



PureLean® Protein Blend

Introduced 2009



What Is It?

PureLean® provides a unique blend of vegetarian protein, vitamins, minerals, omega-3 fatty acids and superfruit antioxidants in a great-tasting, naturally flavored and sweetened formula. PureLean® Basics provides the same PureLean® profile, but without the vitamin and mineral core.

PureLean® Features

PureLean® Protein Blend

- 15 grams vegetarian protein from a unique blend of rice, pea, and chia
- 3 g fiber
- 200 mg omega-3 fatty acids from chia
- Promotes satiety and healthy body composition with protein.*
- A moderate protein diet (40% carbohydrates, 30% protein, 30% fat) was associated with improved lean body composition, fewer reported cravings and increased diet compliance in a recent *Journal of Nutrition* study.
- Supports healthy triglyceride metabolism with protein and omega-3 fatty acids*

Multivitamin/mineral Complex

(PureLean® and PureLean® with stevia only)

- Wide range of vitamins and minerals for comprehensive support*
- Maintains healthy metabolism with B vitamins, zinc and chromium*
- Enhances healthy weight management†, body composition and bone health with calcium, vitamin D and magnesium*

Antioxidant Synergists

- Vitamin A, vitamin C, vitamin E, selenium and zinc (PureLean® and PureLean® with stevia only)
- Superfruit antioxidant blend of acerola, camu camu, quercetin, açai, mangosteen and green coffee concentrate

What Is The Source?

Pea protein isolate, rice protein concentrate and chia seed meal are derived from *Pisum sativum*, *Oryza sativa* and *Salvia hispanica* respectively and naturally contain protein, calcium, phosphorus, magnesium, potassium and iron. Pectin is derived from apple. Vitamin A, thiamine (B₁), riboflavin (B₂), niacinamide, pyridoxine HCl (B₆), folic acid, biotin, pantothenic acid (B₅) and vitamin K₁ are synthetically derived. Vitamin C and methylcobalamin (B₁₂) are derived from corn dextrose fermentation. d-Alpha tocopherol acetate (vitamin E) is derived from soybean oil. Vitamin D₃ is derived from lanolin. Calcium, magnesium, zinc, iodine, selenium and chromium are derived from elemental ore. Superfruit antioxidant blend is derived from acerola, camu camu, quercetin, açai, mangosteen and green coffee concentrate. Stevia is derived from *Stevia rebaudiana* leaf (PureLean® (with stevia) and PureLean® Basics only).

Recommendations

Pure Encapsulations® recommends 1-2 servings daily. 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?

This product is contraindicated with Coumadin (Warfarin). Consult your physician for more information.

(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.

PureLean® Protein Blend Vanilla Flavor (V) (VP (packet))
 PureLean® Protein Blend Chocolate Flavor (C)

each packet (34 g) contains v

calories	130
calories from fat	10
total fat	1 g
saturated fat	< 0.5 g
total carbohydrates	V, VP: 13 g; C: 15 g
dietary fiber	3 g
sugars	V, VP: 9 g; C: 11 g
protein	15 g
vitamin A (as vitamin A palmitate)	1,500 IU
vitamin C (from calcium ascorbate)	30 mg
vitamin D (as cholecalciferol) (D ₃)	400 IU
vitamin E (as d-alpha tocopherol acetate)	15 IU
vitamin K (as vitamin K ₁)	40 mcg
thiamin (as thiamin mononitrate) (B ₁)	0.75 mg
riboflavin (vitamin B ₂)	0.85 mg
niacin (as niacinamide)	10 mg
vitamin B ₆ (as pyridoxine HCl)	1 mg
folic acid	200 mcg
vitamin B ₁₂ (as methylcobalamin)	3 mcg
biotin	150 mcg
pantothenic acid (as calcium pantothenate) (B ₅)	5 mg
calcium (as calcium glycinate)	250 mg
iron (naturally occurring)	1 mg
phosphorus (naturally occurring)	100 mg
iodine (as potassium iodide)	75 mcg
magnesium (as magnesium glycinate)	100 mg
zinc (as zinc glycinate)	7.5 mg
selenium (as selenomethionine)	35 mcg
chromium (as chromium niacinate)	60 mcg
potassium (naturally occurring)	30 mg
sodium (naturally occurring)	V, VP: 220 mg; C: 200 mg
superfruit antioxidant blend	100 mg
(from acerola berry, camu camu fruit, quercetin, açai berry, mangosteen fruit and green coffee whole fruit concentrate)	
other ingredients: pea protein isolate, rice protein concentrate, organic evaporated cane sugar, natural flavors, apple pectin, chia seed meal; chocolate also contains cocoa powder	

serving size: Vanilla Bean flavor: 34 g (1 scoop or 1 packet)
 Chocolate: 37 g (1scoop)

servings per container: 20 (V, C); 10 (VP)

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****WARNING: Very low calorie protein diets (below 400 calories per day) may cause serious illness or death. Do not use for weight reduction in such diets without medical supervision.**

PureLean® Protein Blend Vanilla Bean Flavor (with stevia)

each scoop (27 g) contains v

calories	95
calories from fat	10
total fat	1 g
saturated fat	< 0.5 g
carbohydrate	6 g
dietary fiber	3 g
sugars	2 g
protein	15 g
vitamin A (as vitamin A palmitate)	1,500 IU
vitamin C (from calcium ascorbate)	30 mg
vitamin D (as cholecalciferol) (D ₃)	400 IU
vitamin E (as d-alpha tocopherol acetate)	15 IU
vitamin K (as vitamin K ₁)	40 mcg
thiamin (as thiamin mononitrate) (B ₁)	0.75 mg
riboflavin (vitamin B ₂)	0.85 mg
niacin (as niacinamide)	10 mg
vitamin B ₆ (as pyridoxine HCl)	1 mg
folic acid	200 mcg
vitamin B ₁₂ (as methylcobalamin)	3 mcg
biotin	150 mcg
pantothenic acid (as calcium pantothenate) (B ₅)	5 mg
calcium (as calcium glycinate)	250 mg
iron (naturally occurring)	1 mg
phosphorus (naturally occurring)	100 mg
iodine (as potassium iodide)	75 mcg
magnesium (as magnesium glycinate)	100 mg
zinc (as zinc glycinate)	7.5 mg
selenium (as selenomethionine)	35 mcg
chromium (as chromium niacinate)	60 mcg
potassium (naturally occurring)	30 mg
sodium (naturally occurring)	220 mg
superfruit antioxidant blend	100 mg
(from acerola berry, camu camu fruit, quercetin, açai berry, mangosteen fruit and green coffee whole fruit concentrate)	
stevia leaf extract	120 mg
other ingredients: pea protein isolate, rice protein concentrate, natural flavors, apple pectin, chia seed meal	

serving size: Vanilla Bean (with stevia): 27 g (1 scoop)

servings per container: 20

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

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PureLean® Protein Basics (with stevia)

each scoop (25 g) contains v

calories	95
calories from fat	10
total fat	1 g
saturated fat	< 0.5 g
total carbohydrate	6 g
dietary fiber	3 g
sugars	2 g
protein.....	15 g
sodium (naturally occurring).....	220 mg
superfruit antioxidant blend.....	100 mg
(from acerola berry, camu camu fruit, quercetin, açai berry, mangosteen fruit and green coffee whole fruit concentrate)	
stevia leaf extract.....	120 mg
other ingredients: pea protein isolate, rice protein concentrate, natural flavors, apple pectin, chia seed meal	
servings per container: 20	

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