

The PureLean® Healthy Weight Management† Protocol*

Developed with Caroline Cederquist, M.D.††

	Product Name	Ingredients	Function	Dosing
TARGETED SUPPORT*	Metabolic Xtra Order Code: MX9	<ul style="list-style-type: none"> Berberine HCl 350 mg Alpha lipoic acid 100 mg Resveratrol 20 mg Chromium 135 mcg 	<ul style="list-style-type: none"> Support healthy glucose metabolism* 	1 capsule, three times daily, with meals
	AdipoLean Order Code: ADL6	<ul style="list-style-type: none"> Patented extract of irvingia gabonensis extract 150 mg Lychee and green tea complex 50 mg 	<ul style="list-style-type: none"> Lean mass ratio and healthy abdominal circumference* 	1 capsule, twice daily, with meals
	XanthiTrim Order Code: XT6	<ul style="list-style-type: none"> Synergistic blend of fucoxanthin from brown seaweed and pomegranate seed oil 300 mg Enhanced-absorption green tea extract 150 mg 	<ul style="list-style-type: none"> Healthy fat metabolism and metabolic rate* 	1 capsule, twice daily, with meals
	Vitamin D₃ Order Codes: VDL (liquid) VD16 / VD11 / VD12 (capsules)	<ul style="list-style-type: none"> Vitamin D₃ 1,000 IU 	<ul style="list-style-type: none"> Cardiovascular health* Bone support* Immune support* Cellular health* 	1 serving daily, with a meal
	B₁₂ liquid Order Code: B12L	<ul style="list-style-type: none"> Vitamin B₁₂ 1,000 mcg 	<ul style="list-style-type: none"> Energy production* Cellular function* 	1 ml daily
FOUNDATIONAL SUPPORT*	PureLean® Pure Pack Order Code: PPPB3	<ul style="list-style-type: none"> PureLean® Nutrients multivitamin EPA/DHA with lemon (300/200 mg) Magnesium (glycinate) 120 mg Alpha Lipoic Acid with GlucoPhenol®, a novel fruit extract developed with the Institute of Nutrition and Functional Foods Taurine 1,150 mg 	<ul style="list-style-type: none"> Comprehensive daily weight management† support* Support healthy glucose metabolism* Daily wellness* 	1 packet daily, with a meal
	PureLean® Protein Order Codes: PLV6 (vanilla) PLC7 (chocolate) PLVS5 (stevia/vanilla) PLVSB5 (stevia/basics) PLW4 (whey/vanilla) PLU9 (ultra/vanilla)	<ul style="list-style-type: none"> PLV6/PLC7: 15 g protein (pea, rice, chia), 3 g fiber, multivitamin/mineral core, vegetarian PLVS5: 15 g protein (pea, rice, chia), 3 g fiber, multivitamin/mineral core, 120 mg stevia with no added sugar, vegetarian PLVSB5: 15 g protein (pea, rice, chia), 3 g fiber, 120 mg stevia with no added sugar, vegan PLW4: 21 g protein (whey), 4.75 g branched chain amino acids, instantized for easy mixing PLU9: 25 g protein (pea, rice), 5 g fiber, key nutrient cofactors including magnesium, chromium, biotin and green tea, vegan 	<ul style="list-style-type: none"> Satiety* Daily wellness* 	Consume as needed 1-2 times per day
	PureLean® Fiber Order Code: PLFX3	<ul style="list-style-type: none"> 6 g dietary fiber, including 1 g glucomannan PreticX™ XOS prebiotic Magnesium (citrate) 100 mg 	<ul style="list-style-type: none"> Satiety* Digestive health* Detoxification* Healthy glycemic control* Healthy microflora balance* 	2 scoops mixed with a beverage, 30 minutes before dinner

Where multiple supplements are suggested, please note that the patient may not require all of them.

††Dr. Cederquist has been retained as a medical consultant in advising Pure Encapsulations.

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

This information is intended for use by healthcare practitioners, 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.

Available for download at www.PureEncapsulations.com/pureleanprotocol



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

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