

Eliminates Toxins, Enhances Metabolism, Provides Gastro Intestinal Support

**Clear Body™** may be used as a dietary supplement to assist in hypoallergenic clearing or detoxification programs and may be useful for inflammatory or allergic conditions



## Key Ingredients of ClearBody:

**Protein** - Hypoallergenic rice protein powder is a good source of glycoproteins and phosphoproteins.

**Biotin** – Biotin is important for strong nails and healthy hair, it aids in the synthesis of fatty acids, it enhances insulin sensitivity, and it aids in the removal of the amine groups in the metabolism of amino acid, which is important for cell growth and replication.

**Evening Primrose Powder** – Provides an easily absorbed energy source for people with mal-absorption syndromes.

**L-Glutamine** – The preferred fuel source for the cells of the small Intestines. It has shown to be helpful in improving the regeneration and repair of the intestinal lining.

**Quercitin** – Directly inhibits the initial cellular mediators in the inflammatory cascade such as arachadonic acid is present with inflammatory disorders of the upper or lower bowel. It also directly inhibits the manufacture and release of histamines that are involved with allergic responses.

**Rutin & Hesperiden** – Natural antioxidants with powerful antioxidant and healing properties important in inflammatory conditions of the gastrointestinal tract.

**Enzyme Blend** – Provide digestive support with reduced potential for the enzymes to create further destruction of the intestinal lining.

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**Milk Thistle Seed Extract** – (Silybum Marianum) Has potent antioxidant activity, which supports phase I detoxification and prevents the depletion of hepatic glutathione which is important for phase II detoxification. Has anti-inflammatory chemical properties that are inhibitors of inflammatory prostaglandins and leukotriens as well as chemical properties that promote protein synthesis to replace damaged liver cells.

**Marshmallow Root** – Used to support, repair and quench inflammation of the intestines. It enhances mucosal cell secretions, improves microflora ecology, and coats the intestinal tract to protect injured cells.

**L.Acidophilis** – Has long been noted for the role it plays as a probiotic organism to maintain a healthy gastrointestinal environment. Produces metabolic byproducts known as bacteriocins that inhibit and antagonize unhealthy bacteria.

**Grape Seed Extract** – Contains a very powerful anti-inflammatory flavonoid called proanthocyanidins (PCO) that has shown to prevent the release of compounds that promote inflammation and allergy such as histamines, serine proteases, prostaglandins, and leukotrienes.

**Jerusalem Artichoke** – These pre-biotics have shown the ability to improve healthy bacteria like Bifidobacteria and also reduce the colonization of unhealthy bacteria.

**Inulin** – Extends carbohydrate energy without significant increases in blood sugar levels. Additionally, it increases endurance for active individuals.

**Gamma Oryzanol** – Has demonstrated powerful antioxidant ability and effectiveness in gastrointestinal disorders including ulcers, irritable bowel syndrome, and gastritis as an anti-inflammatory.

## Supplement Facts

Quantity: 1.62 lbs (735 g); 21 servings

| Serving Size: 1 scoop (35g)                                   | Amt Per Serving | %Daily Value |
|---|-----------------|--------------|
| <b>Calories per serving</b>                                   | 122             |              |
| <b>Calories from fat</b>                                      | 12.5            |              |
| <b>Total Fat</b>  | 1.4g            | 2%           |
| <b>Total Carbohydrate</b>                                     | 15.4g           | 5%           |
| Dietary Fiber   | 4g              | 16%          |
| Sugar   | 1.7g            | *            |
| <b>Protein</b>  | 12g             | 24%          |
| <b>Vitamin A (as beta carotene)</b>                           | 1700iu          | 34%          |
| <b>Vitamin C (as calcium ascorbate)</b>                       | 250mg           | 417%         |
| <b>Vitamin D (as cholecalciferol)</b>                         | 100iu           | 25%          |
| <b>Thiamin (as thiamin hcl)</b>                               | 4mg             | 267%         |
| <b>Riboflavin</b>   | 4mg             | 235%         |
| <b>Niacin (as niacinamide)</b>                                | 8mg             | 40%          |
| <b>Vitamin B6 (as pyridoxal 5 phosphate)</b>                  | 8mg             | 400%         |
| <b>Folic acid</b>   | 100mcg          | 25%          |
| <b>Vitamin B12 (as cyanocobalamin)</b>                        | 150mcg          | 2500%        |
| <b>Biotin</b>   | 150mcg          | 50%          |
| <b>Calcium (as calcium citrate)</b>                           | 170mg           | 17%          |
| <b>Phosphorus (as monosodium phosphate)</b>                   | 16mg            | 2%           |
| <b>Magnesium (as magnesium citrate)</b>                       | 100mg           | 25%          |
| <b>Zinc (as zinc monomethionine)</b>                          | 4mg             | 27%          |
| <b>Selenium (as selenomethionine)</b>                         | 15mcg           | 21%          |
| <b>Manganese (as manganese ascorbate)</b>                     | 8mg             | 400%         |
| <b>Chromium (as chromium polynicotinate)</b>                  | 85mcg           | 71%          |
| <b>Molybdenum (as molybdenum chelate)</b>                     | 85mcg           | 112%         |
| <b>Sodium (as sodium sulfate, chloride)</b>                   | 75mg            | 3%           |
| <b>Evening Primrose powder</b>                                | 900mg           | *            |
| <b>Inulin</b>   | 900mg           | *            |
| <b>Medium Chain Triglycerides</b>                             | 500mg           | *            |
| <b>L-Glutamine</b>  | 480mg           | *            |
| <b>Calcium D-Glucrate</b>                                     | 400mg           | *            |
| <b>Glycine</b>  | 240mg           | *            |
| <b>Indole-3-Carbinol (I3C)</b>                                | 200mg           | *            |
| <b>Quercitin</b>  | 165mg           | *            |
| <b>Rutin</b>  | 165mg           | *            |
| <b>Hesperiden</b>   | 100mg           | *            |
| <b>L-Lysine</b>   | 100mg           | *            |
| <b>Enzyme Blend (amylase, cellulase, glucanase, protease)</b> | 100mg           | *            |
| <b>Milk Thistle Seed extract</b>                              | 80mg            | *            |
| <b>Taurine</b>  | 80mg            | *            |
| <b>Marshmallow root</b>                                       | 60mg            | *            |
| <b>L.Acidophilis</b>  | 4.5 billion CFU | *            |
| <b>N-Acetyl Cysteine</b>                                      | 40mg            | *            |
| <b>Choline (as choline bitartrate)</b>                        | 40mg            | *            |
| <b>Grape Seed extract</b>                                     | 20mg            | *            |
| <b>Jerusalem Artichoke</b>                                    | 20mg            | *            |
| <b>Gamma Oryzanol</b>   | 15mg            | *            |

\* Daily Value not established

**Also Contains:** rice protein, rice maltodextrin, dried apple powder, methyl-cellulose, dried blueberry powder and flavor, xylitol, vanilla flavor, sucralose.

**Directions For Use:** Mix one (1) scoop with up to 8 ounces of water, juice, or rice milk. Mix well before drinking. Use 1-3 times a day or as directed. The use of cow milk or soy milk is not recommended with this product. Keep out of reach of children.

If you are pregnant or nursing, consult a physician before using this product. This product contains NO egg, dairy, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat (gluten), or yeast. This product has not been evaluated by the FDA and is not intended to cure, treat, diagnose, or prevent disease.

Detoxification Program

### Three Week Plan (21 Days)

| Days "Phases"                      | # of Servings | Time to take                 |                          |                           |
|------------------------------------|---------------|------------------------------|--------------------------|---------------------------|
|                                    |               | Breakfast                    | Lunch                    | Dinner                    |
| Days 1-4<br>"Preparation Phase 1"  | 1 Serving     | One Serving Before Breakfast |                          |                           |
| Days 5-7<br>"Preparation Phase 1"  | 2 Servings    | One Serving Before Breakfast |                          | One Serving Before Dinner |
| Days 8-14<br>"Detoxification"      | 3 Servings    | One Serving Before Breakfast | One Serving Before Lunch | One Serving Before Dinner |
| Days 15-17<br>"Completion Phase 1" | 2 Servings    | One Serving Before Breakfast |                          | One Serving Before Dinner |
| Days 18-21<br>"Completion Phase 2" | 1 Serving     | One Serving Before Breakfast |                          |                           |

### Two Week Plan (14 Days)

| Days "Phases"                        | # of Servings | Time to take                 |                          |                           |
|--------------------------------------|---------------|------------------------------|--------------------------|---------------------------|
|                                      |               | Breakfast                    | Lunch                    | Dinner                    |
| Days 1 & 2<br>"Preparation Phase 1"  | 1 Serving     | One Serving Before Breakfast |                          |                           |
| Days 3 & 4<br>"Preparation Phase 1"  | 2 Servings    | One Serving Before Breakfast |                          | One Serving Before Dinner |
| Days 5-10<br>"Detoxification"        | 3 Servings    | One Serving Before Breakfast | One Serving Before Lunch | One Serving Before Dinner |
| Days 11 & 12<br>"Completion Phase 1" | 2 Servings    | One Serving Before Breakfast |                          | One Serving Before Dinner |
| Days 13 & 14<br>"Completion Phase 2" | 1 Serving     | One Serving Before Breakfast |                          |                           |