



## Clear Change® 28 Day Program with UltraClear® Plus pH Metabolic Detoxification Program with UltraClear® Plus pH

**Form:** Array

**Flavor:** Pineapple Banana

**Size:** 1

The Clear Change 28-Day Program featuring UltraClear Plus pH provides a more comprehensive approach to metabolic detoxification than the 10-day program. It's an easy-to-follow eating plan with UltraClear Plus pH 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.\*

Metabolic detoxification is a natural bodily process that consists of 3 major detoxification pathways: Phase I (functionalization), Phase II (conjugation), and Phase III (antiporter activity). In this process, fat soluble compounds must undergo transformation and become water-soluble before they can be excreted.

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 pH** (Vanilla or Pineapple Banana)—an advanced, specialized nutritional powder mix formulated for metabolic detoxification, including support for alkalization, balanced liver detoxification capacity\*
  - 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 Phase III detoxification by nutritionally supporting alkalinity and excretion\*
- **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](http://ClearChangeProgram.com)

## UltraClear Plus pH Pineapple Banana

Ingredient	Amount	Daily Value
Serving Size:	About 2 Scoops (46 g)	
Servings Per Container:	21 (by weight)	
Calories	170	
Total Fat	5 g	6%*
Saturated Fat	1 g	5%*
Total Carbohydrate	21 g	8%*
Dietary Fiber	1 g	8%*
Total Sugars	8 g	
Includes 6g Added Sugars		12%*
Protein	10 g	
Vitamin A (80% as beta-carotene) (as beta-carotene and retinyl palmitate)	1,500 mcg	167%
Vitamin C (as ascorbic acid)	300 mg	333%
Vitamin D (as cholecalciferol)	0.8 mcg (35 IU)	4%
Vitamin E (as d-alpha tocopheryl acetate)	28.1 mg	187%
Thiamin (as thiamin HCl)	2 mg	167%
Riboflavin	2 mg	154%
Niacin (as niacinamide)	9.4 mg	59%
Vitamin B <sub>6</sub> (as pyridoxine HCl)	3.4 mg	200%
Folate (as calcium L-5-methyltetrahydrofolate) <sup>†</sup>	135 mcg DFE	34%
Vitamin B <sub>12</sub> (as methylcobalamin)	3.6 mcg	150%
Biotin	135 mcg	450%
Pantothenic Acid (as D-calcium pantothenate)	36 mg	720%
Calcium (as calcium citrate and dicalcium phosphate)	210 mg	18%
Iron	0.5 mg	3%
Phosphorus (as dipotassium phosphate and dicalcium phosphate)	300 mg	24%
Iodine (as potassium iodide)	53 mcg	35%
Magnesium (as magnesium citrate and magnesium sulfate)	230 mg	55%
Zinc (as zinc gluconate)	10 mg	91%
Copper (as copper gluconate)	1 mg	111%
Manganese	1 mg	43%
Chromium (as chromium picolinate)	50 mcg	143%
Sodium	100 mg	4%
Potassium (as potassium citrate and dipotassium phosphate)	750 mg	16%
Glycine	1.6 g	**
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 <sup>††</sup> 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
Serving Size:	2 Capsules <sup>†</sup>	
Servings Per Container:	21	
Vitamin A (from mixed carotenoids <sup>††</sup> and retinyl palmitate)	750 mcg	83%
Vitamin C (as ascorbic acid)	133 mg	148%
Vitamin D (as cholecalciferol)	0.8 mcg (33 IU)	4%
Vitamin E (as d-alpha tocopheryl succinate)	44.6 mg	297%
Thiamin (as thiamin mononitrate)	10 mg	833%
Riboflavin	5 mg	385%
Niacin (as niacinamide and niacin)	23.3 mg	146%
Vitamin B <sub>6</sub> (as pyridoxine HCl)	16.66 mg	980%
Folate (as calcium L-5-methyltetrahydrofolate) <sup>†††</sup>	445 mcg DFE	111%
Vitamin B <sub>12</sub> (as methylcobalamin)	33.4 mcg	1,392%
Biotin	66 mcg	220%
Pantothenic Acid (as D-calcium pantothenate)	33.3 mg	666%
Zinc (as zinc citrate)	6.5 mg	59%
Selenium (as selenomethionine)	50 mcg	91%
Copper (as copper citrate)	0.66 mg	73%
Manganese (as manganese citrate)	1.66 mg	72%
Molybdenum (as molybdenum aspartate complex)	66 mcg	147%
Sodium (as sodium sulfate)	40 mg	2%
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	*
Taurine	117 mg	*
Sodium Sulfate	100 mg	*

Pomegranate ( <i>Punica granatum</i> L.) Whole Fruit Extract [standardized to 45.8 mg gallic acid equivalent (GAE)]	87.5 mg	*
N-Acetyl-L-Cysteine	67 mg	*
Decaffeinated <sup>†</sup> Green Tea ( <i>Camellia sinensis</i> ) Leaf Extract and 40% (22.4 mg) epigallocatechin gallate (EGCG) [standardized to 60% (33.6 mg) catechins]	56 mg	*
Silymarin from milk thistle ( <i>Silybum marianum</i> ) seed extract]	50 mg	*

### UltraClear Plus pH Pineapple Banana

**Other Ingredients:** Rice protein concentrate, rice syrup solids, sesame seed oil, natural flavors<sup>†††</sup>, medium chain triglycerides, silica, and rice maltodextrin.

**Directions:** Shake canister before scooping. Blend, shake, or briskly stir about 2 level scoops (46 grams) of UltraClear Plus pH 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 increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 3,000 mcg of preformed vitamin A (retinyl palmitate) per day unless directed to do so by a healthcare practitioner. Keep out of the reach of children

**Caution:** Do not use if you are pregnant or nursing, you have hyperkalemia or abnormal kidney function, or you are taking ACE inhibitors, angiotensin receptor blockers (ARBs), or potassium sparing diuretics. If taking other medication, consult your healthcare practitioner before use. Keep out of the reach of children.

**This product is non-GMO & gluten free.**

**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.

<sup>†</sup> As Metafolin®. Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany.

<sup>††</sup>Contains no more than 4% caffeine.

<sup>†††</sup>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.**

**Warning:** Excess vitamin A intake may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 3,000 mcg of preformed vitamin A (retinyl palmitate) per day.

**Caution:** If pregnant or nursing, or taking medications, consult your healthcare practitioner before use. Keep out of the reach of children.

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

<sup>\*</sup>Daily Value not established.

<sup>^</sup>Vegetarian capsule

<sup>††</sup>Betatene<sup>®</sup> mixed carotenoids.

<sup>†††</sup>As Metafolin<sup>®</sup>. Metafolin<sup>®</sup> is a registered trademark of Merck KGaA, Darmstadt Germany. U.S. Patent Nos. 5,997,915; 6,254,904.

<sup>‡</sup>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](http://www.P65warnings.ca.gov/food)