



PureWeigh®-FM

INTRODUCED 2000

What Is It?

PureWeigh®-FM is an encapsulated supplement companion to PureWeigh® PREMEAL Beverage containing banaba (*Lagerstroemia speciosa* L.) extract, green tea extract, taurine, 7-KETO™ DHEA, biotin, magnesium citrate and chromium polynicotinate. PureWeigh®-FM may also be used independently of PureWeigh® PREMEAL Beverage to support healthy glucose metabolism and promote weight loss.*

Features Include

- Banaba extract, containing a triterpenoid compound called corosolic acid, 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. preliminary clinical study reported statistically significant weight loss in human volunteers supplementing with a 1% corosolic acid banaba extract. Animal studies have suggested that corosolic acid may promote healthy weight loss in part by moderating adipocyte cell differentiation.*
- Green tea extract, providing a minimum of 23% epigallocatechin gallate (EGCg), has been shown in recent studies to enhance thermogenesis and fat oxidation.*
- Taurine, stimulating the formation of taurocholate, enhancing cholesterol secretion in bile and supporting healthy 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.*
- 7-KETO™ DHEA, increasing thermogenesis and basal metabolism when combined with exercise to support a healthy lean/adipose tissue ratio. 7-KETO is a safe and natural metabolite of DHEA that does not convert to testosterone or estrogen. It is several times more potent

than DHEA in stimulating the thermogenic enzymes of the liver, helping to support a leaner BMI (Body Mass Index) and healthy weight control. In a double blind study involving 30 overweight adults, 7-KETO supported healthy body composition and BMI when combined with exercise.*

- Biotin, facilitating protein, fat and carbohydrate metabolism by acting as a coenzyme for numerous metabolic reactions. A clinical study reported that high dose administration of biotin helped promote healthy glucose metabolism. A number of animal studies support this claim. Biotin may also act to promote transcription and translation of glucokinase, an enzyme found in the liver and pancreas that participates in the metabolism of glucose to form glycogen. In addition, a double-blind study reported that biotin supplementation may promote healthy lipid metabolism, citing an inverse relationship between plasma biotin and total lipids.*
- Magnesium citrate, providing a highly bioavailable form of magnesium important for nearly all physiological processes, including carbohydrate, fat and protein metabolism.*
- Chromium polynicotinate, inhibiting the synthesis of new fat from carbohydrates, thus freeing the mitochondria to burn already stored fat. This mineral also is important for enzyme activation and may potentially promote Glucose Tolerance Factor (GTF) activity, helping to maintain healthy glucose metabolism and supporting body composition. ChromeMate (chromium polynicotinate) supports healthy weight in combination with exercise for overweight females, as indicated by a study at the University of Texas, Austin. In a separate, randomized, placebo-controlled trial, ChromeMate promoted healthy body composition in overweight women.*

(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.

Uses For PureWeigh®-FM

Enhanced Weight Loss Support: PureWeigh®-FM is designed to provide enhanced support for glucose, insulin, and lipid metabolism as part of the PureWeigh® PREMEAL Beverage weight loss plan. Please refer to the PureWeigh® Weight Loss Plan & Return to Balance Professional and Patient Guide for more detailed product information, program goals, basic dietary recommendations, sample menus and more. Alternatively, PureWeigh®-FM can be taken independently of PureWeigh® PREMEAL.*

What Is The Source?

This formula contains: banaba (*Lagerstroemia speciosa* L.) extract (standardized to contain 1% corosolic acid); green tea extract (leaf) (standardized to contain a minimum of 65% total tea catechins and providing 23% epigallocatechin gallate (EGCg) and 7% caffeine); taurine (free-form), synthetically derived; DHEA-Acetate-7-one, derived from pharmaceutical grade DHEA; biotin, synthetically derived; magnesium (citrate), naturally derived from limestone; and chromium polynicotinate, synthetically derived. Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation. ChromeMate® chromium (polynicotinate) is a trademark of InterHealth, N.I. ChromeMate® brand chromium (polynicotinate) U.S. patents 4,923,855; 4,954,492; 5,194,615 and worldwide patents.

Recommendations

Pure Encapsulations recommends 1 capsule before each meal, 3 times per day.

Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women.

Are There Any Potential Drug Interactions?

PureWeigh®-FM contains ingredients which may enhance the effects of drugs for diabetes (e.g., insulin, blood sugar-lowering agents) and possibly lead to hypoglycemia. Therefore, diabetics taking these medications should use this supplement only under the supervision of a doctor. Sensitive individuals may experience diarrhea when taking large doses of magnesium. People with kidney disease should not take magnesium supplements without consulting a doctor. This product may also interfere with barbiturates, antibiotics, biophosphonates, anticonvulsants and some heart medications. Consult your physician for more information.

PureWeigh®-FM

three vegetable capsules contain  V 0	
banaba (<i>Lagerstroemia speciosa</i> 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)
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.	



— Your Trusted Source —

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