

PROFESSIONAL **AND** PATIENT GUIDE

# The ClearDetox™ PROGRAM

NUTRITIONAL SUPPORT FOR DETOXIFICATION



ClearDetox™ provides the foundation for a custom-designed detoxification program. It delivers broad-spectrum nutritional support for the body's natural detoxification processes and healthy liver function. It is an easily digested and hypoallergenic beverage mix that is naturally flavored and naturally sweetened. It is available in strawberry banana crème, pineapple coconut and chocolate flavors.\*

**The ClearDetox™ Program Professional and Patient Guide can help provide the following:**

- ✓ An understanding of the importance of detoxification for all individuals.\*
- ✓ A comprehensive program to help moderate the effects of heavy metals and toxins.\*
- ✓ A description of ClearDetox™ beverage features and potential complementary detoxification support products.\*
- ✓ Dietary recommendations and sample menus for enhancing the natural detoxification processes of the body.\*
- ✓ Suggested program duration.\*

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## Section 1 | AN INTRODUCTION TO THE ClearDetox™ PROGRAM

### Who Needs Detoxification Support?

Supporting the body's detoxification processes is an important proactive and protective action everyone can and should take. Everyday exposure to heavy metals, polluted air, cleaning solvents, OTC or prescription drugs, alcohol, pesticides, nicotine, artificial food additives and preservatives, hormones, cosmetics, and caffeine (as examples), have a taxing effect on our body's ability to neutralize and eliminate these harmful compounds and other toxins. In addition, the body's own metabolic processes generate toxins and free radicals that need to be processed efficiently. Furthermore, emotional stress or a poor nutritional status can weaken the body's ability to adequately detoxify and defend. Heavy metals and toxins can affect in some way most physiological functions and organ systems, but primarily affected may be the brain, nervous system, liver and kidneys.

This program is designed to support the body's natural detoxification mechanisms. ClearDetox™ beverage promotes detoxification with nutrients such as rice protein, reduced glutathione, n-acetyl-cysteine (NAC), methylsulfonylmethane (MSM), alpha lipoic acid, and a powerful combination of liver support herbs. An additional array of detoxification support products are suggested for enhanced support. First and foremost, Nutrient 950® or UltraNutrient® provide vital cofactors for healthy detoxification function.\*



## Overview: The Natural Detoxification Process

The ClearDetox™ Program focuses on supporting two mechanisms of detoxification in the body: (1) healthy functioning of the liver and its enzymatic detoxification systems and (2) supporting healthy production and flow of bile to help eliminate fat soluble toxins.

The liver is the body's detoxification powerhouse. The enzymatic neutralization or modification of toxins by the liver is one of the primary mechanisms by which it facilitates toxin elimination. Phase I enzyme detoxification involves the liver enzyme complex, cytochrome P450, which provides the first line of defense against toxins. The enzymes involved in phase I detoxification either directly neutralize toxins, make them water soluble for excretion via the kidneys, or modify them for the next enzymatic step, phase II enzyme detoxification. In phase II detoxification, a separate group of specialized enzymes structurally alters toxins in order to neutralize them or to prepare them for excretion.

In addition to phase I and phase II detoxification, the liver synthesizes and secretes bile. Healthy bile production enhances the elimination of fat-soluble toxins.



## The ClearDetox™ Program Core Supplements

The ClearDetox™ Program is designed to be physician-supervised and consists of two core detoxification supplements: ClearDetox beverage and Nutrient 950® or UltraNutrient® multivitamin/mineral formulas. In addition, the program includes potential alternative or additional detoxification support supplements and recommendations for a low allergen diet. The basic recommended duration for the program is 4 weeks. The program can be conducted every several months if desired or needed, as determined by a health professional.

### ClearDetox™ beverage

ClearDetox is an innovative beverage formulated to provide nutrients that play a role in supporting heavy metal detoxification and in boosting the liver's natural phase I and phase II enzyme functions for overall detoxification support.\*

One study conducted at Georgetown University suggested that ClearDetox™ may provide potential support for promoting healthy liver function after the metabolism of certain compounds.\*

Nutritional features for ClearDetox™ are listed below.

**Rice protein.** Rice protein is a hypoallergenic protein source. Reducing potential allergens from the diet helps to maintain healthy metabolic and liver function. Furthermore, optimal protein nutrition enhances healthy liver enzyme function and promotes liver glutathione concentrations, supporting toxin elimination. Rice protein contains the amino acids cysteine, glutamic acid and glycine. These amino acids play key roles in phase II detoxification and also promote glutathione production. Glutathione is a vital component for healthy phase I and phase II liver enzyme function.\*

**Reduced glutathione.** In addition to supporting the liver's antioxidant and phase I and phase II enzymes, optimal intracellular glutathione concentrations may play a role in moderating the

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effects of mercury on tissues, including the kidney and brain. Research indicates a potential for the formation of a methylmercury and glutathione complex, which may help promote mercury transport out of some cells. Additional studies indicate a possible role of glutathione in promoting biliary excretion of mercury and cadmium. Glutathione levels have been found to be low in mercury-exposed workers, indicating that toxins in the body deplete glutathione levels.\*

**N-acetyl-cysteine (NAC).** NAC is a free radical scavenger and has glutathione boosting properties. Several studies suggest that NAC administration to animals may help to reduce mercury and cadmium accumulation in the kidneys and liver and/or to moderate the effects of these metals in these tissues. NAC may achieve these actions in part by facilitating mercury removal from tissues, promoting healthy glutathione levels, or protecting tissues from peroxidation generated by heavy metals.\*

**Methylsulfonylmethane (MSM).** MSM is a concentrated source of elemental sulfur, which is an essential phase II enzyme detoxification cofactor.\*

**Alpha lipoic acid.** Alpha lipoic acid supports healthy liver function by scavenging free radicals and promoting the synthesis, regeneration, and concentration of glutathione in the liver. Studies also reveal the potential for alpha lipoic acid to facilitate the biliary excretion of inorganic mercury as well as to moderate lead and cadmium induced oxidative stress.\*

**Liver Support Extracts.** A synergistic combination of standardized milk thistle, artichoke, turmeric, greater celandine, and barberry extracts support hepatic function by increasing bile flow, supporting phase I and phase II liver enzymes, enhancing glutathione concentration, providing antioxidant activity, protecting the liver from the effects of chemicals, and promoting healthy hepatic cell function.\*

### **Nutrient 950®/UltraNutrient®**

Various vitamins and minerals are needed for phase I and phase II liver enzyme activation, including copper, magnesium, zinc, vitamin C, selenium, vitamin B<sub>6</sub>, folic acid, and vitamin B<sub>12</sub>. Our high potency multivitamin/mineral formulas lay the groundwork for optimal liver and detoxification function.\*



## Section 2 | THE ClearDetox™ PROGRAM ELIMINATION DIET

An elimination diet is designed to eliminate common allergens along with any specific food sensitivities known to an individual. In the context of detoxification, this reduces stress to the gastrointestinal tract and immune system and helps to preserve gut integrity. As a result, this may help decrease the amount of toxins that penetrate through the gut, helping to decrease toxin load. Furthermore, organic, natural whole food selections that are part of the Healthful Foods list (below) help to minimize exposure to antibiotics, hormones, pesticides, preservatives, artificial colors and flavors, and other chemicals that overwhelm the body's detoxification processes.

Use the basic food lists below to guide your meal and menu preparation. The emphasis is on allergen reduction and whole, healthful eating. Fresh and organic foods should be used whenever possible. Vegetables should be steamed, sautéed, or eaten raw. Some vegetables even promote phase I and phase II detoxification, including cabbage, cauliflower, brussels sprouts, and broccoli. Meats and fish are best grilled, sautéed or baked. Use only fresh spices to season and avoid packaged and processed foods. You are encouraged to build upon the guidelines below with your health professional.

As part of the ClearDetox™ Program, the elimination diet should be continued for 4 weeks. Afterwards, foods like dairy, eggs, corn, soy, shellfish, citrus fruits, and grains like wheat and oats can be gradually reintroduced, preferably one at a time, 2 or 3 days apart. This way, if you notice any sensitivity or allergic reactions to a particular group, you should continue to eliminate those foods for several months (after which you may try introducing them again), or continue to avoid them altogether. All foods that become part of your permanent dietary plan should be whole and organic as often as possible.

### Elimination Diet: Healthful Foods to Include

- Brown rice, rice vermicelli, other rice products including crackers and cereal; millet, quinoa, amaranth, baked sweet potatoes
- Legumes not including soy, such as kidney and navy beans, peas, lentils
- Rice milk or nut milks
- Fresh organic vegetables, except for corn; vegetable juices
- Organic, free-range (pesticide-free, hormone-free) meat sources and wild fish like salmon or halibut
- Fresh organic fruits, except for the ones indicated under foods to avoid
- Almonds, raw pumpkin seeds, walnuts, cashews, nut butters; to be avoided if person has an individual allergy to any of these nuts
- Unrefined extra virgin olive oil, flaxseed oil, sesame oil
- 8 or more 8 fl oz glasses of water each day
- Other: decaffeinated tea (organic)

### Elimination Diet: Allergenic and Problematic Foods to Avoid

- Gluten containing grains: wheat, oats, barley, rye, spelt, kamut
- Dairy products: milk, cheese, yogurt, cream, butter, etc.
- Eggs and egg substitutes
- Corn and corn products
- Processed meats or meats that are not organic or hormone free
- Shellfish and farm raised fish
- Soy products
- Citrus fruits, strawberries, pineapple, and any other fruit the individual is sensitive to
- Peanuts and peanut butter
- Partially hydrogenated oils (vegetable shortening, margarine); refined vegetable oils (corn, safflower, sunflower, canola, lite olive oil)
- Artificial colorings, flavorings, sugars and sweeteners; high fructose corn syrup and foods or beverages high in sugar
- Any foods high in preservatives, chemicals or antibiotics.
- Other: alcohol, caffeine (coffee, tea, cola drinks)

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## Section 3 | COMPLEMENTARY DETOXIFICATION SUPPORT PRODUCTS

A number of mechanisms contribute to the natural detoxification process. While we recommend two core products as part of this program, health professionals can customize the program by choosing alternative or additional detoxification support products that may best target the needs of each individual. The following products may provide additional support for phase I and phase II detoxification, bile metabolism, liver cell health, chemical protection, hormone metabolism, or healthy gut integrity and digestion (important for reducing toxin exposure and enhancing toxin elimination).\*

### Liver-G.I. Detox

This product is designed to stimulate both liver and gastrointestinal detoxification. N-acetyl-L-cysteine and alpha lipoic acid are antioxidants that boost tissue glutathione levels and also play a role in binding heavy metals. Curcumin, silymarin and sulforaphane, from broccoli sprout concentrate, enhance phase II detoxification, support glutathione synthesis and promote gastric, colon and liver cell functions. Amino acids support detoxification pathways in the liver to neutralize toxins. L-Glutamine helps to maintain healthy intestinal integrity, limiting the amount of toxins that pass through the intestinal barrier. Artichoke extract aids the digestive process by promoting healthy bile flow and intestinal motility, reducing toxin exposure in the gut. It also supports hepatic cell function and blood flow in the liver. Nutrient-rich chlorella is traditionally celebrated for its digestive, cleansing and blood purifying properties.\*

### Glycine

Glycine is the simplest amino acid. Supplementation with glycine has been shown to support healthy kidney and liver function as well as nervous system health. Animal studies suggest that glycine plays a protective

role for the kidneys and liver, particularly by supporting detoxification of certain chemicals. Glycine also activates phase II detoxification.\*

### Taurine and Methionine

Both taurine and methionine are sulfur-containing amino acids and are therefore key nutrients for phase II detoxification reactions. Taurine is also an important component of bile acids and supports fat metabolism in the liver, providing additional support for detoxification.\*

### Calcium-d-Glucarate

Calcium-d-Glucarate is a powerful nutrient with the potential to support healthy phase II detoxification and cellular function. In the liver, toxic compounds and hormones including estrogen are bound to glucuronic acids so that they can be neutralized and eliminated in a safe form from the body in a process known as glucuronidation. Beta-glucuronidase, a naturally-occurring enzyme found in various organs and cells, can cleave apart these neutral compounds and set toxins free again. d-Glucarate has been shown to help target beta-glucuronidase enzyme activity, maintaining this important detoxification process.\*

### Vitamin C

Vitamin C enhances glutathione synthesis and supports red blood cell and tissue glutathione levels. In addition, it supports several of the phase II detoxification enzymes. Vitamin C is also needed for activating phase I detoxification enzymes. As an antioxidant, it also helps to protect healthy liver cell function.\*

### Magnesium

Magnesium promotes healthy phase I detoxification. Low magnesium levels have been associated with increased toxicity of various drugs and medications.\*

### **Indole-3-Carbinol (I3C)**

In the body, estrogens are metabolized to form 2-hydroxyestrone metabolites (2-OHE) and 16alpha-hydroxyestrone metabolites (16alpha-OHE). These are considered weak and strong estrogens, respectively. The latter of these can have undesirable cellular effects if an appropriate balance is not maintained. The cytochrome P450 phase I detoxifying enzyme complex in the liver supports healthy estrogen metabolism and has been shown to increase the production of 2-OHE. Indole-3-carbinol (I3C), naturally found in vegetables including broccoli, brussels sprouts and cabbage, induces cytochrome P450 and phase I detoxification enzymes and also supports phase II detoxification enzymes. Several clinical trials have indicated the ability of I3C to promote healthy estrogen metabolism, providing a potential mechanism for breast health support and cervical cell health. By enhancing liver detoxification enzymes, including glutathione-S-transferase, I3C has also been shown to support various other tissues and to scavenge free radicals.\*

### **Bioflavonex™**

This herbal blend containing grape seed, green tea extract, silymarin and resveratrol bolsters the body's antioxidant systems, providing potential support against heavy metal or toxin induced free radicals. In addition, silymarin and green tea specifically support liver function and detoxification.\*

### **Phosphatidylcholine**

Phosphatidylcholine, or PC, serves as a source of choline, an important factor in maintaining healthy liver cell function. In a multi-center, randomized, double blind, placebo-controlled trial conducted in Germany, investigators reported that polyunsaturated PC helped support liver health by maintaining healthy enzyme activity and was well tolerated. Another randomized,

double blind, placebo-controlled trial suggested that oral lecithin supplementation may help support healthy hepatic fat metabolism. Animal studies also report that soybean PC may promote healthy lipid metabolism at the hepato-biliary level. Additional animal studies indicate that PC promotes healthy liver antioxidant activity.\*

### **Glutamine**

L-Glutamine is the most abundant amino acid in the body. In times of stress or increased energy demand, glutamine is especially important for energy and repair. In the gut, glutamine maintains healthy integrity of the intestinal tract and enhances the protective mucosal lining. This helps to ensure proper nutrient utilization and absorption while limiting the amount of toxins that pass through the intestinal barrier.\*

### **G.I. Fortify**

This product is a blend of high-impact fiber, herbs, and nutrients for supporting overall gastrointestinal function and occasional constipation. Psyllium is combined with Nutra-Flax™ high-lignan flax seed, glutamine, DGL Plus™, and triphala to provide broad, far-reaching support for the GI tract. It is designed to promote larger and softer stools and healthy bowel movement frequency; support short chain fatty acid (SCFA) production, providing an energy source for the colon and maintaining healthy colon cell function; provide prebiotic support, promoting beneficial microflora such as lactobacillus and bifidobacteria; maintain healthy gut integrity; minimize the time of exposure of the gastrointestinal tract to toxins; and soothe the gastrointestinal tract by enhancing the gastric mucosa.\*

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## Section 4 | LIFESTYLE FACTORS PROMOTING HEALTHY DETOXIFICATION

Regular exercise helps to maintain overall good health and sweating actually plays a role in ridding the body of toxins. Getting sufficient rest and incorporating relaxation techniques like yoga, tai chi, mindful breathing, or walking can help counteract the negative effects of stress on the body. Smoking or environments where smoking takes place should be avoided and limiting alcohol consumption provides further protection from chemicals that are harmful or that compromise the liver. Eating organic foods and choosing natural home and personal care products are other examples of ways to minimize overwhelming the body with toxic chemicals and heavy metals.



## Section 5 | RECOMMENDATIONS

**ClearDetox™ beverage:** Add 1 serving to 8 oz water, milk or juice. Blend with fresh or frozen fruit pieces if desired. If following the Elimination Diet, use only the types of milks, juices and fruits allowed under the Healthful Foods list. Shake, stir or blend until smooth. Take 1-2 servings per day for 4 weeks. The program can be conducted every several months if desired or needed, as determined by a health professional.

**Nutrient 950®/UltraNutrient®:** 4-6 capsules per day, in divided doses, with meals.

**Other:** Follow the label directions or your physician's recommendations regarding any of the complementary detoxification support products.

## Section 6 | CONTRAINDICATIONS

**ClearDetox™ beverage:** Not to be taken by pregnant and lactating women. This formula should be taken with food, as some ingredients may cause mild gastrointestinal discomfort in sensitive individuals. This product is not recommended for individuals with gallstones or obstruction of bile passages. Individuals sensitive to artichokes and members of the daisy family should avoid this product. Greater celandine should be avoided or used cautiously under the supervision of a health professional by people with hepatitis or impaired liver function. In rare instances, alpha lipoic acid may cause skin rash and the potential for hypoglycemia in diabetic individuals. This product should not be

taken at the same time as tetracycline antibiotics, as it may compromise their absorption.

**Nutrient 950®/UltraNutrient®:** These formulas should be taken with food as some ingredients may cause mild gastrointestinal discomfort in sensitive individuals. Vitamin E in these formulas and other nutrients contained in UltraNutrient may have a synergistic effect with blood thinning medications. Consult your physician for more information.

**Other:** Consult with your physician regarding potential adverse reactions or drug-nutrient interactions for the complementary detoxification support products.

## Section 7 | SAMPLE MENUS

### Sample Menu #1

#### Breakfast:

1 serving ClearDetox™ Pineapple Coconut  
2 capsules Nutrient 950® or UltraNutrient®

#### Cereal with Fruit:

1 cup puffed rice cereal with  
3/4 cup rice milk and 1 medium banana,  
sliced

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
23	64	2	6	347

#### Morning Snack:

8 Baby Carrots

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
1	7	0	1	30

#### Lunch:

2 capsules Nutrient 950® or UltraNutrient®  
Grilled Turkey Burger and Crisp Green Salad  
with Navy Beans and Avocado:

1 cup romaine lettuce tossed with:  
1 medium avocado, sliced  
1/2 cup navy beans  
1 tbsp balsamic vinegar  
1 tbsp extra-virgin olive oil  
1 four oz turkey burger patty

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
35	40	55	16	767

#### Afternoon Snack:

2 Brown Rice Cakes spread with  
1 tbsp Almond Butter

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
6	21	6	2	158

#### Dinner:

1 serving ClearDetox™ Chocolate  
2 capsules Nutrient 950® or UltraNutrient®

#### Vegetable Stir-Fry:

1 small red pepper sliced  
1 cup mung beans  
3 large spears of asparagus, sliced  
1/2 cup broccoli florets

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
20	34	3	9	206

#### Evening Snack:

1 cup Fresh Blueberries

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
1	22	1	2	90

#### Total for the Day:

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
92	182	67	36	1595

#### % of Total Calories:

Protein	Carbs	Fat
23	41	36



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## Sample Menu #2

**Breakfast:**

1 serving ClearDetox™ Pineapple Coconut  
2 capsules Nutrient 950® or UltraNutrient®

**Whole Grain & Berry Blend:**

1/4 cup quinoa grain topped with  
1/4 cup raspberries

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
21	48	4	7	300

**Morning Snack:**

1 cup green grapes

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
1	27	1	2	109

**Lunch:**

1 serving ClearDetox™ Strawberry Banana Cream  
2 capsules Nutrient 950® or UltraNutrient®

**Grilled Chicken with French Cut Green Beans:**

1 three oz grilled chicken breast  
1 cup french cut green beans, steamed

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
41	24	3	8	301

**Afternoon Snack:**

3/4 cup chopped cauliflower with  
2 tbsp hummus for dipping

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
4	7	3	3	61



**Dinner:**

2 capsules Nutrient 950® or UltraNutrient®

**Vegetable and Rice Noodle Stir-Fry with Garden Salad:**

1 cup rice noodles stir-fried with:  
3/4 cup snow peas  
1/2 cup onion, diced  
1 tbsp extra-virgin olive oil

1 1/2 cups romaine hearts and radicchio  
tossed with:

1/2 cup cucumber, sliced  
10 strips sweet yellow pepper  
1 tbsp extra-virgin olive oil  
1 tbsp balsamic vinegar

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
6	73	29	10	564

**Evening Snack:**

1 medium peach

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
1	11	0	2	42

**Total for the Day:**

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
80	184	40	32	1374

**% of Total Calories:**

Protein	Carbs	Fat
24	51	25



## Sample Menu #3

### Breakfast:

- 1 serving ClearDetox™ Strawberry Banana Crème
- 2 capsules Nutrient 950® or UltraNutrient®
- Grilled Turkey Bacon and Fresh Fruit:
  - 3 slices turkey bacon
  - 1 large kiwi fruit

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
22	29	10	6	283

### Morning Snack:

- 1 oz raw almonds
- 1/4 cup raisins

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
7	37	14	5	295

### Lunch:

- 2 capsules Nutrient 950® or UltraNutrient®
- Broccoli stuffed Sweet Potato with Lentil Soup:
  - 1 large baked sweet potato, stuffed with:
    - 1 cup broccoli, steamed
    - 1 cup Lentil Soup
- 1 medium red plum

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
17	82	3	18	405

### Afternoon Snack:

- 4 brown rice crackers spread with
- 1 tbsp hummus

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
4	24	3	3	143

### Dinner:

- 1 serving ClearDetox™ Chocolate
- 2 capsules Nutrient 950® or UltraNutrient®
- Poached Wild Salmon Fillet with Sautéed Summer Squash:
  - 3.5 oz wild salmon fillet
  - 1 cup summer squash, sliced and sautéed in
  - 1 tbsp extra-virgin olive oil

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
37	29	20	7	421

### Evening Snack:

- 1 medium Asian pear

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
1	13	0	4	51

### Total for the Day:

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
94	208	50	43	1595

### % of Total Calories:

Protein	Carbs	Fat
24	48	28



## Sample Menu #4

### Breakfast:

- 1 serving ClearDetox™ Pineapple Coconut
- 2 capsules Nutrient 950® or UltraNutrient®
- 2 gluten-free waffles spread with
- 1 tbsp cashew butter

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
26	60	10	8	412

### Morning Snack:

- 2 slices turkey

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
3	1	1	0	24

### Lunch:

- 1 serving ClearDetox™ Strawberry Banana Crème
- 2 capsules Nutrient 950® or UltraNutrient®
- Red Beans and Long Grain Brown Rice with Steamed Spinach:
  - 1 cup long grain brown rice mixed with:
  - 3/4 cup red kidney beans
  - 1 cup spinach leaves
- 1/2 cup unsweetened applesauce

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
35	111	3	21	598

### Afternoon Snack:

- 1 oz roasted sunflower seeds
- 1 medium nectarine

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
28	29	18	8	363



### Dinner:

- 2 capsules Nutrient 950® or UltraNutrient®
- Grilled Chicken Breast topped with Sautéed Shiitake Mushrooms and Served with Steamed Brussels Sprouts and Green Salad:
  - 3 oz chicken breast topped with:
  - 4 shiitake mushrooms, sliced
  - 1/2 cup brussels sprouts, steamed
- 1 1/2 cups romaine hearts and radicchio tossed with:
  - 1/4 cup red cabbage
  - 1 tbsp olive oil
  - 1 tbsp balsamic vinegar

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
28	22	16	5	340

### Total for the Day:

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
126	217	48	42	1734

### % of Total Calories:

Protein	Carbs	Fat
29	46	25



## ClearDetox

**one scoop (SBC and PC) and two scoops (CH) contain**

calories .....	SBC: 125	PC: 124	CH: 145
fat .....	SBC: 1.2 g.	PC: 1.2 g.	CH: 2 g.
saturated fat (all flavors) .....			0.3 g.
cholesterol .....			<1 mg.
sodium .....			24 mg.
carbohydrate .....	SBC: 15 g.	PC: 15 g.	CH: 20 g.
dietary fiber .....	SBC: 4.1 g.	PC: 4.1 g.	CH: 5.6 g.
sugars (typical) .....			6 g.
protein (typical) .....	SBC: 15 g.	PC: 15 g.	CH: 16 g.
calcium (naturally occurring) .....	SBC: 23 mg.	PC: 23 mg.	CH: 31 mg.
phosphorus (naturally occurring) .....	SBC: 150 mg.	PC: 150 mg.	CH: 190 mg.
magnesium (naturally occurring) .....	SBC: 30 mg.	PC: 30 mg.	CH: 58 mg.
potassium (naturally occurring) .....	SBC: 27 mg.	PC: 27 mg.	CH: 202 mg.
vitamin C (as ascorbyl palmitate) .....			12 mg.
l-glutathione (reduced) (free-form) .....			200 mg.
n-acetyl-l-cysteine (free-form) .....			100 mg.
methylsulfonylmethane (MSM) .....			100 mg.
alpha lipoic acid (thioctic acid) .....			50 mg.
Silybum marianum (milk thistle) extract .....			100 mg.
(standardized to contain 80% silymarin)			
Cynara scolymus (artichoke) extract .....			150 mg.
(standardized to contain 3% caffeoylquinic acids)			
Curcuma longa (turmeric) extract .....			150 mg.
(standardized to contain 97% curcuminoids)			
Chelidonium majus (greater celandine) extract (4:1) .....			100 mg.
Berberis vulgaris (barberry) extract (6:1) .....			75 mg.
stevia .....	SBC: 10 mg.	PC: 10 mg.	CH: 30 mg.
other ingredients: rice protein concentrate, natural flavors, Lo Han (Momordica grosvenori fruit extract). Chocolate flavor also contains cocoa and xylitol.			

**serving size: Strawberry Banana Crème: 32.1 g. (1 scoop)**  
**Pineapple Coconut: 31.5 g. (1 scoop)**  
**Chocolate: 39.8 g. (2 scoops)**

**servings per container: 18**

**\*\*Notice: Use this product as a food supplement only. Do not use for weight reduction.**

### Amino Acid Profile

serving size (1 scoop for SBC, PC) (2 scoops for CH)

aspartic acid .....	1.35 g.	leucine .....	1.29 g.
threonine .....	0.54 g.	tyrosine .....	0.80 g.
serine .....	0.84 g.	phenylalanine .....	0.78 g.
glutamic acid .....	2.63 g.	lysine .....	0.53 g.
proline .....	0.78 g.	histidine .....	0.36 g.
glycine .....	0.71 g.	arginine .....	1.41 g.
alanine .....	0.84 g.	cysteine/cystine .....	0.33 g.
valine .....	0.71 g.	tryptophan .....	0.20 g.
methionine .....	0.36 g.		
isoleucine .....	0.63 g.		

**SBC = Strawberry Banana Crème**

**PC = Pineapple Coconut**

**CH = Chocolate**



**Recommendations:** Add 1 serving to 8 oz water, milk or juice. Blend with fresh or frozen fruit pieces if desired. If following the Elimination Diet, use only the types of milks, juices and fruits allowed under the Healthful Foods list. Shake, stir or blend until smooth. Take 1-2 servings per day for 4 weeks.

## Nutrient 950®

### six vegetable capsules contain

ascorbic acid.....	1,000 mg.
vitamin C (as ascorbyl palmitate).....	120 mg.
mixed carotenoids .....	15,000 i.u.
providing:	
beta carotene .....	8,568 mcg.
alpha carotene.....	270 mcg.
zeaxanthin .....	54 mcg.
cryptoxanthin .....	66 mcg.
lutein.....	42 mcg.
vitamin D <sub>3</sub> .....	400 i.u.
d-alpha tocopherol succinate (vitamin E).....	400 i.u.
thiamine HCl (B <sub>1</sub> ) .....	100 mg.
riboflavin (B <sub>2</sub> ).....	50 mg.
riboflavin 5' phosphate (activated B <sub>2</sub> ).....	25 mg.
pyridoxine HCl (B <sub>6</sub> ).....	25 mg.
pyridoxal 5' phosphate (activated B <sub>6</sub> ).....	25 mg.
niacinamide .....	100 mg.
inositol hexaniacinate (no-flush niacin) .....	90 mg.
folic acid.....	800 mcg.**
biotin .....	800 mcg.
pantothenic acid (calcium pantothenate) (B <sub>5</sub> ) .....	400 mg.
methylcobalamin (B <sub>12</sub> ) .....	1,000 mcg.
calcium (citrate) .....	300 mg.
magnesium (citrate).....	200 mg.
potassium (aspartate) .....	99 mg.
zinc (picolinate) .....	25 mg.
manganese (aspartate).....	10 mg.
iron (glycinate).....	10 mg.
boron (glycinate).....	2 mg.
copper (glycinate) .....	2 mg.
iodine (potassium iodide).....	200 mcg.
chromium (polynicotinate).....	200 mcg.
selenium (selenomethionine).....	200 mcg.
vanadium (aspartate).....	200 mcg.
molybdenum (aspartate).....	100 mcg.

\*\*Provides the recommended dose for pregnant or lactating women.

4-6 capsules per day, in divided doses, with meals.

### Also available:

Nutrient 950® without iron

Nutrient 950® without copper & iron

Nutrient 950® without copper, iron & iodine

Nutrient 950® with NAC

Nutrient 280®

## UltraNutrient®

### six vegetable capsules contain

mixed carotenoids .....	25,000 i.u.
providing: .....	
beta carotene.....	14,280 mcg.
alpha carotene.....	450 mcg.
zeaxanthin .....	90 mcg.
cryptoxanthin .....	110 mcg.
lutein.....	70 mcg.
vitamin D <sub>3</sub> .....	400 i.u.
d-alpha tocopherol succinate (vitamin E).....	400 i.u.
ascorbyl palmitate (fat soluble vitamin C).....	100 mg.
pantothenic acid .....	400 mg.
(calcium pantothenate) (B <sub>5</sub> ) .....	
niacinamide .....	100 mg.
thiamine HCl (B <sub>1</sub> ) .....	100 mg.
inositol hexaniacinate (no-flush niacin) .....	90 mg.
riboflavin (B <sub>2</sub> ).....	50 mg.
riboflavin 5' phosphate (activated B <sub>2</sub> ).....	25 mg.
pyridoxine HCl (B <sub>6</sub> ) .....	25 mg.
pyridoxal 5' phosphate (activated B <sub>6</sub> ).....	25 mg.
methylcobalamin (B <sub>12</sub> ) .....	1,000 mcg.
folic acid.....	800 mcg.**
biotin .....	800 mcg.
calcium (citrate/malate) .....	300 mg.
magnesium (aspartate) .....	200 mg.
potassium (aspartate) .....	99 mg.
zinc (picolinate) .....	25 mg.
manganese (aspartate).....	10 mg.
boron (glycinate).....	2 mg.
copper (glycinate).....	2 mg.
chromium (polynicotinate).....	500 mcg.
selenium (selenomethionine).....	200 mcg.
vanadium (aspartate).....	200 mcg.
molybdenum (aspartate).....	100 mcg.
alpha lipoic acid (thioctic acid).....	100 mg.
Crataegus oxyacantha (hawthorn) extract .....	100 mg.
(standardized to contain 2% vitexins)	
Zingiber officinale (ginger) extract .....	100 mg.
(standardized to contain 5% gingerols)	
Silybum marianum (milk thistle) extract .....	100 mg.
(standardized to contain 80% silymarin)	
Curcuma longa (turmeric) extract .....	200 mg.
(standardized to contain 97% curcuminoids)	
reduced glutathione .....	50 mg.
coenzyme Q <sub>10</sub> (ubiquinone) .....	50 mg.

\*\*Provides the recommended dose for pregnant or lactating women.

4-6 capsules per day, in divided doses, with meals.



## Section 9 | REFERENCES

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\*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.