



Manufacturers of
Hypo-allergenic
Nutritional
Supplements



PureWeigh® PREMEAL Beverage

INTRODUCED 2000

What Is It?

PureWeigh® PREMEAL Beverage is an advanced weight loss beverage for individuals with challenging weight management needs. It contains an advanced spectrum of nutritional ingredients scientifically researched for their health benefits affecting weight control.*

Features Include

- Serotein™, providing a combination of high quality proteins with favorable amino acid profiles, and inositol, a brain “second messenger” that supports serotonin balance. Serotein is a combination of whey protein isolate, calcium enriched soy protein isolate and myo-inositol.*
- SloCarb™, providing a scientific blend of low glycemic dietary carbohydrates and fibers that are more slowly digested. This offers a greater feeling of fullness and satiety and supports healthy glucose metabolism when combined with a healthy diet. The nutrients contained in SloCarb include high amylose resistant starch, konjac glucomannan, beta-glucan and flax seed fiber.*
- LivClear™, featuring green tea extract, inositol, milk thistle, red beet and taurine, supports healthy liver detoxification and function during weight loss.*
- Nutrient 950® Multi-Vitamin and Minerals, providing the “nutritional cornerstone” used by thousands of physicians that provides a full spectrum of advanced delivery vitamins, minerals and antioxidants. In addition, PureWeigh PREMEAL Beverage contains enhanced levels of calcium, magnesium, vitamin D₃, buffered vitamin C, chromium, biotin and folate (as Metafolin®, L-5-MTHF) to help support mood, energy, glucose metabolism, bone mineral metabolism and healthy weight.*

Uses For PureWeigh® PREMEAL Beverage

Enhanced Weight Loss Support: As a PREMEAL beverage, PureWeigh® is designed to be taken before meals or as a snack, rather than as a meal replacement. It provides metabolic support for mood-food responses, satiety, and glucose and insulin metabolism. Each serving provides only 90 calories when mixed with water, yet has a filling effect similar to a meal that may satisfy for hours. It is easily combined with a professionally supervised low glycemic/high fiber diet and exercise program to enhance success.*

What Is The Source?

PureWeigh® PREMEAL Beverage is primarily composed of microfiltered whey protein isolate and calcium enriched soy protein isolate. It also contains myo-inositol and the ingredients of SloCarb, LivClear and Nutrient 950. This beverage powder does not contain artificial flavors, artificial sweeteners or added sugars.

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

Recommendations

Pure Encapsulations recommends adding 1 serving to 8-12 oz of water or milk. If mixing with juice, first dilute juice 50% with water. Do not mix with juices that contain added fructose, artificial flavors or sugars. Blend with fresh or frozen fruit pieces if desired. Shake, stir or blend until smooth. Drink slowly over several minutes.

(continued)

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

For educational purposes only. Consult your physician for any health problems.

Are There Any Potential Side Effects Or Precautions?

Very low calorie diets (below 400 calories per day) may cause serious illness or death. Do not use for weight reduction in such diets without medical supervision. Not for use by infants, children, pregnant or lactating women.

Are There Any Potential Drug Interactions?

Individuals with bi-polar disorder or manic depression should not use without consulting their physician. Consult your physician for more information.

PureWeigh® Beverage

one scoop contains	
calories.....	90
<hr/>	
fat (all flavors).....	<1 g
saturated fat.....	<1 g
cholesterol.....	<1 mg
sodium.....	70 mg
carbohydrate.....	11 g
dietary fiber.....	5 g
sugars.....	3 g
protein.....	11 g
vitamin C (pure ascorbic acid).....	83.5 mg
vitamin C (buffered ascorbic acid).....	41.5 mg
(from calcium ascorbate, magnesium ascorbate, potassium ascorbate)	
vitamin C (as ascorbyl palmitate).....	10 mg
vitamin D ₃	100 i.u.
d-alpha tocopherol succinate (vitamin E).....	33.5 i.u.
thiamine HCl (B ₁).....	8.5 mg
riboflavin (B ₂).....	4 mg
riboflavin 5' phosphate (activated B ₂).....	2 mg
niacinamide.....	8.5 mg
inositol hexaniacinate.....	7.5 mg
pyridoxine HCl (B ₆).....	2 mg
pyridoxal 5' phosphate (activated B ₆).....	2 mg
folate (as Metafolin®, L-5-MTHF).....	100 mcg
methylcobalamin (B ₁₂).....	83.5 mcg
biotin.....	1.3 mg
pantothenic acid (calcium pantothenate) (B ₅).....	33.5 mg
calcium (naturally occurring, calcium citrate and milk minerals).....	369 mg
phosphorus.....	150 mg
magnesium (naturally occurring and magnesium citrate).....	44 mg
zinc (picolinate).....	2 mg
selenium (selenomethionine).....	16.5 mcg
manganese (aspartate).....	0.8 mg
chromium (polynicotinate).....	200 mcg
molybdenum (aspartate).....	8.5 mcg
potassium (naturally occurring and potassium aspartate).....	69 mg
mixed carotenoids.....	1,250 i.u.
vanadium (aspartate).....	16.5 mcg
Serotein Functional Protein Complex w/ MFR Factors.....	15 g
(providing 12 mg isoflavones)	
calcium enriched soy protein isolate	
whey protein isolate	
myo-inositol	
SloCarb Slow Release Carbohydrate Complex.....	7.5 g
high amylose resistant starch (maltodextrin)	
high viscosity glucomannan (konjac root)	
high lignan flax seed fiber	
1,3 beta glucan	
LivClear.....	215 mg
red beet extract (fruit)	
milk thistle extract (80% silymarin) (fruit)	
taurine	
green tea extract (leaf)	
(standardized to contain a minimum of 65% total tea catechins) providing:	
epigallocatechin gallate (EGCG) (min) 23%	
caffeine 7%	
stevia.....	30 mg

Contains milk, soy

other ingredients: calcium enriched soy protein isolate, whey protein isolate, natural french vanilla with other natural flavors, Lo Han (Momordica grosvenori fruit extract), gelatin beadlet

servings size: French Vanilla: 25.5 g (1 scoop)

servings per container: 26

*****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. Not for use by infants, children, pregnant or nursing women.**



— Your Trusted Source —

490 Boston Post Road, Sudbury, MA 01776 USA

P: 800-753-2277 • F: 888-783-2277 www.PureEncapsulations.com • csservice@PureEncapsulations.com