

# PGX<sup>®</sup>

## Weight Loss Meal Replacement

### French Vanilla

### Product Summary

The PGX<sup>®</sup> (PolyGlycopleX<sup>®</sup>) Weight Loss Meal Replacement promotes healthy weight loss by reducing postprandial hyperglycemia, increasing satiety, and providing supportive nutrients for blood sugar metabolism. PGX<sup>®</sup> is a highly-viscous combination of well-purified water-soluble polysaccharides derived from konjac root, sodium alginate, and xanthan gum, which has been shown to reduce postprandial glucose concentrations and lower total and LDL-cholesterol, primarily by forming a gel matrix which slows gastric emptying. Postprandial hyperglycemia is an important causal factor in endothelial dysfunction, several complications of diabetes, and overweight. By reducing the glycemic index of foods, viscous fibres prevent postprandial spikes in blood glucose concentration and in insulin production. They have also been found to increase satiety and reduce appetite, promoting a lower caloric intake, resulting in weight loss.

PGX<sup>®</sup> is combined with whey protein and medium chain triglycerides, shown clinically to enhance body fat loss while preserving lean muscle, and to induce satiety and a decreased consumption of calories, respectively. A full complement of vitamins and minerals ensure support for healthy macronutrient metabolism.

### Unique Features

- Contains 5 g of PGX<sup>®</sup> per serving
- A delicious and satisfying meal replacement that curbs appetite and prevents food cravings
- Low glycemic load and index; helps to normalize postprandial blood glucose levels and improves insulin sensitivity for less fat storage
- Suitable for carbohydrate-reduced diets
- Convenient breakfast and/or lunch meal replacement alternative
- No artificial sweeteners or flavours
- Also Available in Double Chocolate and Very Strawberry

**PGX<sup>®</sup>**  
Weight Loss Meal Replacement  
French Vanilla  
1 kg powder  
Code: 9207



Scoop size: 31 g  
Feature: Delicious, all natural flavour

## Supplement Facts

Serving Size: 2 scoops (62 g)

Servings per Container: 16

### Key Ingredients

Whey Protein Concentrate and Isolate (Microfiltered, Undenatured).....	32 g
PGX® (PolyGlycopleX®).....	5 g
Highly Purified Fibre Complex Manufactured Using the Proprietary EnviroSimplex® Process: Konjac-mannan ( <i>Amorphophallus konjac</i> ) (root), Sodium Alginate, Xanthan Gum	
Soy Lecithin.....	5.7 g
Medium Chain Triglycerides.....	2.1 g

**Ingredients:** Whey protein concentrate and isolate (milk) (microfiltered, undenatured), soy lecithin, natural vanilla flavour, PGX® (PolyGlycopleX®) (konjac-mannan [*Amorphophallus konjac*] [root], sodium alginate, xanthan gum), organic cane sugar, xylitol, medium chain triglycerides (coconut), dicalcium phosphate dihydrate, potassium citrate, magnesium citrate, sodium chloride, calcium citrate, ascorbic acid, zinc citrate, niacinamide, biotin, ferrous fumarate, beta carotene, d-alpha tocopheryl acetate, copper chelate, molybdenum citrate, selenium chelate, manganese citrate, calcium d-pantothenate, folic acid, thiamine hydrochloride, pyridoxine hydrochloride, riboflavin, cyanocobalamin, potassium iodide, chromium chelate, ergocalciferol.

**Contains no artificial preservatives, colours or sweeteners and no wheat or yeast. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.**

**Suggested Usage:** To make a delicious and satisfying meal replacement smoothie, blend, shake or briskly stir 2 scoops (62 g) of PGX® Weight Loss Meal Replacement into 350–500 ml of water 1–2 times per day or as directed by a health care professional. Drink additional water (350–500 ml) following the smoothie.

When first taking PGX® Weight Loss Meal Replacement, begin with 1 scoop (31 g) in a glass of water (175–350 ml) and gradually increase to 2 scoops (62 g) as directed above.

**Serving Option:** You can also customize your meal replacement by blending PGX® Weight Loss Meal Replacement with purified water and 1 cup of fresh or frozen organic berries or other fruit. PGX® Weight Loss Meal Replacement makes a delicious pudding. Mix as above, then pour into a bowl and refrigerate for 1 hour. Add ½ a banana or other fruit for variety. Instructions and menu enclosed in bottle.

**Notice:** A small percentage of people may initially experience minor, temporary digestive changes as the body adjusts to the addition of PGX®, usually in a few days. To help ease fibre digestion, slowly work up to the full dose. It is important to drink adequate amounts of water immediately after ingesting PGX®.

**Contraindication:** Those with a known allergy to any of the components should avoid it. Individuals at risk for intestinal obstruction, such as those with systemic sclerosis, should increase fibre intake with caution. While no specific contraindication exists or is predicted, data is lacking for use during pregnancy, lactation, and in children, and the dosage may need to be reduced for those less than 18. If you are under 18 years of age, pregnant or nursing or if you have any health concerns, consult your health care professional before starting any weight loss plan.

**Drug Interactions:** A reduction in serum glucose concentrations may require a lowering of the dosage of any antidiabetic medications, and serum glucose should be monitored closely to prevent hypoglycemia. Oral medications may need to be taken one hour prior or two hours after, to prevent a slowing down in their absorption. Similarly, fat-soluble vitamins should be taken separately. Theoretically, whey protein may decrease levodopa absorption, and should be taken together with caution.

Nutrient Profile			
Serving Size 2 Scoops (62 g)			
Energy	250 Cal (1050 kJ)	Riboflavin	50 %*
Protein	25 g	Niacin	50 %*
Fat	8 g	Vitamin B6	40 %*
Linoleic Acid	1.8 g	Vitamin B12	25 %*
n-3 Linolenic Acid	0.2 g	Folic Acid	60 %*
Saturated Fatty Acid	3 g	Pantothenic Acid	35 %*
Carbohydrate / Glucides	19 g	Biotin	0.075 mg
Dietary Fibre	5 g	<b>Minerals:</b>	
Soluble Fibre	4 g	Calcium	60 %*
Sugars	11 g	Phosphorus	50 %*
Sugar Alcohol	3 g	Iron	25 %*
Sodium	310 mg	Iodine	25 %*
Potassium	650 mg	Magnesium	60 %*
<b>Vitamins:</b>		Copper	0.50 mg
Vitamin A	25 %*	Zinc	70 %*
Vitamin D	50 %*	Manganese	1.0 mg
Vitamin E	45 %*	Selenium	0.020 mg
Vitamin C	35 %*	Chromium	0.020 mg
Thiamine	60 %*	Molybdenum	0.025 mg

\* Percentage of recommended daily intake.



· GUARANTEED ·

Bioclinic Naturals products are guaranteed to meet or exceed Good Manufacturing Practices (GMP) of the Canadian Government and the Therapeutic Goods Administration (TGA) regulations of Australia—among the world's highest standards for natural products.



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