

# NutriClear® *Plus*

15-Day Metabolic Cleanse Program

***Delicious | Safe | Convenient | Easy-to-Follow***

**NutriClear® *Plus*** is a science-based metabolic cleanse program formulated to revitalize the body's natural detoxification capabilities. Designed with efficacy and convenience in mind, **NutriClear® *Plus*** includes nutrients targeted for digestive, antioxidant, and liver support, and is packaged in an easy-to-use program.

The **NutriClear® *Plus* 15-Day Metabolic Cleanse Program** is packaged for convenience and contains:

30 pouches of **NutriClear® *Plus*** powder  
30 **NutriClear® *Plus*** supplement packets, which include  
5 capsules supplying the active constituents from:  
**Bromelain Plus CLA™, Beta-TCP™, Livotrit Plus®,  
BioProtect™, and MCS-2™**

1 Shaker Cup  
1 Guidebook

Benefits of **NutriClear® *Plus***

- Supports body's detoxification pathways
- Provides balanced broad spectrum antioxidants and synergists
- Provides nutritional support for bile production and biliary status
- Supports digestive function
- Provides support for healthy inflammatory processes
- Addresses the needs of the GI tract

By supplying key nutrients in a delicious-tasting powder, **NutriClear® *Plus*** provides the ideal nutritional

foundation for those in need of metabolic clearing, while also supporting hepatic function, energy production and intestinal balance. The formula includes easily digested, certified organic pea protein, medium chain triglycerides, added fiber and an extensive array of antioxidants. This powerful combination of micronutrients, **NitroGreens®**, fiber, fruit and vegetable extracts supports safe and effective detoxification.

**Help Convert Fat and Carbohydrate to Energy,  
While Maintaining Muscle Tissue**

Some nutrients, such as amino acids, function as building blocks; others are enzyme helpers (cofactors that function as metabolic "spark plugs"); still others function as fuels to run the body's machinery. When these are limited by inadequate diet, problems with digestion or absorption, nutritional imbalances and reduced ability to repair may occur.

**Key nutrients in NutriClear® *Plus* powder:**

**B-vitamins** — Niacin, Riboflavin, Pantothenic acid, Folate (as 5-methylfolate and Calcium D-folate) and B12 (as methylcobalamin)

**Trace elements** — Zinc, Copper, Manganese, Selenium, Chromium and Molybdenum

**Amino Acids** — L-Glutathione, NAC, and L-Glutamine

**Antioxidants** — Quercetin, NAC, Natural Mixed Carotenoids, Vitamin C and Natural Mixed Tocopheryls



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**Fuels (proteins and healthy fats)** — High quality organic Pea Protein Isolate along with MCTs

### Help Eliminate Potentially Harmful Substances

**NutriClear® Plus** provides a full range of nutrients that support the body's processing and disposal of waste materials and other potentially harmful materials. The liver functions as the body's major waste disposal unit and specific nutrients can aid in this role.

**Key nutrients supplied:** Niacin, Riboflavin, Pantothenic Acid, Zinc, NAC, L-Glutathione

### Help Protect the Body Against Free Radicals and Oxidation

Pollutants such as ozone and nitrogen oxides, cigarette smoke, and other substances can lead to the formation of free radicals that randomly attack cells and increase the body's need for substances called antioxidants, which act as free radical "blockers".

**Key antioxidants supplied:** Natural Mixed Carotenoids, Vitamins C & E, NAC, Selenium, L-Glutathione

### Help Improve Intestinal Health

The intestinal lining is the primary barrier against foreign materials. When the intestine is compromised, digestion and nutrient absorption decreases and the intestine may become "leaky," allowing unwanted substances to enter the bloodstream.

**Keys nutrients supplied:** Trace Minerals, B-Complex Vitamins, L-Glutamine and Quercetin

### Highlighted Features of NutriClear® Plus Powder

**Organic Pea Protein** — Each serving of **NutriClear® Plus** powder yields 17g of pea protein, made from organic North American yellow peas that are grown, and also processed into a powder, within the United States. Having such a high quality protein powder helps fuel the body with the cleanest protein source available, which is key to an effective detoxification program.

**NitroGreens®** — The addition of **NitroGreens®** supplies **NutriClear® Plus** with a rich source of phytonutrients,

including isoflavones, polyphenols, natural carotenoids, betalains, glucosinolates and isothiocyanates, as well as naturally occurring enzymes, vitamins and trace minerals. Sourced from 100% organic whole food extracts and concentrates, many of the ingredients are grown from heirloom seeds. Enzymatically active, with a high ORAC value and chlorophyll content, **NitroGreens®** supports healthy immune function, nitric oxide production and detoxification of heavy metals.

**Prebiotic Fiber** — Gastrointestinal health plays an important role in detoxification. Digestion, assimilation of nutrients and elimination of metabolic waste all need to run optimally in order to expel the toxins. The added fiber, in the form of prebiotics, inulin and oligosaccharides, helps support digestion and improve the gut microbiota. Prebiotics are non-digestible and chemically stable structures that significantly enhance the growth and functionality of gut microflora. The gut microbiota enhances digestion processing, helps in digestion of complex substances, synthesizes beneficial bioactive compounds, enhances bioavailability of minerals, impedes growth of pathogenic microbes and prevents various diseases.<sup>(1)</sup> In addition to favoring growth of beneficial bacteria, intake of prebiotics increases short-chain fatty acid (SCFA) production, which is associated with improved satiety, weight loss and reduced systemic inflammation.<sup>(2)</sup>

**MCT** — Dietary medium chain triglycerides (MCT), not only promote lipid catabolism, energy expenditure and weight loss, they can also ameliorate metabolic health via their capacity to improve the intestinal ecosystem.<sup>(3)</sup>

### All of the Active Constituents from the Following Supplements are Included in the NutriClear® Plus Metabolic Cleanse Program

**Bromelain Plus CLA™** — Proper digestion is the key to overall health. Without it, our foods can't be broken down into the components necessary to fuel the body's metabolic processes, including our detoxification pathways. The **NutriClear® Plus Metabolic Cleanse Program** includes **Bromelain Plus CLA™**, which contains bromelain, a proteolytic enzyme used for centuries to support digestive function and healthy inflammatory processes.<sup>(4)</sup> Bromelain is widely administered for its well-recognized properties,

such as its support of healthy inflammatory, thrombotic, fibrinolytic, and immunomodulatory effects, in addition to being supportive of wound healing and circulatory function.<sup>(5)</sup>

Bromelain, a plant protease, supports phase II detoxification by breaking protein down into the amino acids necessary to help conjugate the toxins, and prepare them for elimination. **Bromelain Plus CLA™** also combines papain, inositol, cellulase, lipase, amylase, ficin and cysteine in a strategic formula that provides comprehensive digestive support of proteins, fats, carbohydrates, cellulose, and can even aid in the digestion of living worms such as Roundworm (*Ascaris lumbricoide*).

Pancrelipase is also included in this digestive support formula. Pancrelipase formulations have been shown to reduce fecal fat, indicating an improvement in the fat digestive process with its use.<sup>(6,7)</sup>

**Livotrit Plus®** — The liver serves as the major organ controlling metabolic homeostasis, and functions as the body's primary pathway for detoxification.<sup>(8)</sup> **Livotrit Plus®** combines a unique, well-researched mixture of Ayurvedic botanical extracts formulated to support normal, healthy liver function, metabolism and detoxification systems. Phytochemically-rich, with a wide array of polyphenolic compounds and phenolic acids, **Livotrit Plus®** provides potent antioxidants that quench free radicals, including the superoxide radical. This formula includes standardized extracts of *Silybum marianum* (milk thistle), *Picrorhiza kurroa*, *Andrographis paniculata*, *Eclipta alba*, *Berberis aristata*, *Tinospora cordifolia*, and *Boerhaavia diffusa*.

**BioProtect™** — The detoxification pathways can often yield free radicals, reactive and unstable molecules that can damage the body. The liver, intestines and kidneys modify these potentially damaging compounds by using oxidative enzymes classified as cytochrome P450 (P450) oxidases. P450 enzymes are a superfamily of hemoproteins, which catalyze the phase I biotransformation of various substrates, oxidizing these compounds into forms which are easily eliminated by the body. However, these enzymes use molecular oxygen inefficiently, yielding superoxide.<sup>(9)</sup>

**BioProtect™** provides a wide array of antioxidants and synergists, ranging from vitamins and minerals to phytochemicals and enzymes, formulated to support the detoxification process by supporting the cytochrome P450 enzymatic pathway.

**MCS-2™** — To maximize the liver's detoxification capability, the body needs an elaborate array of vitamins and minerals that act as substrates and cofactors in the detoxification pathways. Deficiencies in these nutrients can result in the suboptimal functioning of the pathways, and subsequent inability to eliminate harmful substances, including foreign chemicals and drugs.

**MCS-2™** is designed to offer consistent support to the liver detoxification pathways by providing Vitamin A, Vitamin C, vitamin E, Thiamin, Riboflavin, Niacin, Vitamin B<sub>6</sub>, Pantothenic Acid, Folate, Vitamin B<sub>12</sub>, Choline, Zinc, Molybdenum and trace minerals. Other ingredients that offer support to the metabolic process include L-Methionine, N-Acetyl-L-Cysteine (NAC), Alpha Lipoic Acid, Taurine, L-Glutathione, Milk Thistle, Lycium, Cleavers, Dandelion, Burdock, and Red Clover.

**Beta-TCP™** — In addition to phase I and phase II detoxification pathways, the liver removes toxins by secreting bile full of cholesterol and other fat-soluble toxins. Each day the liver manufactures approximately 2 liters of bile. Bile contains bile acids, which are critical for digestion and absorption of fats and fat-soluble vitamins. In addition, many waste products are eliminated by the body through the biliary system. Bile also serves as a protective mechanism, functioning to maintain the intestinal barrier against invading microorganisms.<sup>(10,11)</sup>

**Beta-TCP™** provides the nutritional support for healthy bile formation and viscosity necessary for eliminating fat-soluble toxins.

**Taurine** increases the polarity of bile acids and, therefore, their amphipathic (emulsification) properties. In one study, dietary taurine was demonstrated to enhance the degradation of cholesterol and subsequent excretion via bile acids.<sup>(12,13)</sup>

In addition to taurine, **Beta-TCP™** also includes vitamin C that supports the pathways needed for oil production that allows cholesterol to convert to conjugated bile acid.

Organic beet concentrate contains a number of nutrients that supports the overall digestive process and liver and gallbladder function.

The **NutriClear® Plus Metabolic Cleanse Program** is a self-guided program and includes the nutrients necessary for a successful detoxification. In some cases, however, healthcare professionals might recommend additional nutritional support. Two adjunct products that work well with the **NutriClear® Plus Metabolic Cleanse Program** are **A.D.P.®** and **Optimal EFAs® Caps**.

For patients needing additional digestive support, **A.D.P.®** can be added to the program. **A.D.P.®** is a proven effective, patented formula of standardized oil of oregano. Utilizing micro-emulsification and delayed release technologies, **A.D.P.®** delivers oil of oregano throughout the digestive tract, where it supports the body's response to undesirable intestinal organisms. Oil of oregano's potent and most-researched phenol compounds, carvacrol and thymol, exhibit natural antimicrobial activity and support a healthy digestive system.

Although the **NutriClear® Plus Metabolic Cleanse Program** recommends the Metabolic Cleanse Diet to naturally support healthy inflammatory pathways, **Optimal EFAs® Caps** can be used as well for additional support. **Optimal EFAs® Caps** supplies a unique balance of omega-3, -6, and -9 fatty acids by using the highest quality fish, flaxseed, and borage oils. Strategically formulated and tested for purity using the highest standards in the industry, it provides ALA, EPA, DHA, GLA, and Oleic Acid in ratios that provide significant health-promoting benefits.

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