

Clear Change® 28 Day Program with UltraClear® Plus

Metabolic Detoxification Program with UltraClear® Plus



Form: Array
Flavor: Berry
Size: 1

The Clear Change 28-Day Program featuring UltraClear Plus provides a more comprehensive approach to metabolic detoxification than the 10-day program.

It's an easy-to-follow eating plan with UltraClear Plus nutritional powder mix and AdvaClear® dietary supplement capsules that will help patients get on track to feel better and more energized. Many people benefit from completing a 28-day metabolic detoxification program once or twice a year.*

The 28-day program is ideal for those who present with decreased vitality, individuals who eat a diet heavy in processed food and/or lacking in beneficial phytonutrients, or those who have a sedentary or high stress lifestyle. It is also ideal for individuals who scored >50 on the Metabolic Detoxification Questionnaire.*

This convenient 28-day program includes:

UltraClear Plus (Vanilla, Berry, or Pineapple Banana)—an advanced, specialized nutritional powder mix formulated for metabolic detoxification, with a focus on Phase II support for balanced detoxification*

- Features a low-allergy-potential rice protein base and is designed to help nutritionally support the detoxification of potentially harmful compounds by the liver and reduce exposure to food allergens*
- Supports Phase I and II detoxification, delivering nutrients to help enhance activities of several liver detoxification enzymes and antioxidants to help support the clearance of reactive intermediary compounds*
- Provides advanced support for a healthy intestinal lining, which is essential for healthy digestion and overall health*

AdvaClear —supports balanced metabolic detoxification activity and provides antioxidant protection against reactive oxygen intermediates produced during the detoxification process*

- Delivers methylated vitamin B12 and folic acid along with nutrients designed to enhance the activities of several liver detoxification enzymes*

Free shaker cup —convenient way to mix a nutritional powder

Program guide—easy-to-follow instructions, menu plans, and recipes

Program diary—for patients to track their experience

Free webinar—on-demand presentation from Metagenics clinicians

Web-based tools, recipes, FAQs, and sign-up for daily motivational emails at ClearChangeProgram.com

UltraClear Plus Berry

Ingredient	Amount	Daily Value			
Serving Size:			About 2 Scoops (45 g)	Calories	150
Servings Per Container:			21 (by weight)	Calories from Fat	30
				Total Fat	3 g 5%*
				Saturated Fat	1 g 5%*
				Total Carbohydrate	19 g 6%*

*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.

Dietary Fiber	2 g	8%*
Sugars	5 g	
Protein	10 g	
Vitamin A (4000 IU as beta-carotene and 1000 IU as retinyl palmitate)	5000 IU	100%
Vitamin C (as ascorbic acid)	300 mg	500%
Vitamin D (as cholecalciferol)	35 IU	9%
Vitamin E (as d-alpha tocopheryl acetate)	42 IU	140%
Thiamin (as thiamin HCl)	2 mg	133%
Riboflavin	2 mg	118%
Niacin (as niacinamide)	7 mg	35%
Vitamin B ₆ (as pyridoxine HCl)	3.4 mg	170%
Folate (as calcium L-5-methyltetrahydrofolate)	80 mcg	20%
Vitamin B ₁₂ (as methylcobalamin)	3.6 mcg	60%
Biotin	135 mcg	45%
Pantothenic Acid (as D-calcium pantothenate)	36 mg	360%
Calcium (as calcium citrate and dicalcium phosphate)	240 mg	24%
Iron	0.5 mg	3%
Phosphorus (as dipotassium phosphate and dicalcium phosphate)	300 mg	30%
Iodine (as potassium iodide)	53 mcg	35%
Magnesium (as magnesium citrate and magnesium sulfate)	200 mg	50%
Zinc (as zinc gluconate)	10 mg	67%
Copper (as copper gluconate)	1 mg	50%
Manganese	1 mg	50%
Chromium (as chromium polynicotinate)	50 mcg	42%
Sodium	80 mg	3%
Potassium (as dipotassium phosphate and potassium iodide)	420 mg	12%
Glycine	1600 mg	**
L-Lysine (as L-lysine HCl)	505 mg	**
L-Threonine	285 mg	**
L-Alanine	235 mg	**
DL-Methionine	170 mg	**
L-Glutamine	100 mg	**
L-Cysteine (as L-cysteine HCl)	85 mg	**
Sulfate (as magnesium sulfate)	20 mg	**
Decaffeinated [†] Green Tea (<i>Camellia sinensis</i>) Leaf Extract [standardized to 60% (15 mg) catechins and 40% (10 mg) epigallocatechingallate (EGCG)]	25 mg	**

AdvaClear

Ingredient	Amount	Daily Value
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Serving Size:	2 Capsules [†]	
Servings Per Container:	63	
Vitamin A [67% (1667 IU) as beta-carotene ^{††} and 33% (834 IU) as retinyl palmitate]	2500 IU	50%
Vitamin C (as ascorbic acid)	133 mg	222%
Vitamin D (as cholecalciferol)	33 IU	8%
Vitamin E (as d-alpha tocopheryl succinate)	67 IU	223%
Thiamin (as thiamin mononitrate)	10 mg	667%
Riboflavin	5 mg	294%
Niacin (as niacinamide and niacin)	23 mg	115%
Vitamin _{B6} (as pyridoxine HCl)	17 mg	850%
Folate (as calcium L-5-methyl-tetrahydrofolate ^{†††})	268 mcg	67%
Vitamin B ₁₂ (as methylcobalamin)	33 mcg	550%
Biotin	66 mcg	22%
Pantothenic Acid (as d-calcium pantothenate)	33 mg	330%
Zinc (as zinc citrate)	6.5 mg	43%
Selenium (as selenomethionine)	50 mcg	71%
Copper (as copper citrate)	0.65 mg	33%
Manganese (as manganese citrate)	1.65 mg	85%
Molybdenum (as molybdenum aspartate)	66 mcg	88%
Silymarin (from milk thistle seed extract, <i>Silybum marianum</i>)	50 mg	*
Decaffeinated [†] Green Tea (<i>Camellia sinensis</i>) Leaf Extract [standardized to 60% (33.6 mg) catechins and 40% (22.4 mg) epigallocatechingallate (EGCG)]	56 mg	*
Artichoke (<i>Cynara scolymus</i>) Leaf Extract (containing cynarin and chlorogenic acid)	167 mg	*
Watercress (<i>Nasturtium officinale</i>) Aerial Parts 4:1 Extract	133 mg	*
N-Acetyl-L-Cysteine	67 mg	*
Sodium Sulfate	100 mg	*
Taurine	117 mg	*
Pomegranate (<i>Punica granatum L.</i>) Whole Fruit Extract [standardized to 45.8 mg gallic acid equivalent (GAE)]	87.5 mg	*

UltraClear Plus Berry

Other Ingredients: Rice protein concentrate, rice syrup solids, natural flavors^{††}, olive oil, medium chain triglycerides, beet powder (color), raspberry powder, silica, and rice maltodextrin.

Directions: Shake canister before scooping. Blend, shake, or briskly stir about 2 level scoops (45 grams) of UltraClear Plus into 8 fluid ounces of chilled water or juice twice daily or as directed by your healthcare practitioner. For highly sensitive individuals, consider reducing consumption to ½ to 1 scoop with 4 to 5 ounces of chilled water or juice twice daily during the first 3 to 4 days before starting a full daily dose.

Warning: Excess vitamin A intake may be toxic, may increase the risk of birth defects, and may contribute

to osteoporosis. Pregnant women and women who may become pregnant should not exceed 10,000 IU of preformed vitamin A (retinyl palmitate) per day unless instructed to do so by a healthcare practitioner.

Caution: Do not use if pregnant or nursing. If taking medication, please consult your healthcare practitioner before use. Keep out of the reach of children.

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Tamper Evident: Do not use if safety seal is missing or broken.

Storage: Keep tightly closed in a cool, dry place.

[†]Percent Daily Values are based on a 2,000 calorie diet.

^{**}Daily Value not established.

[†]Contains no more than 4% caffeine.

^{††}No MSG.

AdvaClear

Other Ingredients: Capsule (hydroxypropylmethylcellulose), microcrystalline cellulose, magnesium stearate (vegetable), and silica.

Directions: Take two capsules once daily or as directed by your healthcare practitioner.

This product is non-GMO and gluten-free.

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Caution: If pregnant or nursing, taking other nutritional supplements, or taking medications, consult your healthcare practitioner before use. To be taken under supervision of a healthcare provider. Keep out of the reach of children.

Storage: Keep tightly closed in a cool, dry place.

[†]Daily Value not established.

[†]Vegetarian capsule

^{††}Betatene[®] mixed carotenoids.

^{†††}As Metafolin[®]. Metafolin[®] is a registered trademark of Merck KGaA, Darmstadt Germany. U.S. Patent Nos. 5,997,915; 6,254,904.

[†]Contains no more than 4% caffeine.

WARNING: Consuming this product can expose you to chemicals including lead, which are known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65warnings.ca.gov/food