



Size: 10 Packets Product Information

The PureTrim Mediterranean Wellness Shakes are a natural approach to weight loss, based on the time-tested ingredients that have been part of the Mediterranean lifestyle for centuries.



Product Content

Supplement Facts

Serving Size 1 packet (52 g)

Servings Per Container 1

	Amount Per Serving	% Daily Value
Total Calories	199	
Calories from Fat	45	
Total Fat	5 g	8%*
Saturated Fat	0 g	0%*
Sodium	130 mg	5%
Total Carbohydrate	18 g	6%*
Dietary Fiber	7 g	28%*
Sugars	<1 g	†
Protein (as Non-GMO vegetable pea and brown rice)	21 g	42%*
Vitamin A (as retinyl palmitate with West Indian lemongrass)	2,500 IU	50%
Vitamin C (as ascorbic acid and sodium ascorbate and with camu fruit and wolf berry [Lycium barbarum])	150 mg	250%
Calcium (as green plants, sesame seeds, kale leaf, and spinach leaf)	500 mg	50%
Vitamin D3 (as cholecalciferol with brewer's yeast)	200 IU	50%
Vitamin E (as d-alpha-tocopheryl acetate)	15 IU	50%
Thiamin (as thiamin mononitrate with brown rice)	3 mg	200%
Riboflavin (with brown rice)	3.4 mg	200%
Niacin (as niacinamide with brown rice)	40 mg	200%
Vitamin B6 (as pyridoxine HCl with brown rice)	4 mg	200%

Folate (as folic acid with brown rice)	200 mcg	50%
Vitamin B12 (as cyanocobalamin with brown rice)	12 mcg	200%
Biotin (with brown rice)	150 mcg	50%
Pantothenic acid (as D-calcium pantothenate with brown rice)	5 mg	50%
Phosphorus (as potassium phosphate, magnesium phosphate and ocean plant)	460 mg	46%
Iodine (as potassium iodide)	75 mcg	50%
Magnesium (as magnesium phosphate and ocean plant)	200 mg	50%
Zinc (as zinc oxide)	7.5 mg	50%
Selenium (as sodium selenite)	35 mcg	50%
Copper (as copper oxide)	1 mg	50%
Manganese (as manganese sulfate)	1 mg	50%
Chromium (as chromium dinicotinate glycinate)	60 mcg	50%
Molybdenum (as sodium molybdate)	37.5 mcg	50%
Potassium	680 mg	19%
Protein Complex		
Non-GMO vegetable pea protein concentrate and Non-GMO brown rice protein	25 g	†
Mediterranean Essential Fatty Acid Blend (Containing Omega 3,6 fatty acids) Safflower oil complex, almond oil, flaxseed oil, grape seed oil, olive oil, and sesame seed oil	8000 mg	†
Prebiotic and Enzyme Blend		
Fibersol-2™ (soluble fiber glucose polymer complex), bromelain, guar gum, gum acacia, inulin, lipase, and protease	6000 mg	†
Ionic Plant Trace Mineral Blend (from ocean plant)	1600 mg	†
Anti-Stress & Energy Blend		
Green tea leaf extract, cinnamon twig extract, greater galangal root extract, passionflower (whole plant and flower), 5-HTP (from Griffonia simplicifolia seed), American ginseng root extract, apple pectin, cayenne fruit, chamomile flower, citrus pectin, ginkgo leaf extract, jujube fruit, lemon balm leaf, licorice root extract, Asian ginseng root extract, peppermint leaf, rhodiola root extract, stevia leaf extract, and maté leaf extract	215 mg	†
Mediterranean Skin & Digestion Blend		
Olive leaf 4:1 extract, artichoke leaf 4:1 extract, grape leaf extract, pomegranate fruit extract	100 mg	†
Super Greens Blend		
Alfalfa leaf, asparagus spear extract, barley grass, bitter melon fruit extract, broccoli floret, Brussels sprout leaf, cabbage leaf, cauliflower floret, chlorella, mustard seed, nettle leaf, and spirulina	100 mg	†

* Percent Daily Values based on a 2,000 calorie diet.

† Daily Value Not Established.

Other Ingredients: natural & artificial flavors, gum blend (cellulose gum, xanthan gum, and carrageenan), silica, acesulfame potassium, sucralose, salt.

Fibersol-2™ is a trademark of Matsutani America.

Product Directions

Suggested Use:

Using the Shaker Cup: Vigorously mix contents of PureTrim® Mediterranean Wellness Shake in chilled water. Use 10 oz. of water for a thick shake, or up to 12 oz. for a thinner shake. Add 1 or 2 ice cubes for better flavor. When using a blender, you may use more ice cubes.

Make sure you drink 1 glass of water after you drink your shake for best results.

For Weight Loss: Drink 2 shakes a day.

For Basic Results, Maintenance, or Ongoing Wellness: Once you reach your desired weight, drink 1 shake a day.



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