

PureLean Nutrients

Multivitamin/mineral formula for healthy weight management^{††}

INDICATIONS

- Ages 18 and up
- Healthy weight management support^{††}

BENEFITS

- Supports healthy weight management^{††}
- Promotes healthy glucose and lipid metabolism[†]
- Supports eye health and macular integrity[†]
- Provides antioxidant support[†]

FEATURES

- Includes activated vitamins and mineral chelates for optimal absorption
- With Metafolin® L-5-MTHF, the naturally occurring, universally metabolized form of folate
- Part of the PureLean® product line
- Made with high-quality vegetarian ingredients backed by verifiable science

VERIFIABLE SCIENCE

Provides support for healthy glucose metabolism, lipid utilization and weight management as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.^{1,2} Includes Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate.³ Supports the integrity of the macula and retina with lutein and zeaxanthin.⁴ Synergistic cofactors include vitamin C, vitamin E, zinc and carotenoids.⁵ Supports healthy glucose uptake with alpha lipoic acid and cinnamon and maintains healthy glycation activity with l-carnosine.^{6,7} Combines the hepatic fat metabolism properties of taurine and green tea with the metabolic and antioxidant benefits of pterostilbene.^{8,9,10†}

SUGGESTED USE

As a dietary supplement, take 3 capsules, 1-2 times daily, with meals.

STORAGE

Store in a cool, dry place.

WARNING

Take with food. If you have liver problems, consult your health professional before use. Vitamin K may be contraindicated with Coumadin (warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood-thinning medication, consult your health professional before use.

SOURCE

- 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): synthetic
 - Taurine (free-form): synthetic
 - Chromium 454®: 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): derived from *Cinnamomum cassia* dried bark

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- 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

NOTES

Size 00 caps

Bottle count 180

Order codes PLN1

Bottle size 20 oz

REFERENCES

1. Major GC, et al. *Br J Nutr.* 2008 May;99(5):1157-67.
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3. Lamers Y, et al. *Am J Clin Nutr.* 2006 Jul;84(1):156-61.
4. Hammond BR, et al. *Invest Ophthalmol Vis Sci.* 2014 Dec 2;55(12):8583-9.
5. Chew EY, et al. *Ophthalmology.* 2013 Aug;120(8):1604-11.e4.
6. Jacob S, et al. *Free Radic Biol Med.* 1999 Aug;27(3-4):309-14.
7. Lu T, et al. *Nutr Res.* 2012 Jun;32(6):408-12.
8. Wang WY, et al. *JPEN J Parenter Enteral Nutr.* 1991 May-Jun;15(3):294-7.
9. Venable MC, et al. *Am J Clin Nutr.* 2008 Mar;87(3):778-84.
10. Riche DM, et al. *Evid Based Complement Alternat Med.* 2014;2014:459165.

SUPPLEMENT FACTS

3 capsules, 1-2 times daily, with meals.

Three (size 00) vegetarian capsules contain:

Vitamin A (as beta carotene)	1,125 mcg
Vitamin C (as ascorbic acid)	250 mg
Vitamin D (as cholecalciferol) (D ₃)	25 mcg (1,000 IU)
Vitamin E (as d-alpha tocopherol succinate)	34 mg
Vitamin K (as vitamin K ₁)	50 mcg
Thiamin (as thiamin HCl) (B ₁)	12.5 mg
Riboflavin (as vitamin B ₂ and 28% riboflavin 5' phosphate (activated B ₂))	17.35 mg
Niacin (as niacin and 67% niacinamide)	37.5 mg
Vitamin B ₆ (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B ₆))	10.4 mg
Folate (as Metafolin [®] , L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	250 mcg
Biotin	1,500 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	25 mg
Choline (as choline bitartrate)	20 mg
Calcium (as calcium citrate)	75 mg
Iodine (as potassium iodide)	100 mcg
Magnesium (as magnesium citrate)	75 mg
Zinc (as zinc citrate)	7.5 mg
Selenium (as selenomethionine)	35 mcg
Copper (as copper glycinate)	1 mg
Manganese (as manganese citrate)	1 mg
Chromium (as chromium polynicotinate)	200 mcg
Potassium (as potassium citrate)	50 mg
Boron (as boron glycinate)	1 mg
Vanadium (as bis-glycinato oxo vanadium)	50 mcg
Inositol	62 mg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg

MacularSynergy Complex[†]

FloraGLO [®] lutein	3 mg
Zeaxanthin	500 mcg

Metabolic GlycoPlex[†]

Alpha lipoic acid (thioctic acid)	150 mg
Cinnamon (Cinnamomum cassia) extract (dried bark)	50 mg
L-Carnosine (beta-alanyl-L-histidine)	25 mg

Metabolic LipidPlex[†]

Taurine (free-form)	150 mg
Green tea (Camellia sinensis) extract (leaf) (providing 23% epigallocatechin gallate (EGCG))	50 mg

Pterostilbene 20 mg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate

CinSulin[®] is a registered trademark of Beijing Tang-An Nutrition & Healthcare Products Co., Ltd.

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.

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PureLean [®] Nutrients	Quantity	Order Code
	180	PLN1

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

Visit PureEncapsulationsPro.com for more information about our GMO policy.