

PureLean® Pure Pack

Comprehensive daily weight management support packet providing core nutrients, alpha-lipoic acid, taurine, berberine, fish oil and green tea^{†‡}

INDICATIONS

- Ages 18 and up
- Healthy weight management support ^{†‡}
- Glucose metabolism and lipid utilization [‡]

BENEFITS

- Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise^{†‡}
- Supports glucose and lipid metabolism[‡]

FEATURES

- Vitamins and minerals in highly bioavailable forms
- Lemon-flavored omega-3 fatty acids for reduced aftertaste
- Convenient, once-daily packet
- Part of the PureLean® line
- Made with high-quality ingredients backed by verifiable science

VERIFIABLE SCIENCE

PureLean® Pure Pack is designed to promote healthy glucose metabolism, lipid utilization and weight management[†] with a comprehensive profile of bioavailable vitamins, chelated minerals, fish oil and other ingredients. Activated B vitamins and magnesium act as cofactors in energy production pathways.^{1,2} Each pack also contains a number of metabolic synergists for healthy glucose utilization, including alpha lipoic acid, berberine HCl, cinnamon, and L-carnosine.³⁻⁵ Taurine and green tea enhance fat metabolism.^{6,7} Omega-3 fatty acids support PPAR receptor function, promoting the expression of genes involved in glucose and lipid homeostasis.^{8‡}

SUGGESTED USE

As a dietary supplement, take 1 packet daily (7 capsules), with a meal.

STORAGE

Store in a cool, dry place.

WARNING

Not to be taken by pregnant or lactating women. Take with food. If you have liver problems, consult your health professional before use. Vitamin K may be contraindicated with Coumadin (Warfarin). If you have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.

NOTES

Box count 30 packets

Order code PPP3B3

Each Packet contains: 7 capsules

PureLean® Nutrients: 3 vegetarian capsules

EPA/DHA with Lemon: 1 softgel capsule

Metabolic Xtra: 1 vegetarian capsule

Magnesium (glycinate): 1 vegetarian capsule

Taurine: 1 vegetarian capsule

REFERENCES

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3. Konrad T, et al. *Diabetes Care.* 1999 Feb;22(2):280-7.
4. Houjehani A, et al. *Nutr Res.* 2018 Jan;49:96-106.
5. Paquette M, et al. *Br J Nutr.* 2017 Feb;117(4):519-531.
6. Zhang M, et al. *Amino Acids.* 2004 Jun;26(3):267-71.
7. Quezada-Fernandez P, et al. *Int J Food Sci Nutr.* 2019 Dec;70(8):977-985.
8. Mansoori A, et al. *J Clin Lipidol.* 2015;9(6); 770-777.

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SUPPLEMENT FACTS

Take 1 packet daily (7 capsules), with a meal.

Seven capsules contain:

Calories	10
Total fat	1 g
Cholesterol	< 5 mg
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 and natural tocopherols)	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 and 62% magnesium glycinate)	195 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)	400 mcg
Potassium (as potassium citrate)	50 mg
Boron (as boron glycinate)	1 mg
Vanadium (as bis-glycinato oxo vanadium)	50 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg
Inositol	62 mg
FloraGLO® lutein	3 mg
Zeaxanthin	500 mcg
Berberine HCL	350 mg
Alpha lipoic acid (thioctic acid)	250 mg

resVida® resveratrol (as trans-resveratrol)	20 mg
Cinnamon (Cinnamomum cassia) extract (dried bark)	50 mg
L-Carnosine (beta-alanyl-L-histidine)	25 mg
Taurine (free-form)	1,150 mg
Green tea (Camellia sinensis) extract (leaf) (providing 23% epigallocatechin gallate (EGCG))	50 mg
Pterostilbene	20 mg
Fish oil concentrate (from anchovies, sardines, mackerel) Providing:	900 mg
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg
Other ingredients: vegetarian capsule (cellulose, water), gelatin capsule (gelatin, glycerin, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate, natural lemon flavor, rosemary leaf extract, natural tocopherols	

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

GlucoPheno® is a registered trademark used by Pure Encapsulations under license.

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

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

*FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

resVida® is a trademark of DSM.

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

Contains fish (anchovies, sardines, mackerel)

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PureLean® Pure Pack	Quantity	Order Code
	30 packets	PPP3B3

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