

-Weight Management-

*In the past 40 years, the prevalence of overweight and obese individuals has increased by almost 20%, affecting more than 129.6 million Americans. With almost two-thirds of U.S. adults now considered overweight or obese, weight management support is more critical than ever. Pure Encapsulations' weight management products complement any healthy diet and exercise plan. They are designed to target a broad range of factors, including glucose and lipid metabolism, mood, appetite, and occasional stress for wide range potential.**

CLA (Conjugated Linoleic Acid) 1,000 mg.

*Promotes healthy body composition when combined with a healthy diet and exercise**

*CLA is a naturally occurring trans isomer of linoleic acid, which may benefit body composition and support weight control. It is unique in structure because of the location of the double bonds in the linoleic acid molecule. Recent research shows that the specific isomers c9,t11 and t10,c12 play key roles in many of CLA's physiological properties. In a preliminary human study involving 60 overweight subjects, conjugated linoleic acid supported healthy lean mass. Several animal studies explore possible mechanisms of CLA, including the ability to maintain healthy fat deposition, promote lipolysis in adipocytes, moderate energy intake, and maintain healthy energy expenditure and metabolism. A recent randomized, double blind, placebo-controlled study involving 157 overweight individuals revealed that CLA promoted healthy body composition and healthy lipid metabolism.



Pure Encapsulations concentrated CLA provides an average of 77% total CLA, and contains the main isomers c9,t11 and t10,c12 in a 1:1 ratio.

CLA has been shown to play an important role in promoting a healthy body composition. The use of CLA for nutritional purposes is covered under one or more of the following patents: 5,017,614; 5,428,072; 5,430,066.

TONALIN® is an exclusively licensed product of Cognis Corporation.

REFERENCE: Gaullier JM, Halse J, Hoye K, et al. Supplementation with conjugated linoleic acid for 24 months is well tolerated by and reduces body fat mass in healthy, overweight humans. *J Nutr.* 2005 Apr;135(4):778-84.

each softgel capsule contains

conjugated linoleic acid	1,000 mg.
providing:	
pure conjugated linoleic acid (CLA)	770 mg.
palmitic acid	44 mg.
stearic acid	21 mg.
oleic acid	120 mg.
linoleic acid	13 mg.

(This plant sourced CLA is derived from safflower oil using a patented process.)

other ingredients: gelatin capsule

3-5 capsules per day, in divided doses, before meals.

	quantity	order code
CLA 1,000 mg.	180	CL11
	60	CL16

Also available CLA (Conjugated Linoleic Acid) 500 mg.



Manufacturers of Hypo-allergenic Nutritional Supplements

*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.

5-HTP 100 mg. (5-Hydroxytryptophan)

*Enhances brain serotonin**

*5-Hydroxytryptophan (5-HTP) is an intermediate in the natural synthesis of the essential amino acid, tryptophan, to serotonin. In the body, 5-HTP converts to serotonin with the enzymatic removal of a carboxyl group. Serotonin is an important neurotransmitter involved in the regulation of endocrine and brain activity responsible for emotion, appetite and wake/sleep cycles. In clinical studies, administration of 5-HTP supported serotonin production. The 5-HTP supplied in this supplement is derived from the Griffonia simplicifolia plant.



Supplementation with 5-HTP encourages brain serotonin levels that can lead to positive effects on emotional well-being, appetite control, and wake/sleep cycles.

REFERENCE: Cangiano C, Laviano A, Del Ben M, Preziosa I, Angelico F, Cascino A, Rossi-Fanelli F. Effects of oral 5-hydroxy-tryptophan on energy intake and macronutrient selection in non-insulin dependent diabetic patients. *Int J Obes Relat Metab Disord* 1998. Jul;22(7):648-54.

each vegetable capsule contains



5-hydroxytryptophan (Griffonia simplicifolia) 100 mg.
(hypo-allergenic plant fiber added to complete capsule volume requirement)

Not to be taken by pregnant or lactating women. Do not use concurrently with SSRI medications or MAO inhibitors.

1-3 capsules per day, in divided doses, before meals.

	quantity	order code
5-HTP 100 mg.	180	HYD11
	60	HYD16

Also available 5-HTP 50 mg. (5-Hydroxytryptophan)

7-KETO™ DHEA 100 mg.

*Unique DHEA metabolite**

*7-KETO DHEA, a safe and natural metabolite of DHEA, was the subject of research for over a decade at the University of Wisconsin in 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 and supports various physiological processes. It is several times more potent than DHEA in stimulating the thermogenic enzymes of the liver, promotes basal metabolism, and helps to increase the lean/adipose ratio. These actions support lean body mass and healthy weight management. 7-KETO DHEA is also known as DHEA-Acetate-7-one, 3-acetoxy-androst-5-ene-7, 17-dione, or 3-acetyl-7-oxo-dehydroepiandrosterone.



7-KETO DHEA is a versatile, patented DHEA metabolite providing metabolic support without converting to the sex hormones testosterone or estrogen.

REFERENCE: Carlon M, et. al. Double-blind study evaluating the effects of exercise plus 3-acetyl-7-oxo-dehydroepiandrosterone on body composition and the endocrine system in overweight adults. *J Exercise Physiol* 1999 Oct 2(4).

each vegetable capsule contains



DHEA-Acetate-7-one 100 mg.
(hypo-allergenic plant fiber added to complete capsule volume requirement)

Not to be taken by pregnant or lactating women.

1-2 capsules per day, in divided doses, with meals.

	quantity	order code
7-KETO™ DHEA 100 mg.	120	KD11
	60	KD16

Also available 7-KETO DHEA 50 mg. and 25 mg.

Chitosan LipoSan Ultra™

*Rapidly soluble chitosan**

*Chitosan is obtained by hydrolyzing the aminoacetyl groups of chitin. Chitosan dissolves into a gelled form. The properties of chitosan depend in large part on its solubility. Chitosan LipoSan Ultra™ is an innovative chitosan with rapid solubility. A randomized, double blind, placebo-controlled trial involving 59 individuals revealed chitosan promotes healthy weight management. In addition, animal studies suggest it also promotes healthy lipid metabolism and liver health.



LipoSan Ultra™ provides advanced solubility chitosan for weight loss.

LipoSan Ultra™ is a registered trademark of Primex ehf, Iceland.

REFERENCE: Schiller RN, Barrager E, Schauss AG, Nichols EJ. A randomized, double-blind, placebo-controlled study examining the effects of a rapidly soluble chitosan dietary supplement on weight loss and body composition in overweight and mildly obese individuals. *JANA* 2001;4(1): 34-41.

each vegetable capsule contains



chitosan (90% pure) (shrimp) 435 mg.
other ingredients: succinic acid

4-8 capsules per day, in divided doses, with 8 oz water, before meals.

	quantity	order code
Chitosan LipoSan Ultra™	250	CLU2



PureWeigh® PREMEAL Beverage

Promotes satiety, moderates mood-food responses, and supports a healthy glycemic response when combined with a healthy diet and exercise*

Available in:

- Original (OF)
- French Vanilla (FV)
- Pineapple Coconut (PC)
- Strawberry Banana (SB)
- Chocolate Mint (CM)



*PureWeigh contains an advanced spectrum of nutritional ingredients scientifically researched for their health benefits affecting weight control. It is the only weight management beverage available with these unique nutritional features:

Serotein™ Functional Protein Complex w/ MFR Factors

Features include:

- Microfiltered Whey Protein Isolate
- Calcium Enriched Soy Protein Isolate
- Myo-Inositol: Mood-Food Response Factor (MFR)

SloCarb™ Slow Release Carbohydrate Complex

Features include:

- High Amylose Resistant Starch
- High Viscosity Glucosamin
- 1-3 Beta Glucan
- Nutra-Flax™ High Lignan Flax Seed Fiber

LivClear™ Hepatic & Detoxification Support

Features include:

- Green Tea Polyphenols
- Red Beet Extract
- Milk Thistle
- Taurine

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

Features include:

- Full spectrum highly bioavailable multivitamin/mineral complex with enhanced levels of Magnesium, Chromium, Folic Acid, Buffered Vitamin C, Vitamin D₃, and Biotin.

Naturally flavored and sweetened

Now Available!

PureWeigh Weight Loss Plan & Return to Balance Professional and Patient Guide

Includes detailed product information, program goals, food diary, sample menus and more (30 pages). Available at no charge.

Order code: PWC



Recommendations:

Designed to be taken before meals or as a snack. 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 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.

Reference: Sharmanov TSh, Kadyrova RKH, Salkhanov BA. The use of a soy protein isolate in the diet therapy of patients with alimentary obesity. *Vopr Pitani*. 1990 Mar-Apr;(2):27-9.

PureWeigh® PREMEAL Beverage *continued*

one scoop contains

	Original Flavor: 90	French Vanilla: 98	Chocolate Mint: 100
	Strawberry Banana: 91	Pineapple Coconut: 92	
fat (all flavors).....	<1 g.		
saturated fat.....	<1 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 g.		
sugars.....	3.2 g.		
protein.....	OF, FV, SB, PC: 11.2 g. CM: 11.9 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.		
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 glucosamin (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), natural flavors, Lo Han (Momordica grosvenori fruit extract), gelatin beadlet; Chocolate Mint also contains cocoa and xylitol.

servicing 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® Beverage	quantity	order code
Original Flavor	629 g.	PWOF6
French Vanilla	664 g.	PWFV6
Strawberry Banana	640 g.	PWSB6
Pineapple Coconut	643 g.	PWPC6
Chocolate Mint	744 g.	PWCM7

PureWeigh-FM®

Supports healthy glucose and lipid metabolism and lean body composition when combined with a healthy diet and exercise*

Use alone or combine with PureWeigh® PREMEAL Beverage for synergistic weight loss support.*

*Banaba leaf (*Lagerstroemia speciosa* L.) contains a triterpenoid compound called corosolic acid and has been reported in studies to support healthy glucose function. 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 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. The green tea extract used in PureWeigh-FM® contains a minimum of 23% epigallocatechin gallate (EGCG), which, in addition to its antioxidant power, has been shown in recent studies to enhance thermogenesis and fat oxidation. Combined with exercise, 7-KETO™ DHEA helps enhance thermogenesis and basal metabolism to support a healthy lean/adipose tissue ratio. Taurine promotes healthy insulin, 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 powerful antioxidant, acting to reduce free radical generation in the liver, heart, pancreas and other tissues. 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.



PureWeigh-FM® is designed to provide enhanced support for glucose, insulin, and lipid metabolism, especially as part of the PureWeigh® PREMEAL Beverage weight loss plan.

REFERENCE: Suzuki Y, Unno T, Ushitani M, Hayashi K, Kakuda T. Antiobesity activity of extracts from *Lagerstroemia speciosa* L. leaves on female KK-Ay mice. *J Nutr Sci Vitaminol (Tokyo)* 1999 Dec;45(6):791-5.

three vegetable capsules contain

banaba (*Lagerstroemia speciosa* L.) extract48 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-one150 mg.
biotin1.5 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.

PureWeigh-FM® capsules	quantity	order code
	120	PWF1
	60	PWF6



Super CitriMax® Plus

Broad spectrum support for weight loss in combination with a healthy diet and exercise*

*A recent randomized, double blind, placebo-controlled clinical trial conducted at Georgetown University Medical Center examined the effects of Super CitriMax® Plus on various aspects of body composition. The results indicated support for lean body composition, healthy serotonin levels, and healthy body mass index. Super CitriMax® Plus also supported output of urinary fat metabolites, indicating fat utilization. In addition, it maintained healthy serum leptin levels, promoting signals that indicate satiety in the brain. At Creighton University, Super CitriMax® supported the release and availability of serotonin in brain tissue. ChromeMate® supports healthy weight in combination with exercise for overweight females, as indicated by a study at University Texas, Austin. In a separate, randomized, placebo-controlled trial, ChromeMate promoted healthy body composition in overweight women. *Gymnema sylvestri* supports healthy glucose metabolism, providing a favorable effect on energy utilization.



Super CitriMax® Plus is a clinically studied formula with unique and broad spectrum support for weight loss and lean body composition.

Super CitriMax® and ChromeMate® chromium (polynicotinate) are trademarks of InterHealth, N.I.

ChromeMate® brand chromium (polynicotinate) U.S. Patents 4,923,855; 4,954,492; 5,194,615. Super CitriMax® brand (-)hydroxycitric acid U.S. Patents 6,160,172; 6,395,296 and worldwide patents pending.

REFERENCE: Preuss HG, Bagchi D et al. Effects of Super CitriMax Plus™, ChromeMate® and *Gymnema sylvestri* on body weight, body mass index, fat loss, fat metabolites, blood lipids, serum leptin, serum serotonin and appetite control in humans. A randomized, double-blind, placebo-controlled study. *FASEB* 2002.

three vegetable capsules contain

Garcinia cambogia (fruit) extract..... 1,500 mg.
(standardized to contain 60% (-)hydroxycitric acid)
providing (typical):
calcium (as hydroxycitrate)165 mg.
potassium (as hydroxycitrate).....240 mg.
chromium (polynicotinate) 200 mcg.
Gymnema sylvestri (leaf) extract..... 133 mg.
(standardized to contain 75% gymnemic acids)
vitamin C (as ascorbyl palmitate)30 mg.

3 capsules 3 times per day, 30-60 minutes before meals.

	quantity	order code
Super CitriMax® Plus	360	SCP3
	180	SCP1



Relora®

Promotes healthy cortisol and DHEA production, moderates occasional stress and promotes satiety when combined with a healthy diet and exercise*

*Relora® is a natural, proprietary blend of *Magnolia officinalis* and *Phellodendron amurense*. This synergistic combination of extracts helps promote positive mood and moderates occasional stress, in addition to supporting satiety and healthful eating. The magnolia and phellodendron fractions may bind to key central nervous system receptors, including those for GABA and the serotonin transporter, which encourages feelings of satiety and relaxation. A pilot clinical trial reported that Relora was well tolerated and helped promote emotional well being, muscle relaxation, and moderated occasional stress. A follow-up trial reported similar results, as well as indicated that supplementing with Relora may help diminish stress-related sugary snack cravings and promote healthful eating habits. An animal study further demonstrated the supplement's ability to support mood and relaxation. A recent pilot clinical trial performed in Cincinnati, Ohio, suggested that magnolia and phellodendron helped to maintain healthy cortisol and DHEA production and metabolism, which helped support healthy body composition.

Relora® is a standardized blend of extracts from *Phellodendron amurense* and *Magnolia officinalis* that studies have indicated helps mediate everyday stress-related emotions, eating behavior, and muscle tension.

Relora® is a trademark of Next Pharmaceuticals, Inc. U.S. Patent 6,582,735.

REFERENCE: LaValle J, Chambliss WG. The effect of Relora® on salivary cortisol and DHEA levels in patients with mild to moderate stress. *Living Longer Clinic Cincinnati, Ohio*. 2001



Satiety-ease

Promotes satiety and positive mood when combined with a healthy diet and exercise; provides general support for emotional well-being and ease from stress*

*Satiety-ease is a powerful combination of mood and satiety-supporting compounds to promote emotional well being, moderate occasional stress, and enhance satiety. The amino acid tyrosine is a precursor of catecholamine neurotransmitters, including l-dopa, dopamine, epinephrine, and norepinephrine. These neurotransmitters are responsible for supporting mood and mental function. l-Tyrosine helps to maintain a healthy response to environmental and emotional stress. Relora® is a natural, proprietary blend of *Magnolia officinalis* and *Phellodendron amurense*, providing potential support for satiety and occasional stress. These extracts support healthy cortisol and DHEA production, as well as interact with central nervous system receptors, such as GABA and the serotonin transporter, helping to moderate food cravings, support healthy body fat distribution and promote emotional well-being. *Rhodiola rosea*, a Siberian plant with adaptogenic properties, promotes the activities of the neurotransmitters serotonin, norepinephrine, and dopamine. It has demonstrated the potential to enhance stress tolerance and moderate stress-related fatigue, important factors in maintaining physical and emotional well being.

Satiety-ease is a unique formula providing important central nervous system support for satiety, food cravings and mood. In addition, it can serve as a general formula for supporting emotional well-being and moderating occasional stress.

Relora® is a trademark of Next Pharmaceuticals, Inc. U.S. Patent 6,582,735.

REFERENCE: Kuribara H, Stavinoha WB, Maruyama Y. Honokiol, a putative anxiolytic agent extracted from magnolia bark, has no diazepam-like side-effects in mice. *J Pharm Pharmacol* 1999 Jan;51(1):97-103.



each vegetable capsule contains

Relora®250 mg.
 proprietary blend of patented extracts from:
 Magnolia officinalis (bark) and Phellodendron amurense (bark)
 vitamin C (as ascorbyl palmitate)5 mg.
 (hypo-allergenic plant fiber added to complete capsule volume requirement)
 other ingredients: modified food and corn starch, silicon dioxide

Do not take if pregnant or lactating. Do not take if currently taking any prescription medication or receiving medical treatment without consulting your physician.

3 capsules per day, in divided doses, with or between meals.

	quantity	order code
Relora®	180	RL1
	60	RL6

two vegetable capsules contain

Relora®250 mg.
 proprietary blend of patented extracts from:
 Magnolia officinalis (bark) and Phellodendron amurense (bark)
 Rhodiola rosea extract (root).....100 mg.
 (standardized to contain 3% total rosavins
 and min. 1% salidroside)
 l-tyrosine (free-form).....800 mg.
 vitamin C (as ascorbyl palmitate)20 mg.
 (hypo-allergenic plant fiber added to complete capsule volume requirement)
 other ingredients: modified food and corn starch, silicon dioxide

Do not take if pregnant or lactating. Do not take if currently taking any prescription medication or receiving medical treatment without consulting your physician.

2 capsules three times per day, in divided doses, between meals.

	quantity	order code
Satiety-ease	270	SA2
	90	SA9



Chromium (picolinate) 200 mcg.

*Supports lipid and glucose metabolism when combined with a healthy diet and exercise**

*Chromium is important for enzyme activation and promotes healthy lipid and carbohydrate utilization. Several studies have indicated that chromium supplementation provides glucose support and promotes healthy lipid metabolism. Another study involving 36 people suggested that chromium promoted healthy body composition.



One small study suggests that chromium picolinate may reduce the risk of insulin resistance, and therefore possibly may reduce the risk of type 2 diabetes. FDA concludes, however, that the existence of such a relationship between chromium picolinate and either insulin resistance or type 2 diabetes is highly uncertain.

Chromium picolinate is a highly utilizable form of chromium, promoting healthy glucose and lipid metabolism.

REFERENCE: Rabinovitz H, Friedensohn A, Leibovitz A, et al. Effect of chromium supplementation on blood glucose and lipid levels in type 2 diabetes mellitus elderly patients. *Int J Vitam Nutr Res.* 2004 May;74(3):178-82.

each vegetable capsule contains		
chromium (picolinate)	200 mcg.	
(hypo-allergenic plant fiber added to complete capsule volume requirement)		
1-2 capsules per day, in divided doses, with meals.		
	quantity	order code
Chromium (picolinate)		
200 mcg.	180	CRP21
	60	CRP26

Also available **Chromium (picolinate) 500 mcg.**



ChromeMate® GTF 600

*Unique chromium polynicotinate**

*Chromium is important for metabolism, and enzyme activation. One study showed that when combined with modest diet and exercise, ChromeMate® supports lean body composition in overweight women. A similar study at Georgetown University also recently suggested that ChromeMate may support lean muscle mass in overweight women. The potential for ChromeMate to promote Glucose Tolerance Factor (GTF) activity accounts for its roles in supporting healthy glucose metabolism and body composition.



ChromeMate provides all the benefits of chromium and enhances this with the additional benefits of nicotinic acid.

ChromeMate® brand niacin-bond chromium. U.S. Patents 4,923,855; 4,954,492; 5,194,615. ChromeMate® is a trademark of InterHealth, N.I.

REFERENCE: Crawford V, Scheckenbach R, Preuss HG. Effects of niacin-bound chromium supplementation on body composition in overweight African-American women. *Diabetes Obes Metab* 1999 Nov;1(6):331-7.

each vegetable capsule contains		
chromium (from chromium polynicotinate)	600 mcg.	
niacin (from chromium polynicotinate)	3.3-3.6 mg.	
(hypo-allergenic plant fiber added to complete capsule volume requirement)		
1 capsule per day, with a meal.		
	quantity	order code
ChromeMate® GTF 600	180	CRG61
	60	CRG66

Also available **ChromeMate GTF 200**

TO ORDER CALL: 800-753-2277
Secure online ordering and
information at www.PureCaps.com

*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.



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