

CLEAN[®]

Clean Cleanse Kit Ingredient list

Summary

Clean Cleanse Kit	Gluten	Veg? Vegan?	Kosher	Soy	Dairy	Explanation
Nourish	No	Vegan	No	No	No	
Move	No	Vegan	No	No	No	
Ease	No*	Vegetarian	No	No*	No*	* During fermentation process, bacteria is grown on soy, dairy, and wheat cultures. However, this product has been tested to be free of soy, wheat and dairy.
Balance	No	Vegan	No	No	No	
Clear 1	No	No	No	No	No	Capsule is gelatin-based
Clear 2	No	Vegan	No	No	No	
Encourage	No	Vegan	No	No	No	
Relief	No	Vegetarian	No	No	No	Contains Vitamin D sourced from lanolin (sheep's wool oil).

Nourish Overview

Nourish is unique formula providing hypoallergenic rice protein powder prepared by a specialized process with a full array of essential nutrients, antioxidants, and key plant extracts designed for cleansing and gut support. Nourish also helps support a healthy body composition by providing a broad range of nutrients in satisfying shake.

Form: 26.7 oz. (750g) Powder Container (30 servings) **Serving Size:** 1 Scoop (25 g)

Formulated to Exclude: Wheat, gluten, soy protein, egg, dairy products, nuts, tree nuts, fish, crustacean shellfish, colors, artificial sweeteners, and artificial flavors. This product is vegetarian.

Ingredients: Rice protein concentrate, rice syrup solids, rice bran, Dutch processed cocoa, natural flavors, magnesium citrate, medium chain triglycerides, olive oil, L-lysine HCl, calcium citrate, L-glutamine, silica, dipotassium phosphate, d-alpha tocopheryl acetate, ascorbic acid, dicalcium phosphate, xanthan gum, rosemary leaf extract, ginger root extract, magnesium sulfate, zinc gluconate, guar gum, niacinamide, stevia (*Stevia rebaudiana*), L-threonine, biotin, beta-carotene, retinyl palmitate, copper gluconate, pyridoxine HCl, D-calcium pantothenate, niacin, thiamin HCl, riboflavin, chromium polynicotinate, cyanocobalamin, ergocalciferol, and folic acid.

Nutritional Breakdown:

Calories 90 (Calories from Fat 30)	Biotin 75 mcg
Fat 3 g	Pantothenic Acid (as D-calcium pantothenate) 2.5 mg
Saturated Fat† 1.5 g	Calcium 150 mg
Total Carbohydrate 11 g	Iron 1.25 mg
Dietary Fiber 2 g	Phosphorus 165 mg
Sugars 3 g	Magnesium 140 mg
Protein 7 g	Zinc 5 mg
Vitamin A (as retinyl palmitate) 1,250 IU	Copper 0.5 mg
Vitamin A (as beta-carotene) 1,250 IU	Manganese 1.5 mg
Vitamin C 90 mg	Chromium 30 mcg
Vitamin D (as ergocalciferol) 22.5 IU	Sodium 55 mg
Vitamin E 50 IU	Potassium 270 mg
Thiamin 1 mg	L-Glutamine 375 mg
Riboflavin 1 mg	L-Threonine 17 mg
Niacin 17.5 mg	L-Lysine 385 mg
Vitamin B6 2.5 mg	Rosemary (<i>Rosmarinus officinalis</i>) Leaf Extract 50 mg
Folate 40 mcg	Ginger (<i>Zingiber officinale</i>) Root Extract 50 mg
Vitamin B12 1.5 mcg	Sulfate (as magnesium sulfate) 25 mg

Updated January 4, 2012

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Move Overview

Move is a low-allergy-potential fiber drink mix designed to support healthy intestinal transit time and bowel regularity. One serving provides approximately 83% insoluble and 17% soluble dietary fiber.

Form: 20 oz. (560 g) Powder Container (56 servings). **Serving Size:** 1 Scoop (10 g)

Formulated to Exclude: Wheat, gluten, soy protein, egg, dairy products, nuts, tree nuts, fish, crustacean shellfish, colors, artificial sweeteners, and artificial flavors. This product is vegetarian.

Ingredients: Rice bran, beet fiber, oat fiber, apple fiber, cellulose, olive oil, and d-alpha tocopheryl acetate (antioxidant).

Nutritional Breakdown: (for 10g or 1 scoop)

Calories 15.00	Total Carbohydrate 7.00 g
Calories from Fat 9.00	Dietary Fiber 6.00 g
Total Fat 1.00 g	Soluble 1.00 g
Saturated Fat 0.00 g	Insoluble 5.00 g
Cholesterol 0.00 mg	Protein 1.00 g
Sodium 5.00 mg	

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Clear 1 Overview

Clear 1 features concentrated probiotic factors that are ideal for healthy intestinal function.

Form: 21 Capsules. **Serving:** Take one tablet once daily with your morning shake or as directed by your healthcare practitioner.

Formulated to Exclude: Wheat, gluten, egg, dairy products, nuts, tree nuts, fish, crustacean shellfish, colors, artificial sweeteners, and artificial flavors. This product is not vegetarian because it is made with a gelatin-based capsule.

Soft Ingredients:

- Saccharomyces boulardii - 560 mg (7 billion live organisms)

Other Ingredients: Capsule (hypromellose and chlorophyllin), microcrystalline cellulose, stearic acid, and silica.

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Ease Overview

Ease features a complement of naturally occurring enzymes derived from the *Aspergillus oryzae* fungus.

Form: 63-Tablet Bottle. **Serving:** Take one tablet three times daily with meals or as directed by your healthcare practitioner.

Formulated to Exclude: Eggs, nuts, tree nuts, fish, crustacean shellfish, colors, artificial sweeteners, and artificial flavors. This product is vegetarian.

Ingredients: 1 Tablet

- Calcium 100 mg
- Phosphorus 77 mg
- Phyto Enzyme Complex 202mg (Provides not less than:)
- Proteases I 3600 PC
- Amylases 4400 AU
- Lipases 990 LU
- Cellulase 200 CU

Other ingredients: Dicalcium phosphate, Microcrystalline cellulose, Croscarmellose sodium, stearic acid, Magnesium stearate, Coating (deionized water, microcrystalline cellulose, polyethylene glycol, and carrageenan). Contains wheat, soy, and milk enzyme blend.

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Balance Overview

Balance features selective kinase response modulators (SKRMs)—RIAA and acacia— which have been clinically shown in a preliminary study at the FMRC to improve fasting insulin and lipid parameters.

Form: 63-Tablet Bottle. **Serving:** Take one tablet three times daily with meals or as directed by your healthcare practitioner.

Formulated to Exclude: Wheat, gluten, soy protein, egg, dairy products, nuts, tree nuts, fish, crustacean shellfish, colors, artificial sweeteners, and artificial flavors. This product is vegetarian.

Ingredients:

A proprietary blend of: 180 mg Reduced Iso-Alpha Acids, Acacia Bark and Heartwood Extract (Acacia nilotica)

Other Ingredients: Microcrystalline cellulose, cellulose, stearic acid, croscarmellose sodium, sodium starch glycolate, silica, and coating (deionized water, hypromellose, maltodextrin, polyethylene glycol, and sodium copper chlorophyllin).

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Clear 2 Overview

Clear 2 features high-quality extracts and crude herbs including berberine-containing plants that support healthy immune and detoxification function.

Form: 63 Tablets. **Serving:** Take one tablet three times daily with meals or as directed by your healthcare practitioner.

Formulated to Exclude: Wheat, gluten, soy protein, egg, dairy products, nuts, tree nuts, fish, crustacean shellfish, colors, artificial sweeteners, and artificial flavors. This product is vegetarian.

Tablet Ingredients:

- Coptis Root & Rhizome 12:1 Extract (*Coptis chinensis*) 30.00 mg (containing berberine)
- Oregon Grape Root 4:1 Extract (*Berberis aquifolium*) 70.00 mg (containing berberine)
- Berberine HCl† 400.00 mg
- A 4:1†† proprietary extract of: 300.00 mg
- Coptis Root & Rhizome (*Coptis chinensis*)
- Chinese Skullcap Root (*Scutellaria baicalensis*)
- Phellodendron Bark (*Phellodendron chinense*)
- Ginger Rhizome (*Zingiber officinale*)
- Chinese Licorice Root (*Glycyrrhiza uralensis*)
- Chinese Rhubarb Root & Rhizome (*Rheum officinale*)

†Berberine from *Phellodendron amurense* bark extract.

††Equivalent to 1200 mg raw, dried, unprocessed herbs.

Other Ingredients: Microcrystalline cellulose, Croscarmellose sodium, Stearic acid, Silica, Magnesium stearate, Coating (deionized water, microcrystalline cellulose, polyethylene glycol, and carrageenan)

CAUTION: If taking medication including cyclosporine, consult your healthcare practitioner before use.

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Encourage Overview

Encourage is an enhanced-potency probiotic formula designed to help relieve bowel irritation and related functional discomforts by promoting a healthy balance of intestinal microflora.

Form: 21-Capsule Bottle. **Serving:** Take one capsule, once a day, first thing in the morning.

Formulated to Exclude: Dairy, soy, eggs, nuts, tree nuts, fish, crustacean shellfish, colors, artificial sweeteners, and artificial flavors. This product is vegetarian.

Does NOT contain dairy and soy as whole and independent ingredients. During fermentation process, bacteria is grown on soy and dairy cultures.

Bifidobacteria and Lactobacilli probiotic strains consume milk- and/or soy-derived nutrients as a food source during one step of the fermentation process. No additional milk or soy-derived nutrients are added outside of this fermentation step.

This product has been tested to be free of soy and dairy products.

Ingredients:

- A 50:50 blend of: 60 billion live organisms†
- Lactobacillus acidophilus NCFM® Strain
- Bifidobacterium lactis Bi-07 Strain

Ingredients: Microcrystalline cellulose, Bifidobacterium lactis, Lactobacillus acidophilus, magnesium stearate, silica.

60 BILLION ORGANISMS PER CAPSULE GUARANTEED†
NCFM® is a registered trademark of the North Carolina Dairy Foundation.

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Relief Overview

Relief provides unique support for balanced activity of the body's detoxification processes.

- Promotes overall well-being by supporting bifunctional detoxification.
- Bifunctional support enhances the activities of several hepatic detoxification enzymes while promoting balanced activity of the Phase I and Phase II detoxification pathways.
- Protects against free radicals generated during Phase I detoxification by featuring a variety of nutrients with potent antioxidant properties.
- When used with a macronutrient formula, provides a versatile approach to a comprehensive detoxification program.

Form: 63-Capsule Bottle. **Serving:** Take one capsule, three times a day, with your daily meals.

Formulated to Exclude: Eggs, nuts, tree nuts, fish, crustacean shellfish, colors, artificial sweeteners, and artificial flavors. This product is vegetarian.

Ingredients:

- Vitamin A [33% (417 IU) as retinyl 1250 IU
- Vitamin C (as ascorbic acid) 66.5 mg
- Vitamin D (as cholecalciferol) 16.5 IU
- Vitamin E (as d-alpha tocopheryl acetate and 33 IU
- Thiamin (as thiamin mononitrate) 5 mg
- Riboflavin 2.5 mg
- Niacin (as niacinamide and niacin) 11.5 mg
- Vitamin B6 (as pyridoxine HCl) 8.5 mg
- Folate (as L-5-methyltetrahydrofolate†††) 134mcg
- Vitamin B12 (as cyanocobalamin) 16.5 mcg
- Biotin 33 mcg
- Pantothenic Acid (as d-calcium pantothenate) 16.5 mg
- Zinc (as zinc citrate) 3.25 mg
- Selenium (as selenomethionine) 25 mcg
- Copper (as copper citrate) 0.325 mg
- Manganese (as manganese citrate) 0.825 mg
- Molybdenum (as molybdenum aspartate) 33 mcg
- Silymarin (from milk thistle seed extract, Silybum marianum) 25 mg
- Catechins 17 mg
- Artichoke Leaf Extract (Cynara scolymus) 83 mg
- Watercress Whole Plant 4:1 Extract (Nasturtium officinale) 67 mg
- Ellagic Acid 16.5 mg
- N-Acetylcysteine 33 mg
- Sodium Sulfate 50 mg
- Taurine 58.5 mg
- Choline 33 mg.

This product is dairy and soy free.

Other Ingredients: Hydroxypropylmethylcellulose, magnesium stearate, and silica.

†Capsules are composed of plant-derived ingredients.

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