

Metabolic Cleanse™

Delicious Natural Vanilla Flavored Protein Beverage

DESCRIPTION

Metabolic Cleanse™ is a unique dietary supplement featuring beneficial amounts of rice, pea and fish proteins synergistically blended with essential amounts of vitamins, minerals, antioxidants and other nutrients important for the healthy maintenance of the entire gastrointestinal tract.† It is designed to be a complete gastrointestinal support formula, great for detoxification, and in a delicious, natural vanilla flavored powder naturally sweetened with organic coconut palm sugar. It provides beneficial amounts of L-Glutamine and FOS (fructooligosaccharides) for their important roles in proper gastrointestinal health.† Increased N-acetyl L-cysteine and grape seed extracts have been added for their valuable liver support and antioxidant roles they provide in the body.

FUNCTIONS

Detoxification

The health of the gastrointestinal system has a tremendous effect on the body. Everything that is consumed, including foods, beverages, and pharmaceuticals must pass through the gastrointestinal tract. A wide array of chemicals can exist in or on what is consumed, and the body must convert all of them to harmless byproducts for elimination. In certain individuals, this can cause their gastrointestinal system to be stressed, leading to many common complaints, such as bloating, intestinal upset, tiredness, aching joints and general sense of feeling unwell. Metabolic Cleanse™ has been specifically designed for people who wish to use a detoxification protocol free of dairy and soy ingredients and to facilitate the elimination of stress-causing chemicals in the liver and gastrointestinal tract.†

Gastrointestinal Support

Chronic bowel conditions of unknown causes are characterized by gas, bloating, bowel irregularity and discomfort. Often, patients suffering from these types of conditions are malnourished and are unable to maintain a nutritionally balanced diet. Metabolic Cleanse™ contains hydrolyzed fish protein, glutamine, and several other nutrients commonly recommended for individuals to support gastrointestinal function.†

Fish Protein

Seacure® is the only hydrolyzed fish protein concentrate that has validated clinical relevance for gastrointestinal health.† Using fish caught from the northwest Pacific Ocean, strict manufacturing procedures are put in place to provide a high quality, fully assimilated protein as 60% peptides and 40% amino acids. Peptide fragments can have potent biological activity on many functions of the body including immune and neurological functions.

Studies done on Seacure® have shown that supplementation with this protein can strengthen intestinal wall integrity, as well as reducing the common symptoms of bloating, gas and other GI discomfort.†

Amino Acids

The dietary protein provided by Metabolic Cleanse™, in the forms of Seacure®, pea and rice proteins, supply essential amino acids that participate in all of the body's metabolic and physiologic systems including the intestines, skeletal muscles, and the cardiovascular, nervous, and immune systems. Since the majority of these amino acids is not made by the body and must be obtained from food sources, it is critical that one obtains these amino acids from food sources daily.

L-Glutamine

The amino acid glutamine plays a key role in the metabolism, structure, and function of the entire gastrointestinal (GI) tract, and its extensive immune system. Glutamine is perhaps the major energy source for intestinal cells, and under conditions of physiological stress the GI tract benefits greatly from extra dietary glutamine. Glutamine is the most abundant amino acid found in blood, and is a vehicle for nitrogen transport. Glutamine-consuming tissues, such as the GI tract, the liver, and the immune system, use glutamine for the

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synthesis of nucleotides, proteins, and amino sugars. Glutamine carries potentially toxic ammonia to the kidneys for excretion, and participates in maintaining normal acid-base balance. During physiological stress the intestinal tract uses very large amounts of glutamine and very little glucose for energy. This often results in a fall of blood glutamine, and skeletal muscle is broken down to supply more glutamine.

FOS prebiotic

FOS (fructooligosaccharides) are carbohydrates that pass through the small intestine into the colon without being digested or absorbed. Once in the colon, FOS selectively feeds the beneficial symbiotic bacteria, such as Lactobacillus acidophilus, Bifidobacteria, and other acid-producing bacteria. Regular consumption of FOS has been shown to support healthy levels of these beneficial bacteria in the colon. This in turn creates a slightly acidic environment in the colon that is inhospitable to potentially harmful bacteria and other microorganisms.

Vitamins and Minerals

Metabolic Cleanse™ also supplies 25% of the nutrition found in Ultra Preventive® III, a comprehensive, highly concentrated vitamin-mineral-trace element supplement containing more than 30 essential nutritional ingredients. It is a potent antioxidant formula with beta-carotene and natural vitamin E; a high-potency B-complex supplement; a significant source of bioavailable calcium and magnesium; and a full-spectrum trace element supplement.

Antioxidants

To provide complete support for gastrointestinal health, Metabolic Cleanse™ has been specially formulated to include important antioxidants and fundamental sulfur from MSM®. Proanthocyanidins from grape seed extracts are among the powerful natural free-radical scavengers yet discovered. As such, proanthocyanidins have their own unique place in the body's overall protection against harmful free radical damage. Proanthocyanidins appear to be especially effective in neutralizing highly reactive hydroxyl and singlet oxygen radicals. Both of these reactive oxygen species are involved in inflammatory processes. N-Acetyl L-Cysteine provides important antioxidant properties as a precursor to glutathione synthesis. Dietary MSM® serves as a versatile donor of metabolically active sulfur for the synthesis of numerous organosulfur compounds and proteins in the body. As such, MSM® helps maintain normal immune response, liver function, connective tissue metabolism, and muscle contraction.†

Coconut Palm Sugar

Coconut palm sugar is made from the nectar produced from the coconut tree. Once collected, it is boiled and processed into a granule. Coconut palm sugars produce slow release energy, which sustains the human body through your daily activities without regular sugar "highs", and "lows". It is naturally low on the glycemic index scale, rated as GI 35. Coconut palm sugar has a nutritional content far richer than all other commercially available sweeteners. It is especially high in Potassium, Magnesium, Zinc and Iron and is a natural source of the vitamins B1, B2, B3, B6 and C. It's also very rich in other minerals and enzymes which aid in the slow absorption into the bloodstream.

INDICATIONS

Metabolic Cleanse™ is a nutritious dietary supplement for individuals who wish to supplement their diet with protein, vitamins, minerals, amino acids, and other nutrients that can have a beneficial effect on the detoxification and gastrointestinal systems.†

FORMULA (#57688)

One Scoop (approx. 39.9 g) Contains:
Calories 155

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Calories from Fat	35
Total Fat	4 g
Saturated Fat	4 g
Cholesterol	3 g
Sodium	70 mg
Total Carbohydrate	15 g
Dietary Fiber	2.5 g
Sugars	5 g
Protein	17 g
Vitamin A/Beta Carotene Complex ...	6300 I.U.
Vitamin C	265 mg
Vitamin D3.....	500 I.U.
Vitamin E (as d-alpha tocopheryl)	100 I.U.
Thiamine (Vitamin B-1)	25 mg
Riboflavin (Vitamin B-2)	12 mg
Niacin/Niacinamide	44 mg
Vitamin B-6	25 mg
(as Pyridoxine HCL and Pyridoxal-5-Phosphate)	
Folic Acid	205 mcg
Vitamin B-12	25 mcg
Biotin	75 mcg
Pantothenic Acid	125 mg
Calcium	160 mg
(Citrate/Ascorbate/Carbonate complex)	
Iodine (Kelp)	45 mcg
Phosphorus	60 mg
(from Seacure® and Pea protein)	
Magnesium	140 mg
(Aspartate/Ascorbate/Oxide complex)	
Zinc (Amino Acid Chelate)	5 mg
Manganese (Aspartate/Sulfate complex)	4.8 mg
Selenium (from seleno-methionine).....	45 mcg
Chromium (GTF)	45 mcg
Molybdenum (Krebs)	23 mcg
Potassium (Aspartate/Chloride Complex)	75 mg
Boron (Aspartate/Citrate complex)	350 mcg
Vanadium (Krebs)	11.5 mcg
N-Acetyl L-Cysteine/ L-Cysteine Complex	
Betaine HCl	46 mg
Choline (Citrate/Bitartrate)	35 mg
Bioflavonoids	35 mg
Inositol	23 mg
PABA (para-aminobenzoic acid)	23 mg
L-Methionine	12 mg
Glutamic Acid HCl	3 mg
L-Glutamine	5 mg
Proprietary Blend	500 mg
N-Acetyl L-Cysteine, Grape Seed Extract (providing proanthocyanidins),	
	320 mg

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 MSM® (Methylsulfonylmethane), L-Cysteine HCl

Typical Amino Acid Profile:

Glutamic Acid.....	2660 mg
Aspartic Acid	1570 mg
Arginine	1280 mg
Leucine.....	1280 mg
Phenylalanine	850 mg
Serine	800 mg
Valine	800 mg
Alanine.....	760 mg
Lysine	750 mg
Tyrosine	690 mg
Isoleucine	680 mg
Glycine.....	660 mg
Proline	640 mg
Threonine.....	580 mg
Histidine.....	360 mg
Methionine.....	300 mg
Tryptophan	180 mg
Cysteine.....	180 mg
Cystine	80 mg

Other ingredients: Rice protein isolate, pea protein, medium-chain triglycerides, organic coconut palm sugar, rice syrup, purified stevia extract, natural vanilla flavor, SEACURE® (fish protein) and FOS (fructooligosaccharides).

SUGGESTED USE

Adults take 1 scoop daily or as directed by a healthcare professional. Add scoop to 8-10 ounces of water or other liquid. Blend well.

DETOXIFICATION PROTOCOL

Metabolic Cleanse™ is recommended in conjunction with Douglas Laboratories' Metabolic Rejuvenation™ 28-day detoxification program.

SIDE EFFECTS

No adverse effects have been reported

STORAGE

Store in a cool, dry place, away from direct light.
 Keep out of reach of children.

REFERENCES

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† These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

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