motility and regularity, supporting healthy bowel movements and softer stools by adding bulk. Studies with glucomannan, Sunfiber® partially hydrolyzed guar gum and flaxseed indicate that these fibers promote abdominal comfort, G.I. motility and bowel regularity while being well-tolerated. The formula also supports microflora balance with the PrecticX™ XOS prebiotic as well as soluble fiber, which is fermented in the large intestines by intestinal microflora to produce short chain fatty acids (SCFAs). SCFAs are important energy sources for the colon and have protective effects for healthy colon cell function. SCFAs also support optimal intestinal pH, providing optimal conditions for beneficial bacteria to thrive.*

12-week PrecticX XOS Study



In a 12-week, randomized, double-blind, placebo-controlled intervention trial, Bifidobacterium counts increased in both PrecticX™ supplemented groups compared to the subjects taking placebo. Bifidobacterium count increased 21% from baseline at four weeks and 17% from baseline at eight weeks in the high-dose group (2.8 g per day). A similar trend was observed in the lower-dose group. (1.4 g per day) (a=p <0.05, b=p<0.1)

(continued)

† 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.

Uses For PureLean® Fiber (cont.)

Detoxification: Fiber also helps to collect and eliminate waste and toxins from the intestinal walls, minimizing the amount of exposure of the G.I. tract to toxins. Research suggests that flax seed fiber supports colon cell health in part by promoting healthy beta-glucuronidase activity and detoxification. High fiber diets also increase fecal elimination of bile acids to support healthy lipid excretion. Several randomized controlled trials indicate that glucomannan supports healthy lipid metabolism in this way and enhances glycemic control.*

What Is The Source?

Magnesium is derived from limestone. Citrate is derived from corn dextrose fermentation. Flax seed fiber is derived from *Linum usitatissimum*. Sunfiber® partially hydrolyzed gum is derived from guar plant seed. CreaFibe cellulose is derived from bamboo. Glucomannan is derived from root of *Amorphophallus konjac*. Prune powder and apple pectin are derived from the fruit. PreticX™ XOS and xylitol are derived from corn cob and purified to be free of corn protein. Lo Han extract is derived from *Momordica grosvenori* fruit. PureLean Fiber contains 6.5 to 7 grams of fiber per serving, typically providing 3.7 grams of soluble fiber and 3.4 grams of insoluble fiber.

Recommendations

Pure Encapsulations® recommends 1 serving, 1-4 times daily, mixed with a beverage. Adequate water intake is recommended.

Are There Any Potential Side Effects Or Precautions?

In contrast to many common prebiotics, studies on PreticX™ XOS report no gas, bloating or other intestinal side effects. However, for some individuals, a rapid change in fiber consumption can cause gastrointestinal discomfort, including bloating, flatulence, abdominal pain or diarrhea. Additionally, when consumed without adequate fluids, fiber can cause G.I. obstruction. It is recommended to begin taking small amounts with adequate fluids and increase daily fiber intake slowly over time. If pregnant or lactating, consult your physician before taking this product.

Are There Any Potential Drug Interactions?

Fibers in this formula could alter the absorption of some medications. Concurrent administration is not recommended. Individuals on antidiabetes medications may require blood glucose monitoring. Flaxseed may be contraindicated with certain blood thinning medications. Consult your physician for more information.

PureLean® Fiber

two scoops (approximately 14.4 grams) contain

calories	40
total carbohydrate	8 g
dietary fiber	6 g
protein	1 g
magnesium (as magnesium citrate)	100 mg
sodium (naturally occurring)	16 mg
PreticX™ xylooligosaccharides	700 mg
proprietary fiber blend	10 g

providing:
 CreaFibe cellulose, Sunfiber® partially hydrolyzed guar gum, flax seed fiber, 1,000 mg glucomannan, prune fruit powder, apple pectin
 other ingredients: xylitol, luohan guo (Momordica grosvenori) extract (fruit)

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use.

Serving size: 2 scoops (approximately 14.4 g)

Servings per container: approximately 24

1 serving, 1-4 times daily, mixed with a beverage. Adequate water intake is recommended.



Xylooligosaccharide. PreticX™ is covered by registered and pending patents. PreticX™ is a trademark of AIDP, Inc. PreticX™ is distributed exclusively by AIDP, Inc.

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