

PROFESSIONAL AND PATIENT GUIDE

The PureWeigh® Weight Management Plan*

& Return to Balance



For promoting healthy weight management by supporting:

- ✓ Mood-Food Response (MFR) Eating Patterns
- ✓ Appetite and Satiety
- ✓ Carbohydrate and Lipid Metabolism
- ✓ Essential Fatty Acid Balance
- ✓ Healthy Body Composition



With Serotonin™, SloCarb™, LivClear™
& Mood-Food Response (MFR) Factors

*The PureWeigh® Weight Management Plan includes a healthy eating program (page 14); an exercise program (page 15); and a dietary supplement program. Achieving a healthy weight requires caloric restriction (pages 16-20) and caloric expenditure (page 15). Without healthy eating and exercise, dietary supplementation alone cannot assure achievement of weight management goals.

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Congratulations on your decision to take healthier control of your weight and dietary habits. The PureWeigh® Weight Management Plan is a medically designed nutritional support program to help you achieve meaningful weight management.

This PureWeigh Weight Management Plan, including healthy diet and exercise recommendations, provides multifaceted support to help you:

- Manage weight and support healthy lean muscle.*
- Promote healthy glucose and lipid metabolism.*
- Control the Mood-Food Response (MFR) which contributes to stress-related overeating.*
- Follow a new dietary lifestyle that provides an optimal glycemic value and healthy fatty acid profile.*
- Achieve a dietary and metabolic Return To Balance.*



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Factors Promoting Weight Gain

Being overweight is influenced by complex interactions. These include genetics, the modern refined diet, neurotransmitter function and activity level.

Recent research has shown that the type and amount of carbohydrate and fat you eat can actually turn on or turn off gene expression, which affects weight management.

If your excess weight centers mainly around the mid-section, you have gained weight in the most troublesome area. Excess fat here is associated the most with weight related health risks. Being overweight also elevates adrenal stress hormones, and visa versa. These hormones have a complex interaction with brain neurotransmitters, which affect mood and appetite control. A diet that is high in sugars, refined carbohydrates, starchy vegetables and refined vegetable oils promotes abdominal weight gain and visceral fat accumulation.

In order to manage weight and improve body composition over the long-term, a dietary and metabolic Return to Balance is needed. The PureWeigh Weight Management Plan, which includes a healthful diet and regular exercise, is designed to help achieve these goals.

Weight Related Health Risks

The following table demonstrates several risks associated with being overweight.

Table 1. Health Risks Associated with Being Overweight

Cardiovascular Disease	Some Cancers
Insulin Resistance	Gout
Type-2 Diabetes	Osteoarthritis
Respiratory Disease	Gallbladder Disease
Cholesterol / Lipid Imbalances	Reproductive Disorders
High Blood Pressure / Stroke	Sleep Apnea
Reflux Disease	Peripheral Vascular Diseases

Determining Potential for Weight Related Health Risks

Body Mass Index, or BMI, provides a good estimate of body fat content in most adults by correlating height and weight. Higher BMI values are associated with increased health risks. The lower the BMI, the lower the health risk. Waist circumference can also predict health risks, since excess abdominal fat is an independent risk factor. See the BMI chart and waist measurements in Appendix 1.



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Section 3 | The Mood-Food Connection

The Mood-Food Response Factor (MFR)

Brain neurotransmitters and stress hormones significantly contribute to weight gain through their effect on appetite and emotions. One of the hardest obstacles for people attempting to manage weight is to control repetitious emotional and stress-related eating behavior. This is referred to as Mood-Food Response (MFR) eating. This is more of an emotional response rather than a physiological one of actual hunger.

If you experience some or all of the following, MFR eating may be contributing to your weight gain.

- Craving carbohydrate-rich foods, such as bread and sweets.
- Unable to control hunger, and eating when not hungry.
- Eating to remain in control or in a comfort zone.
- Eating when bored, moody, lonely, angry, worried, or upset.
- Routinely eating until stuffed at meals.
- Eating excessively at social situations.
- Eating more when alone; often bingeing.
- Repeatedly failing at dieting and regaining weight easily.
- Often thinking about food and planning activities around eating.
- Avoiding physical activity and exercise.

Break The MFR Eating Cycle

The PureWeigh Weight Management Plan can help to:

- Maintain healthy neurotransmitter production and modulate stress hormone levels.*
- Slow the rate of carbohydrate digestion, supporting glucose metabolism.*
- Control stress-related appetite and food cravings, and lessen hunger between meals.*



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Overview

PureWeigh® PREMEAL Beverage

PureWeigh PREMEAL is an advanced weight management beverage for individuals with challenging needs. It contains specific nutritional ingredients researched for their supportive roles in weight management, appetite, mood-food responses (MFR) and glucose metabolism. PureWeigh PREMEAL is convenient and highly nutritious. Importantly, PureWeigh PREMEAL helps make the transition to a permanent Return To Balance diet easier.*

PureWeigh PREMEAL contains the following:

Serotein™ —a complex that provides exceptionally high quality protein, a favorable amino acid profile, and inositol, a brain “second messenger” that supports serotonin balance.*

Nutrient features: whey protein isolate, calcium enriched soy protein isolate and myo-inositol.

SloCarb™ —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.*

Nutrient features: high amylose resistant starch, konjac glucomannon, beta-glucan and flax seed fiber.

LivClear™ —supports healthy hepatic detoxification and liver function during weight management.*

Nutrient features: green tea extract, inositol, milk thistle, red beet and taurine.

Nutrient 950® Multi-Vitamin and Minerals

—the “nutritional cornerstone” used by thousands of physicians that provides a full spectrum of advanced delivery vitamins, minerals and antioxidants.

Nutrient features: Nutrient 950 multi-vitamin and mineral spectrum, with enhanced levels of calcium, magnesium, vitamin D₃, chromium and biotin.

PureWeigh® PREMEAL Preparation

PureWeigh PREMEAL beverage powder is available in your choice of these natural flavors: Original Flavor, Chocolate Mint, French Vanilla, Strawberry-Banana, and Pineapple Coconut.

Recommended Preparation:

Calories: 92-220 avg.

Add 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.

PureWeigh-FM®

PureWeigh-FM® is formulated as an optional companion supplement to PureWeigh PREMEAL beverage. Your health care provider may choose to recommend this supplement for its synergistic support for weight management and thermogenesis, glucose and insulin metabolism and liver function.*

Nutrient features: banana leaf extract, green tea extract, 7 KETO-DHEA, taurine, chromium polynicotinate (ChromeMate®), biotin and magnesium.

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Nutritional Features—A Closer Look

The distinct, functional ingredients of PureWeigh PREMEAL and PureWeigh-FM are described in further detail below.

PureWeigh® PREMEAL Beverage

Serotein™ Functional Protein Complex with MFR Factors Serotein is a scientifically advanced, functional protein complex containing microfiltered whey protein isolate, calcium enriched soy protein isolate and myo-inositol. The weight management properties of these functional bio-active proteins and myo-inositol help support a healthy glycemic response and glucose metabolism. These compounds also promote cholecystokinin (CCK) production to regulate satiety, tryptophan availability for serotonin synthesis, and healthy cortisol responses related to the hypothalamic-pituitary-adrenal axis (HPA), modulating stress and mood-food responses.*

Features include:

Microfiltered Whey Protein Isolate

An advanced microfiltration process minimizes the fat, cholesterol, and lactose content of whey while retaining key functional components. Dietary factors that increase brain serotonin levels and support the hypothalamic-pituitary-adrenal axis also help improve mood and the ability to cope with stress. Alpha-lactalbumin contained in whey protein isolate is a natural and safe source of tryptophan. A high ratio of tryptophan to other large neutral amino acids (Trp/LNAA ratio) helps increase brain tryptophan availability for serotonin synthesis, while supporting healthy cortisol levels in some individuals. Other functional components of dietary whey protein support satiety. The high quality whey protein in PureWeigh PREMEAL also contains glycomacropeptides (GMP). GMP is a bioactive fraction of whey that may support CCK release. CCK is a principal satiety hormone involved with controlling food intake and digestion. It is released in the small intestine, binds to peripheral CCK receptors in the gut, and finally transmits a satiety signal via the vagus nerve to the feeding centers in the brain.

GMP is thought to be an important bioregulator of gastrointestinal functions and CCK signaling. Other bioactive whey fractions such as immunoglobulins and lactoferrin provide nutritional support for immune function.*

Calcium Enriched Soy Protein Isolate

Soy protein supports healthy metabolic responses during a low glycemic diet for weight management. Isolated soy protein provokes a greater release of glucagons, enhancing fat utilization, compared to animal protein. Soy protein may promote specific receptor gene expression, thus supporting glucose metabolism. Studies on soy protein with isoflavones also report associated health benefits relating to the heart and circulation, lipid metabolism, bone mineral density, menopausal support and immune function. High calcium intake has been reported to increase significantly calorie energy expenditure and reduce body fat storage in overweight animals and humans. Calcium's modulation of weight is due to the suppression of adipocyte intracellular Ca^{2+} , which decreases lipogenesis and increases lipolysis. Calcium along with vitamin D also supports bone health, which is important during weight management.*

Myo-Inositol: Mood-Food Response Factor (MFR) Weight gain is often influenced by mood-food related eating habits. The brain serotonergic system induces complex neuro-hormonal signaling which has regulating effects on food intake and weight gain. Hypothalamic serotonin (5HT) receptor systems inhibit neuropeptide-Y (NPY), a potent stimulator of hunger and food intake. Myo-inositol supports serotonin receptor function and may benefit mood and behavior. Myo-inositol and alpha-lactalbumin from whey may work synergistically to support tryptophan availability and serotonin related activity. It also has a hepatic lipotropic effect and supports glycemic and nerve function.*

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SloCarb™ Slow Release Carbohydrate Complex

SloCarb is a proprietary combination of sustained release carbohydrates designed for slow digestibility. These have been shown to slow significantly the rate of glucose absorption following a meal, prolong satiety (appetite control), and favorably support the glycemic response from food. This may have benefits on weight control and glucose and lipid metabolism.*

Features include:

High Amylose Resistant Starch Resistant starch (RS) refers to a fraction of starch that is not easily accessible to digestive enzymes. These are not rapidly absorbed in the small intestine like ordinary starch, which is digested almost immediately. RS is technically an insoluble fiber, but is physiologically similar to soluble fermentable fiber. Its digestibility is prolonged over 5-7 hours, which supports the insulin and glycemic response, and has the potential for increasing the period of satiety. It also benefits colon health and increases glutathione S-transferases (GSTs) which are an important class of phase II detoxifying enzymes. The RS in PureWeigh PREMEAL is a patented retrograded (RS₃) short-chain, high amylose maltodextrin.*

High Viscosity Glucomannan This unique soluble fiber is a “super gum” colloid derived from the root of *Amorphophallus konjac*, which contains a high percentage of glucomannan, a non-absorbable polysaccharide. It has been used for more than a thousand years in the Far East to prepare gelled food products called konnyaku. In numerous studies, konjac has demonstrated the ability to promote healthy glucose and lipid metabolism by maintaining a healthy glycemic response. This is a function of the proportion of its viscosity, which is significantly higher than pectin, methoxycellulose, and galactomannan from guar gum and locust bean. High viscosity glucomannan may provide enhanced support when compared to these other soluble fibers.*

When high viscosity glucomannan is combined with a healthy high fiber/low glycemic diet, it has been shown to improve significantly weight control, overall lipid status and carbohydrate metabolism. It has a marked ability to prolong the satiety responses to help control appetite, and is well tolerated in long term weight management programs.*

1,3 Beta Glucan This highly purified beta glucan is a linear polysaccharide that serves as a source of soluble fiber. It is derived from *Aspergillus* species via fermentation. 1,3 Beta glucans may also support healthy immune and lipid function.*

Nutra-Flax™ High Lignan Flax Seed Fiber Enriching foods with flaxseed contributes to a delay in carbohydrate digestion and absorption, and supports a healthy glycemic response. This effect is most likely due to the soluble fiber content and a higher percentage of outer seed coat mucilage (8% wt), which becomes gel-like in the intestinal tract. This helps slow the release of glucose into the bloodstream and promotes normal laxation. Flax also contains the richest source of the lignan secoisolariciresinol diglucoside (SDG). SDG is a precursor of enterolactone and enterodiol, which are phytoestrogens structurally similar to soy isoflavones. The SDG content in defatted flax meal is estimated to be 1.5%. SDG also maintains a healthy post-prandial glucose curve.*



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LivClear™ Hepatic Detoxification Support

LivClear™ supports healthy liver function, mitochondrial redox cycling, and phase II detoxification enzymes by combining taurine and standardized phytonutrient extracts from silymarin, beet root and green tea with Nutrient 950® antioxidants, soy protein isolate, myo-inositol and High Amylose Resistant Starch. Collectively, these nutrients provide targeted hepatic support useful during weight management and detoxification when combined with dietary and exercise programs.*

Features include:

Green Tea Polyphenols The overeating of rapidly absorbed starchy foods contributes to unwanted weight gain. Green tea catechins, particularly epicatechin gallate (ECg) and epigallocatechin gallate (EGCg), have the unique action of slowing carbohydrate digestion by partially inhibiting the digestive saccharidases alpha-amylase and sucrase. This maintains healthy glucose metabolism and supports glycemic balance. Thus, green tea polyphenols act as digestive enzyme modulators supporting the SloCarb benefits of PureWeigh PREMEAL.*

Independently, epigallocatechin gallate (EGCg) with small amounts of caffeine from green tea extract may also promote healthy body composition via sympathetic activation of thermogenesis and energy (calorie) expenditure. It is postulated that catechin-polyphenols with caffeine interact synergistically at different control points along the noradrenaline-cAMP axis to augment and prolong sympathetic stimulation of thermogenesis.*

Silymarin Silymarin, or milk thistle extract, nutritionally supports liver function by protecting cells from free radical damage, enhancing glutathione concentrations and promoting superoxide dismutase antioxidant enzyme activity. Silymarin also supports protein synthesis and cellular health of the liver.*

Red Beet Extract Its potent polyphenol content makes red beet extract a powerful free radical scavenger, comparable to vitamin E and vitamin C. In addition, like green tea, red beet extract helps recycle glutathione, further supporting antioxidant activity.*

Taurine Taurine, an amino acid, is a component of bile acids and maintains healthy fat metabolism in the liver. This provides synergistic support for healthy hepatic function and detoxification. Taurine also promotes healthy glucose, insulin, lipid and triglyceride metabolism.*

Nutrient 950® w/ Magnesium, Chromium, Folic Acid, Buffered Vitamin C, Vitamin D₃ and Biotin

Nutrient 950® has been the cornerstone of nutritional programs recommended by thousands of physicians. Each serving of PureWeigh PREMEAL contains a full spectrum of Nutrient 950 vitamins, minerals, and antioxidants in their most advanced delivery form. PureWeigh PREMEAL also contains additional amounts of magnesium, biotin, chromium, buffered Vitamin C, folic acid and Vitamin D₃ to help support mood, energy, glucose metabolism, bone mineral metabolism and healthy weight.*

Naturally Flavored and Sweetened PureWeigh PREMEAL's unique formulation provides a naturally pleasing, non-glycemic sweetness. It contains no artificial flavors, artificial sweeteners or added sugars.*

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PureWeigh-FM®

Standardized Banaba Leaf Extract Banaba leaf (*Lagerstroemia speciosa* L.) contains a triterpenoid compound called corosolic acid and has been reported in studies to support healthy glucose function and absorption. A recent phase II, double-blind, placebo-controlled multi-center trial in Japan suggested that banaba extract maintained healthy glucose function and was well tolerated by volunteers. Furthermore, an independent U.S. clinical study reported statistically significant weight management in human volunteers supplementing with a 1% corosolic acid banaba extract. Animal studies have suggested that corosolic acid may promote healthy weight management in part by moderating adipocyte cell differentiation.*

7-KETO™ (DHEA-Acetate-7-one) Combined with exercise, 7-KETO™ DHEA helps increase thermogenesis and basal metabolism to support a healthy lean/adipose tissue ratio. 7-KETO DHEA, a safe and natural metabolite of DHEA, was the subject of research for over a decade at the University of Wisconsin, Madison. Of over 150 DHEA compounds tested, 7-KETO proved to be the most promising form. Researchers discovered that 7-KETO does not convert to testosterone or estrogen, minimizing androgenic activity, and supports various physiological processes. In a double-blind study involving 30 overweight adults, 7-KETO supported healthy body composition and BMI when combined with exercise.*

Green Tea Polyphenols The green tea extract used in PureWeigh-FM® contains a minimum of 23% epigallocatechin gallate (EGCG), promoting antioxidant support, alpha-amylase and sucrase modulation, and thermogenesis.*

Taurine Taurine promotes healthy glucose, lipid and triglyceride metabolism. Taurine also stimulates the formation of taurocholate, which increases cholesterol secretion in bile and improves fat metabolism in the liver. Additionally, taurine is a potent antioxidant, acting to reduce free radical generation in the liver, heart, pancreas and other tissues.*

Magnesium, Chromium and Biotin Chromium polynicotinate (ChromeMate®) supports glucose metabolism and enzyme activation. Biotin, a water-soluble B vitamin, facilitates protein, fat and carbohydrate metabolism by acting as a coenzyme for numerous metabolic reactions. Magnesium citrate is a highly bioavailable form of magnesium and is an important mineral involved in nearly all physiological processes, including glucose metabolism.*



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The PureWeigh Weight Management Plan is goal and success oriented. It is most suitable as part of a physician-monitored program; however, it can also be self-guided if you are highly motivated. It consists of meeting three important weight management goals. These are met by supplementation with PureWeigh PREMEAL and PureWeigh-FM (Section 4), a dietary Return to Balance (Section 7), and exercise (Section 9).

Goal #1: Weight Transition

Required: PureWeigh PREMEAL, 2 servings per day, in divided doses, 15 minutes before a meal.

Recommended: PureWeigh-FM, 1 capsule three times daily, before meals.

The goal of Weight Transition is to achieve a healthy metabolic profile. From a medical standpoint, this is the initial and most critically important “first-step” of your weight management. If you are able to meet and maintain this goal only, you will have been successful at weight management. The amount of weight management required to reach this goal is based on your Body Mass Index (BMI). BMI is an estimate of your body fat percentage. For overweight individuals, this goal can be met by losing as little as 7% of your starting weight.

Body Mass Index (BMI) can be derived by the following equation:

$$\text{BMI} = \frac{\text{your weight in lbs}}{\text{your height in inches}^2} \div 0.0014192$$

(Or see the BMI chart in Appendix 1)

Based on your BMI, place a in its corresponding box below:

Body Mass Index (BMI) between 25 and 29:
Your goal is to lose between 7-10% of your starting weight, or ____ lbs
Or ____ %, if determined otherwise by your health care provider.

Body Mass Index between 30 and 35:
Your goal is to lose at between 11-14% of your starting weight, or ____ lbs
Or ____ %, if determined otherwise by your health care provider.

Body Mass Index 35-40:
Your goal is to lose between 15-18% of your starting weight, or ____ lbs
Or ____ %, if determined otherwise by your health care provider.

Body Mass Index over 40:
Your goal is to lose at least 20-23% of your bodyweight, or ____ lbs
Or ____ %, if determined otherwise by your health care provider.

The time it takes to achieve this first weight management goal will vary from person to person. A healthy weight loss rate is 1-2 lbs. per week. After you lose the initial percentage of weight based on your starting BMI, your health care provider may evaluate your metabolic profile or simply observe physical changes. If these results suggest healthy glucose and lipid metabolism or physical improvements, you may start the Weight Transformation phase. If these criteria are not met, you will continue with Weight Transition. If your total weight management goal is achieved during this phase, you will proceed directly to Weight Adaptation.



Goal #2: Weight Transformation

Required: PureWeigh PREMEAL, 1-2 servings per day, in divided doses, 15 minutes before a meal, or as needed.

Recommended : PureWeigh-FM, 1 capsule three times daily, before meals.

During the Weight Transformation phase, you will reach the level that is the healthiest and feels best for you, or the level decided upon by your healthcare professional. During this period, you may see the most noticeable transformation in your body shape and composition.

As you make a more permanent transformation in your diet, you can begin to use PureWeigh PREMEAL more optionally. If weight management stalls or you find that stress-related MFR is returning, temporarily resume the Weight Transition schedule. Also, be sure to discuss this with your health care provider who is a valued partner in your weight management.



Goal #3: Weight Adaptation: Achieving a Return To Balance

Recommended: PureWeigh PREMEAL, as needed, to help maintain your new weight.

Recommended: PureWeigh-FM, 1 capsule three times daily, before meals.

By this point, you will have made a major transformation in your health, weight, body composition and diet. This next long-term goal is to maintain your weight and health and the permanent adaptation to your dietary Return To Balance, which has become an important part of your lifestyle.



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When you are ready to start The PureWeigh Weight Management Plan, follow the daily schedule below.

Days 1-3

We recommend that you introduce PureWeigh PREMEAL slowly over the first 3 days. This is your pre-program adjustment period. This allows your digestive tract to adjust to new changes in the diet. Do not be concerned about losing weight during this period. Before beginning, be sure that you have reviewed each section in this guideline.

Getting Started—Days 1-3

Day 1 Drink 1/2 serving of PureWeigh PREMEAL 15 minutes before breakfast.

Day 2 Drink 1/2 serving of PureWeigh PREMEAL 15 minutes before breakfast and 1/2 serving 15 minutes before lunch or dinner or as a snack.

Day 3 Drink 3/4 serving of PureWeigh PREMEAL 15 minutes before breakfast and 3/4 serving 15 minutes before lunch or dinner or as a snack.

During these first three days, you can begin to make the changes in your diet that will be important for your weight management success.

Starting the Transition Period—Day 4

Drink 1 serving of PureWeigh PREMEAL 15 minutes before a meal or as a snack, two times daily. Choose all foods from the Healthful Foods List (Section 7).

Take 1 capsule of PureWeigh-FM before each meal, if recommended by your healthcare professional.

PureWeigh PREMEAL's unique low-calorie, high-satiety effect makes it easier to maintain more consistent eating control using smaller portions with fewer calories at meals. It's very likely you will feel pleasantly full and satisfied following each PureWeigh PREMEAL serving, whether it's combined with a light meal or consumed as a healthy snack.



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Use the basic foods lists below to guide your meal and menu preparation. The emphasis on healthful eating is primarily on whole foods with low glycemic value, including protein, healthful fats, vegetables, high fiber fruit, whole grains, beans and legumes. You are encouraged to build upon these guidelines with your health care practitioner.

The importance of slowly digested carbohydrates The Return to Balance Diet emphasizes slowly digested carbohydrates from unrefined food sources that are high in fiber and antioxidant phytonutrients. When eaten in moderation, these beneficial carbohydrates contribute to healthy glucose metabolism and healthy weight control. Slowly digested carbohydrates include whole grains, beans and legumes.

The importance of balanced essential fatty acids (EFAs) There are two types of essential fatty acids, omega-6 and omega-3. During metabolism, each follows a complex metabolic pathway sharing key enzymes. Their most important end products are short-acting regulatory hormones called prostaglandins (PGE1, PGE2, PGE3). Each prostaglandin has important and diverse functions in the body. They must be formed continually and in proper balance to each other in order to maintain good health. An optimal omega-6 to omega-3 ratio can be estimated to be between 1:1 and 3:1. This would involve a diet rich in omega-3 EFAs. High omega-3 promotes healthy weight and metabolism and is supportive of the cardiovascular system. Today, the current EFA ratio is about 12:1 omega-6 to omega-3 or higher, a stark contrast to a healthy ratio. This reflects an overload of omega-6 fats from processed oils in the diet, including bottled vegetable oils, vegetable shortening, margarine and hydrogenated fats. This has caused a simultaneous widespread deficiency in omega-3. This is genetically challenging and contributes to oxidative stress within cells. Restoring a balance of essential fatty acids is a primary goal of the Return to Balance Diet.

↑ Eat More of these Healthful Foods

- Fruits, berries
 - Vegetables (non-starchy), including green leafy vegetables and bright red and orange vegetables
 - Lean meat
 - Free-range eggs (fortified with omega-3)
 - Fish and seafood
 - Ground flaxseed, sesame seeds, walnuts
 - Unrefined extra virgin olive oil, flaxseed oil, sesame oil
 - Legumes (including beans and soy products such as tofu and tempeh), lentils
 - Cereal, bread or pasta from stone ground whole wheat, brown rice or other whole grains
(Avoid this group during the Transition phase of weight management. Slowly introduce again during the Transformation or Adaptation phases or upon the recommendation of your health professional.)
 - Milk (skim or 1%), lowfat cheese and yogurt
 - Raw nuts and seeds
-

↓ Eat Less or Avoid these Unhealthful Foods

- Enriched wheat flour (crackers, savory snacks, pretzels, white bread, white pasta)
 - White rice, white potato
 - Sugar or high fructose corn syrup (cakes, pastries, candy, soda)
 - Fast foods
 - Partially hydrogenated oils (vegetable shortening, margarine)
 - Refined vegetable oils (corn, safflower, sunflower, canola, lite olive oil)
 - Meats with saturated fat (untrimmed meat, hamburger, pork, processed meats)
 - Dairy with saturated fat (whole fat milk, cream or cheese, butter)
 - Artificial sugars and sweeteners
 - Foods containing preservatives, chemicals or antibiotics
-

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Supplements that support essential fatty acid balance include EPA/DHA essentials and Flax/Borage Oil.



Portion Control If you are following the Return to Balance Foods lists as recommended and find that your weight management remains slow or stalls, it is likely that you are consuming excess calories. Maintaining sensible portion control helps you manage weight without always having to count calories. Pay close attention to serving sizes and nutritional information when available and be aware of excessive portions, especially when dining out. Do not skip meals. This can slow metabolism and encourage larger portion sizes at meals.

Section 8 | Daily Food/Beverage Recall Diary

Keeping a diet diary is a valuable tool you can use to help make your weight management more successful. It is a useful record of everything you eat and drink over the course of a day, allowing you to become more conscious of your food choices, food intake, and dietary patterns. Make copies of the blank food diary to use over the course of the program. Share your diary with your healthcare professional at each visit. (See Appendix 2 for directions and diary.)

Section 9 | The Importance of Exercise

Regular exercise needs to be a crucial component of your lifestyle for successful weight control, good health and longevity. Schedule 30-45 minutes on most days of the week, if possible, for brisk walking or light to moderate aerobic activity (cycling, swimming, treadmill, etc.) that works the heart and lungs. If you are sedentary and haven't exercised in quite some time, start slowly and gradually increase your exercise tolerance over the weeks to come. Resistance training, such as weight lifting, helps build muscle, sculpting and strengthening the body. For safety, weight training should be done under the guidance of a fitness instructor. Before starting any exercise program, discuss it with your healthcare practitioner.

The health benefits of exercise

- Weight management achieved by dieting without exercise results in loss of lean body mass (muscle tissue) rather than body fat.
- Exercise improves body composition and appearance

by increasing the ratio between lean body mass and body fat.

- Exercise naturally increases calorie burning (metabolic rate) and prolongs it for 24 hours or more. Dieting alone slows metabolism, and thus makes losing weight difficult without more severe calorie restriction.
- Exercise reduces adrenal stress hormones.
- Exercise helps reduce MFR eating patterns and food cravings.
- Exercise is a natural mood elevator and helps clear the mind.
- Exercise helps release toxins from the body.

Recording your exercise activities

Follow the instructions in the Weekly Exercise Record located in Appendix 3 in order to document your exercise activity and progress. Make copies of the Weekly Exercise Record to use over the course of the program. Share this and your food diary with your healthcare professional at each visit.

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Section 10 | Sample Menus

Note: *In the following menus, PureWeigh PREMEAL Beverage is mixed with water. Mixing with juice or milk adds extra nutrients, calories, fat, carbohydrate and protein.

*All menus are meant to serve as examples. Consult with your physician for specific dietary guidelines recommended for your specific needs.

*8 or more 8 fl oz glasses of water should be consumed each day.

Sample Menu 1: (Appropriate for Transition Period)

Breakfast:

Recommended: 1 capsule PureWeigh-FM® at the start of the meal

Vegetable and Cheese Omelet:

- 2 eggs, free-range
- 1 whole small tomato, diced
- 1/2 cup sliced mushrooms
- 1 oz shredded cheddar cheese

1 nectarine

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
20	21	19	3	329

Morning Snack:

- 2 wedges honeydew melon
- 2 tbsp cottage cheese

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
4	24	1	2	107

Lunch:

1 serving French Vanilla PureWeigh PREMEAL Beverage 15 minutes before lunch

Recommended: 1 capsule PureWeigh-FM® at the start of the meal

Shrimp and Veggie Salad:

- 1 1/2 cup romaine hearts mixed with radicchio
- 1/2 cup shredded red cabbage
- 1/2 cup shredded carrots
- 1/2 cup chopped broccoli
- 4 large cooked shrimp
- 1/4 cup sliced avocado
- 1 tbsp ground flaxseed

Dressing:

- 1 tsp sesame oil
- 2 tbsp balsamic vinegar
- 1 tsp cilantro, finely chopped
- 1 tbsp lemon juice

Side of:

1/2 cup cooked lentils

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
32	57	15	21	475

Afternoon Snack:

1 cup steamed cauliflower sprinkled with 1 tbsp grated, fresh parmesan cheese

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
5	6	1	3	51

Dinner:

Recommended: 1 capsule PureWeigh-FM® at the start of the meal

Tofu and Vegetable Stir-Fry:

- 1 cup firm tofu, cubed
- 3/4 cup chopped yellow pepper
- 1 cup sliced mushroom
- 1 cup sugar snap peas
- 1 cup fresh bean sprouts
- 1 tbsp extra virgin cold-pressed olive oil (for stir-fry)
- 1 tbsp pine nuts

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
29	22	30	8	441

Evening Snack:

1 serving Strawberry Banana PureWeigh PREMEAL Beverage

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
11.2	10	<1	4	91

Total for the Day:

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
100	140	66	40	1494

% of Total Calories:

Protein	Carbs	Fat
26	36	38

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Sample Menu 2: (Appropriate for Transition Period)

Breakfast:

1 serving French Vanilla PureWeigh PREMEAL Beverage 15 minutes before breakfast

Recommended: 1 capsule PureWeigh-FM[®] at the start of the meal

Fresh Fruit Salad:

- 1/2 cup red grapes
- 1/2 cup berries
- 1/2 cup honeydew melon, cut in cubes

3 slices turkey bacon

1 cup herbal tea

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
18	35	9	6	283

Morning Snack:

Steamed Zesty Broccoli:

- 1 cup steamed, chopped broccoli
- 1/2 cup chunky salsa

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
7	9	4	3	41

Lunch:

1 serving Pineapple Coconut PureWeigh PREMEAL Beverage 15 minutes before lunch

Recommended: 1 capsule PureWeigh-FM[®] at the start of the meal

Chicken-Avocado Salad:

- 3 oz boneless chicken breast, sliced
- 1/4 of an avocado, sliced
- 1 cup shredded romaine lettuce
- 2 tbsp balsamic vinegar salad dressing

1 red plum

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
28	33	12	8	349

Afternoon Snack:

1 small red pepper, sliced

1 oz low-fat cheddar cheese

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
8	5	2	1	69

Dinner:

Recommended: 1 capsule PureWeigh-FM[®] at the start of the meal

Broiled Cajun Spice Cod or Wild Salmon with Asparagus:

- 3.5 oz fillet of atlantic cod or wild salmon
- 1 tbsp lemon juice
- 1 tsp Cajun spice
- 1/2 cup asparagus, steamed

Mandarin-Spinach-Sesame Salad:

- 1 cup fresh baby spinach
- 1/4 cup mandarin orange slices
- 1 oz chopped walnuts
- 1 tbsp sesame oil

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
54	36	34	11	671

Evening Snack: 2 kiwis

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
2	23	1	5	93

Total for the Day:

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
116	140	62	34	1506

% of Total Calories:

Protein	Carbs	Fat
29	36	35



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Sample Menu 3: (Appropriate for Transformation and Adaptation Periods)

Breakfast:

1 serving French Vanilla PureWeigh PREMEAL Beverage 15 minutes before breakfast

Recommended: 1 capsule PureWeigh-FM® at the start of the meal

Whole Grain Cereal Topped with Blueberries and Almonds or Walnuts:

- 1/2 cup whole grain cereal
- 1 oz almond slices or chopped walnuts
- 1/4 cup blueberries
- 1 cup low-fat soy milk

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
23	68	17	13	497

Morning Snack:

15 cherry tomatoes

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
2	12	1	3	54

Lunch:

1 serving Strawberry Banana PureWeigh PREMEAL Beverage 15 minutes before lunch

Recommended: 1 capsule PureWeigh-FM® at the start of the meal

Romaine and Radicchio Salad with Sliced Pears, Alfalfa sprouts and goat cheese, drizzled with balsamic vinegar and olive oil:

- 1 cup Romaine lettuce and Radicchio
- 2 tbsp alfalfa sprouts
- 1 oz semi-soft goat cheese
- 1 medium pear, sliced
- 2 tbsp balsamic vinegar
- 1 tbsp cold-pressed extra virgin olive oil

Turkey roll-ups:

- 2 slices roasted turkey breast, rolled

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
23	47	24	8	480

Afternoon Snack:

- 6 baby carrots
- 1 tbsp hummus
- 2 Rye Krisp crackers

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
4	25	2	7	120

Dinner:

Recommended: 1 capsule PureWeigh-FM® at the start of the meal

Grilled Dill Salmon Fillet with Curry-Garlic Red Lentil Vegetable Stir-Fry:

- 3.5 oz grilled salmon fillet
- 2 tsp dill weed
- 3/4 cup cooked red lentils
- 1 tsp curry spice
- 1/2 cup chopped broccoli
- 1/2 cup sliced sweet red pepper
- 1/2 cup sliced white mushrooms

1/2 cup sliced strawberries

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
41	52	7	18	421

Evening Snack:

- 1 medium apple
- 1 tbsp natural peanut butter

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
4	28	6	5	171

Total for the Day:

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
97	231	57	54	1743

% of Total Calories:

Protein	Carbs	Fat
21	51	28

Sample Menu 4: (Appropriate for Transformation and Adaptation Periods)

Breakfast:

Recommended: 1 capsule PureWeigh-FM[®] at the start of the meal

Warm Oatmeal Swirled with Berries and Yogurt:

- 1/2 cup cooked oatmeal blended with:
- 6 oz plain, lowfat yogurt
- 1/2 cup raspberries
- 1 tbsp ground flax seed

1 large free-range hard-boiled egg, sliced and sprinkled with pepper

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
21	39	14	9	353

Morning Snack:

- 1 tbsp walnuts
- 1/2 cup assorted raw vegetable medley
- 1 serving Pineapple Coconut PureWeigh PREMEAL Beverage

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
14	12	6	4	148

Lunch:

Recommended: 1 capsule PureWeigh-FM[®] at the start of the meal

Tomato and Cheese Sandwich:

- 2 slices whole grain bread
- 1 tsp Dijon mustard
- 2 slices tomato
- sprouts
- 1 slice soy cheese

1 cup split pea soup

1/2 cup green grapes

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
22	74	7	13	435

Afternoon Snack:

1 serving Chocolate Mint PureWeigh PREMEAL Beverage

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
11.9	13	1	4.7	100

Dinner:

Recommended: 1 capsule PureWeigh-FM[®] at the start of the meal

Baked Rosemary–Sesame Chicken with Steamed Summer Squash:

- 3 oz baked boneless chicken breast, rolled in sesame seeds and lightly basted in extra virgin cold-pressed olive oil
- a pinch of rosemary
- 1 cup summer squash, steamed with 1 tsp trans-fat-free spread

Tossed Tomato Salad:

- 1 cup romaine hearts and radicchio
- 1/2 cup diced tomato
- 1 tbsp extra virgin cold-pressed olive oil
- 2 tbsp balsamic vinegar

1/2 cup sliced papaya

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
20	31	34	7	513

Evening Snack: 1 medium pear

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
1	25	1	4	98

Total for the Day:

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
89	195	62	41	1647

% of Total Calories:

Protein	Carbs	Fat
21	46	33

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Snack	Serving Size
PureWeigh PREMEAL Beverage	1 scoop
Almonds	10 whole almonds
Apple with Peanut Butter	1 medium apple/1 tbsp peanut butter
Baby Carrots with Hummus	6 baby carrots/1 tbsp hummus
Baked Apple	1 medium apple, sliced and baked, sprinkled with cinnamon
Banana	1 medium banana
Boiled Egg	1 boiled egg, sliced, with pepper
Broccoli with Salsa	1 cup steamed or raw broccoli with 1/4 cup chunky vegetable salsa
Cauliflower and Parmesan	1 cup steamed cauliflower sprinkled with parmesan cheese
Grape Tomatoes	1/2 cup grape tomatoes
Grapes with Low-Fat Cheddar Cheese	1 cup grapes with two 1-inch cubes of white low-fat cheddar
Kiwis	2 medium kiwis
Lentils or Chickpeas	1/2 cup cooked lentils or chickpeas
Low-sodium Vegetable Juice	8 oz glass vegetable juice
Mango or Peach	1 small mango or peach, sliced
Oatmeal and Berries	1/2 cup oatmeal mixed with 1/4 cup berries, and 1 tbsp ground flaxseed
Orange/Tangelo	1 medium orange/tangelo
Pineapple Chunks with Low-Fat Cottage Cheese	1/2 cup pineapple chunks and 1/2 cup low-fat or non-fat cottage cheese
Plums	2 medium plums
Raw Pumpkin Seeds	1 tbsp pumpkin seeds
Sliced Avocado (4" diameter)	1 avocado, sliced
Sliced Banana with Low-Fat Whole Grain Granola, Sliced Strawberries, and Low-Fat Soy Milk	1/2 medium banana, 2 tbsp granola, 1/2 cup strawberries, mixed together with 1/2 cup low-fat soy milk
Sliced Cucumbers with Yogurt-Dill Dip	4 thick-cut cucumber slices/1 tbsp yogurt-dill dip
Sliced Turkey with Rye Krisps and Mustard	2 slices turkey/2 long rye krisp crackers/1 tbsp mustard
Soy Sausage or Turkey Bacon	2 soy sausages or 2 slices turkey bacon
Soynuts	1/2 cup roasted soynuts
Sweet Red Pepper	1 raw sweet red pepper, cut into strips
Tomato Slices with Olive Oil and Basil	1 medium sliced tomato with 1 tbsp extra-virgin olive oil and fresh basil
Walnuts	6 small walnuts
Whole grain/Whole Wheat Pita with Peanut Butter and Raisins	1/2 pita bread spread with 1 tsp peanut butter/1 tsp raisins
Yogurt with Whole Grain Cereal	4 oz yogurt mixed with 1/4 cup whole grain cereal

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What is the difference between this weight management program and low carbohydrate diets?

This diet emphasizes the importance of maintaining an ancestral-like eating profile. This includes higher amounts of omega-3 EFAs and unrefined extra virgin olive oil, with much less amounts of refined vegetable oils high in omega-6 EFAs. This lowers and balances the omega-6 /omega-3 dietary ratio closer to our genetic adaptation. This also includes eating an abundance of slow release carbohydrates and foods rich in fiber, phytochemicals and antioxidants vs. simply lowering the total amount of carbohydrate in the diet. Lastly, PureWeigh PREMEAL helps lessen MFR eating which may be emotional or stress-related.

Do I need to count calories or grams of carbohydrate or fat?

No. You should be successful if you follow the PureWeigh PREMEAL dosing recommendations, eat only from the Healthful Foods List and strictly avoid the problematic foods. Lastly, use sensible portion control and exercise regularly.

Is PureWeigh PREMEAL safe for Type-2 diabetics?

Yes, with close blood sugar monitoring and under medical supervision.

I noticed more flatulence since recently starting PureWeigh PREMEAL. Should I be overly concerned and how do I reduce this?

This is not a side effect, but rather a normal adjustment response from your colon bacteria to the slowly digested carbohydrates. A brief period of increased flatulence as the microflora equilibrium is being re-established can occur. If this becomes too bothersome or does not resolve within a few weeks, your health care provider can recommend taking a probiotic supplement to help resolve this more quickly.

I'm not always hungry after my serving. Do I still have to eat afterwards?

PureWeigh PREMEAL is designed to be filling and satisfy the appetite for hours. Simply eat a small snack or a light meal such as a small salad or piece of fruit, etc.

Does PureWeigh PREMEAL contain any herbal anorectics or stimulants?

No.

Can PureWeigh PREMEAL be taken with antidepressants or mood support supplements?

Yes. However, you should discuss this with your health care provider.

Can children with weight problems take PureWeigh PREMEAL to manage weight?

PureWeigh PREMEAL is intended for overweight adults.

Can people with milk allergies or lactose intolerance use PureWeigh PREMEAL?

PureWeigh PREMEAL contains milk protein (whey) and less than 0.1 grams lactose. Very sensitive individuals should consult with their health professional.

Can people with soy allergies take PureWeigh PREMEAL?

PureWeigh PREMEAL contains soy protein. This may be unsuitable for soy sensitive individuals.

Can I drink coffee or tea?

There are no restrictions on coffee or tea unless instructed by your health care provider.

Why is fructose and high fructose corn syrup discouraged?

Fructose is greatly over-consumed in the average diet. Extra fructose in the diet raises triglycerides, decreases glucose tolerance and increases insulin resistance.

Can I take PureWeigh PREMEAL or PureWeigh-FM if I am pregnant or nursing?

No, as no studies have been performed.

What if my weight management stalls?

The first thing is to check that you are avoiding all the problem foods and following sensible portion control. The next is to lower the amount of total carbohydrate in the diet. If you are already in your Transformation phase, return to the Transition phase until you are no longer stalled.

Why isn't canola oil listed under the Healthful Foods List?

Most canola oil brands are highly refined. Also, we do not want to place less emphasis on the importance of using flax oil and extra virgin olive oil.

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PureWeigh® PREMEAL Beverage

one scoop contains

calories	Original Flavor: 90	French Vanilla: 98	Chocolate Mint: 100
	Strawberry Banana: 91	Pineapple Coconut: 92	
total fat (all flavors)	<1 g		
saturated fat	<1 g		
trans fat	0 g		
cholesterol	<1 mg		
sodium	68 mg		
carbohydrate	OF: 10 g	FV: 11 g	SB: 10 g PC: 11 g CM: 13 g
dietary fiber	OF, FV, SB, PC: 3.6 g CM: 4.7		
sugars	3.2 g		
protein	OF, FV, SB, PC: 11.2 g CM: 11.9		
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		
folic acid	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	OF, FV, SB, PC: 369 mg CM: 374 mg		
phosphorus	OF, FV, SB, PC: 150 mg CM: 178 mg		
magnesium (naturally occurring)			
and magnesium citrate	OF, FV, SB, PC: 44 mg CM: 63 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	OF, FV, SB, PC: 69 mg CM: 192 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	Original Flavor: 0 mg	other flavors: 30 mg	

Contains calcium enriched soy protein isolate, whey protein isolate (milk)
other ingredients: natural flavors, Lo Han (Momordica grosvenori fruit extract);
Chocolate Mint flavor also contains cocoa and xylitol.

serving size: OF: 24.2 g. (1 scoop) FV: 25.5 g. (1 scoop)
SB: 24.6 g. (1 scoop) PC: 24.7 g. (1 scoop)
CM: 28.6 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.

PureWeigh-FM® capsules

three vegetable capsules contain

banaba (Lagerstroemia speciosa L.) extract	48 mg
(standardized to contain 1% corosolic acid)	
green tea extract (leaf)	525 mg
(standardized to contain a minimum of 65% total tea catechins)	(341 mg)
providing:	
epigallocatechin gallate (EGCG) (min) 23%	(121 mg)
caffeine 7%	(37 mg)
taurine (free-form)	450 mg
DHEA-Acetate-7-one	150 mg
biotin	1.5 mg
magnesium (citrate)	125 mg
chromium (polynicotinate)	125 mcg
vitamin C (as ascorbyl palmitate)	45 mg

1 capsule before each meal, 3 times per day.

7-KETO™ (DHEA-Acetate-7-one) is a registered trademark of Humanetics Corporation.

PureWeigh® Weight Management Plan

Recommended Dosage and Preparation:

PureWeigh PREMEAL Beverage:

Dosage: As a dietary supplement and PREMEAL, drink one serving 15 minutes before a meal or as a snack, up to two times daily.

Basic Preparation: Add 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.

PureWeigh-FM:

Take one capsule before each meal, three times daily.

Combine PureWeigh PREMEAL Beverage and PureWeigh-FM capsules for optimal weight management results[†]

[†]Based on independent clinical studies on specific ingredients.

PureWeigh PREMEAL Beverage Amino Acid Profile		serving size (1 scoop)	
aspartic acid	1.20 g	leucine	1.02 g
threonine	0.61 g	tyrosine	0.36 g
serine	0.54 g	phenylalanine	0.42 g
glutamic acid	1.94 g	lysine	0.76 g
proline	0.68 g	histidine	0.25 g
glycine	0.30 g	arginine	0.48 g
alanine	0.48 g	cysteine/cystine	0.26 g
valine	0.58 g	tryptophan	0.16 g
methionine	0.18 g	tryptophan/lnaa	0.053
isoleucine	0.62 g	(lnaa=large neutral amino acids)	

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The Body Mass Index (BMI) provides a good estimate of body fat percentage in most adults.

The BMI chart below uses your height and weight to calculate your body fat levels. Higher BMI values are associated with increased health risks. The lower your BMI, the lower your health risks. Waist circumference can also predict health risks.

To determine your BMI, find the BMI value that intersects with your weight and height. Example: If you are 5'6" and weigh 230 pounds, your BMI is 37.

		Weight (lbs)																				
		120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320
Height (ft, in)	4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52	54	57	59	61	63	65	67
	4'11"	24	26	28	30	32	34	36	38	40	43	45	47	49	51	53	55	57	59	61	63	65
	5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	63
	5'1"	23	25	27	28	30	32	34	36	38	40	42	44	45	47	49	51	53	55	57	59	61
	5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55	57	59
	5'3"	21	23	25	27	28	30	32	34	36	37	39	41	43	44	46	48	50	51	53	55	57
	5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52	53	55
	5'5"	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	49	50	52	53
	5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49	50	52
	5'7"	19	20	22	24	25	27	28	30	31	33	35	36	38	39	41	42	44	46	47	49	50
	5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46	47	49
	5'9"	18	19	21	22	24	25	27	28	30	31	33	34	36	37	38	40	41	43	44	46	47
	5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43	45	46
	5'11"	17	18	20	21	22	24	25	27	28	29	31	32	34	35	36	38	39	41	42	43	45
	6'0"	16	18	19	20	22	23	24	26	27	29	30	31	33	34	35	37	38	39	41	42	43
	6'1"	16	17	19	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40	41	42
	6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39	40	41

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BMI is not considered a reliable index for children, adolescents, the elderly or very muscular individuals. BMI values > 30 will have the greatest accuracy. Skin fold calipers can also be used to measure body fat %. Using a bio-impedance device is even a more precise method.

Appendix 2 | Daily Food/Beverage Diary

Instructions:

Make additional copies of the blank diary on the next page. Fill out every time you eat or drink throughout the day. Bring your diary with you to share with your healthcare practitioner at each visit.

Date, Day of Week: Fill these in for each day of your diary

Time: Fill this in for each meal or snack

Meal: Circle one: B=Breakfast, L=Lunch, D=Dinner, S=Snack

Place: Circle one: H=Home, R=Restaurant, O=Other (friend’s house, etc)

Food Description: Each line should contain one food or beverage item. Use subsequent lines to describe the item, including ingredients and any details on preparation method (sauteed, steamed, etc). Use as many lines as needed.

Amount: As accurately as possible, please give amount of food eaten at that sitting in cups, tablespoons, teaspoons, or in visual measures.

Example food record entry:

Date: 5/4/05

Day of Week: Tuesday

Meal	Place	Time	Food Description	Amount
B	(H)	1:00pm	Turkey Sandwich:	
(L)	R		whole grain bread	2 slices
D	O		Turkey breast	2 slices
S			Sliced tomato	2 1/4 inch slices
			romaine lettuce	1 med leaf
			mustard	1 tsp
			Potato chips	1 small 2 oz bag
			Apple	1 medium



*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.

Date: _____

Day of Week: _____

Meal	Place	Time	Food Description	Amount
B L D S	H R O			
B L D S	H R O			
B L D S	H R O			
B L D S	H R O			
B L D S	H R O			

*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.

Make blank copies of this page.

Appendix 3 | Weekly Exercise Record

Instructions:

For aerobic activity, describe the activity involved, such as walking, biking, jogging, or swimming. For duration, indicate the length of time spent on the aerobic activity. For resistance training, describe the activity, such as bicep curls, leg extensions, or sit-ups. Again, indicate the duration of the activity. Make copies of the blank Weekly Exercise Record to use over the course of the program.

Week Of:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	Type:	Type:	Type:	Type:	Type:	Type:	Type:
	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:
	Type:	Type:	Type:	Type:	Type:	Type:	Type:
	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:
Aerobic Exercise							
Resistance Exercise							

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*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.

