

## **Metabolic Cleanse™**

### **Delicious Natural Vanilla Flavored Protein Beverage**

#### **DESCRIPTION**

Metabolic Cleanse™ is a unique dietary supplement featuring beneficial amounts of rice, pea and fish proteins synergistically blended with essential amounts of vitamins, minerals, antioxidants and other nutrients important for the healthy maintenance of the entire gastrointestinal tract. It is designed to be a complete gastrointestinal support formula, perfect for detoxification, and now in a delicious, natural vanilla flavored powder naturally sweetened with organic coconut palm sugar. It provides beneficial amounts of L-Glutamine and FOS (fructooligosaccharides) for their important roles in proper gastrointestinal maintenance. Increased N-acetyl L-cysteine and grape seed extracts have been added for their valuable antioxidant roles they provide in the body. Metabolic Cleanse™ contains no artificial colors or preservatives and is lactose, gluten, heavy metal and pesticide-free.

#### **FUNCTIONS**

##### **Detoxification**

The health of the gastrointestinal system has a tremendous effect on the body. Everything that is consumed, including foods, beverages, and pharmaceuticals must pass through the gastrointestinal tract. A wide array of chemicals can exist in or on what is consumed, and the body must convert all of them to harmless byproducts for elimination. In certain individuals, this can cause their gastrointestinal system to be stressed, leading to many common complaints, such as bloating, intestinal upset, tiredness, aching joints and general sense of feeling unwell. Metabolic Cleanse™ has been specifically designed for people who wish to use a detoxification protocol free of dairy and soy ingredients and to facilitate the elimination of stress-causing chemicals in the gastrointestinal tract.

##### **Gastrointestinal Support**

Chronic bowel conditions of unknown causes are characterized by gas, bloating, bowel irregularity and discomfort. Often, patients suffering from these types of conditions are malnourished and are unable to maintain a nutritionally balanced diet. Metabolic Cleanse™ contains hydrolyzed fish protein, glutamine, and several other nutrients commonly recommended for individuals affected by gastrointestinal disorders.

##### **Fish Protein**

Seacure® is the only hydrolyzed fish protein concentrate that has validated clinical relevance for gastrointestinal health. Using fish caught from the northwest Pacific Ocean, strict manufacturing procedures are put in place to provide a high quality, fully assimilated protein as 60% peptides and 40% amino acids. Peptide fragments can have potent biological activity on many functions of the body including immune and neurological functions.

Studies done on Seacure® have shown that supplementation with this protein can strengthen intestinal wall integrity in inflammatory bowel disease patients, as well as reducing the common symptoms of bloating, gas and other GI discomfort in irritable bowel syndrome patients. Seacure® has also shown to be a good general support to the clinical management of infection in immune-compromised children, and it was found to safely provide nourishment to malnourished infants and children.

##### **Amino Acids**

The dietary protein provided by Metabolic Cleanse™, in the forms of Seacure®, pea and rice proteins, supply essential amino acids that participate in all of the body's metabolic and physiologic systems including the intestines, skeletal muscles, and the cardiovascular, nervous, and immune systems. Since the majority of these amino acids is not made by the body and must be obtained from food sources, it is critical that one obtains these amino acids from food sources daily.

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#### **L-Glutamine**

The amino acid glutamine plays a key role in the metabolism, structure, and function of the entire gastrointestinal (GI) tract, and its extensive immune system. Glutamine is perhaps the major energy source for intestinal cells, and under conditions of physiological stress the GI tract benefits greatly from extra dietary glutamine. Glutamine is the most abundant amino acid found in blood, and is a vehicle for nitrogen transport. Glutamine-consuming tissues, such as the GI tract, the liver, and the immune system, use glutamine for the synthesis of nucleotides, proteins, and amino sugars. Glutamine carries potentially toxic ammonia to the kidneys for excretion, and participates in maintaining normal acid-base balance.

During physiological stress, such as starvation, physical trauma, surgery, or inflammatory bowel disease, the intestinal tract uses very large amounts of glutamine and very little glucose for energy. This often results in a fall of blood glutamine, and skeletal muscle is broken down to supply more glutamine.

#### **FOS prebiotic**

FOS (fructooligosaccharides) are carbohydrates that pass through the small intestine into the colon without being digested or absorbed. Once in the colon, FOS selectively feeds the beneficial symbiotic bacteria, such as *Lactobacillus acidophilus*, *Bifidobacteria*, and other acid-producing bacteria. Regular consumption of FOS has been shown to support healthy levels of these beneficial bacteria in the colon. This in turn creates a slightly acidic environment in the colon that is inhospitable to potentially harmful bacteria and other microorganisms.

#### **Vitamins and Minerals**

Metabolic Cleanse™ also supplies 25% of the nutrition found in Ultra Preventive® III, a comprehensive, highly concentrated vitamin-mineral-trace element supplement containing more than 30 essential nutritional ingredients. It is a potent antioxidant formula with beta-carotene and natural vitamin E; a high-potency B-complex supplement; a significant source of bioavailable calcium and magnesium; and a full-spectrum trace element supplement.

#### **Antioxidants**

To provide complete support for gastrointestinal health, Metabolic Cleanse™ has been specially formulated to include important antioxidants and fundamental sulfur from MSM®. Proanthocyanidins from grape seed extracts are among the most powerful natural free-radical scavengers yet discovered. As such, proanthocyanidins have their own unique place in the body's overall protection against harmful free radical damage. Proanthocyanidins appear to be especially effective in neutralizing highly reactive hydroxyl and singlet oxygen radicals. Both of these reactive oxygen species are involved in inflammatory processes. N-Acetyl L-Cysteine provides important antioxidant properties as a precursor to glutathione synthesis. Dietary MSM® serves as a versatile donor of metabolically active sulfur for the synthesis of numerous organosulfur compounds and proteins in the body. As such, MSM® helps maintain normal immune response, lung function, connective tissue metabolism, and muscle contraction.

#### **Coconut Palm Sugar**

Coconut palm sugar is made from the nectar produced from the coconut tree. Once collected, it is boiled and processed into a granule. Coconut palm sugars produce slow release energy, which sustains the human body through your daily activities without regular sugar "highs", and "lows". It is naturally low on the glycemic index scale, rated as GI 35. Coconut palm sugar has a nutritional content far richer than all other commercially available sweeteners. It is especially high in Potassium, Magnesium, Zinc and Iron and is a natural source of the vitamins B1, B2, B3, B6 and C.

It's also very rich in other minerals and enzymes which aid in the slow absorption into the bloodstream.

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**INDICATIONS**

Metabolic Cleanse™ is a nutritious dietary supplement for individuals who wish to supplement their diet with protein, vitamins, minerals, amino acids, and other nutrients that can have a beneficial effect on the gastrointestinal system.

**FORMULA (#57462)**

One Scoop (approx. 40 g) Contains:

Calories .....	155
Calories from Fat .....	35
Total Fat .....	4 g
Saturated Fat .....	4 g
Cholesterol .....	3 g
Sodium .....	70 mg
Total Carbohydrate .....	15 g
Dietary Fiber .....	2.5 g
Sugars .....	5 g
Protein .....	17 g
Vitamin A/Beta Carotene Complex ...	6300 I.U.
Vitamin C .....	265 mg
Vitamin D3.....	500 I.U.
Vitamin E (as d-alpha tocopheryl) .....	100 I.U.
Thiamine (Vitamin B-1) .....	25 mg
Riboflavin (Vitamin B-2) .....	12 mg
Niacin/Niacinamide .....	44 mg
Vitamin B-6 .....	25 mg
(as Pyridoxine HCL and Pyridoxal-5-Phosphate)	
Folic Acid .....	205 mcg
Vitamin B-12 .....	25 mcg
Biotin .....	75 mcg
Pantothenic Acid .....	125 mg
Calcium .....	160 mg
(Citrate/Ascorbate/Carbonate complex)	
Iodine (Kelp) .....	45 mcg
Phosphorus .....	60 mg
(from Seacure® and Pea protein)	
Magnesium .....	140 mg
(Aspartate/Ascorbate/Oxide complex)	
Zinc (Amino Acid Chelate) .....	5 mg
Manganese (Aspartate/Sulfate complex)	4.8 mg
Chromium (GTF) .....	45 mcg
Molybdenum (Krebs) .....	23 mcg
Potassium (Aspartate/Chloride Complex)	75 mg
Boron (Aspartate/Citrate complex) .....	350 mcg
Vanadium (Krebs) .....	11.5 mcg
N-Acetyl L-Cysteine/ L-Cysteine Complex .....	46 mg
Betaine HCl .....	35 mg

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Choline (Citrate/Bitartrate) .....	35 mg
Bioflavonoids .....	23 mg
Inositol .....	23 mg
PABA (para-aminobenzoic acid) .....	12 mg
L-Methionine .....	3 mg
Glutamic Acid HCl .....	5 mg
Trace minerals (from sea vegetation) ...	20 mcg
L-Glutamine .....	500 mg
Proprietary Blend .....	275 mg
N-Acetyl L-Cysteine, Grape Seed Extract(standardized), MSM® (Methylsulfonylmethane), Red Wine Proanthocyanidins	

Typical Amino Acid Profile:

- Alanine 760 mg
- Aspartic acid 1570 mg
- Arginine 1280 mg
- Cysteine 180 mg
- Cystine 80 mg
- Glutamic acid 2660 mg
- Glycine 660 mg
- Histidine 360 mg
- Isoleucine 680 mg
- Leucine 1280 mg
- Lysine 750 mg
- Methionine 300 mg
- Phenylalanine 850 mg
- Proline 640 mg
- Serine 800 mg
- Threonine 580 mg
- Tyrosine 690 mg
- Tryptophan 180 mg
- Valine 800 mg

Other ingredients: Rice protein isolate, pea protein, medium-chain triglycerides, organic coconut palm sugar, rice syrup, natural vanilla flavor, SEACURE® (fish protein) and FOS (fructooligosaccharides).

**SUGGESTED USE**

Adults take 1 scoop daily or as directed by a healthcare professional. Add scoop to 8-10 ounces of water or other liquid. Blend well.

**DETOXIFICATION PROTOCOL**

Metabolic Cleanse™ is recommended in conjunction with Douglas Laboratories' Metabolic Rejuvenation™ 28-day detoxification program.

**SIDE EFFECTS**

No adverse effects have been reported

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**STORAGE**

Store in a cool, dry place, away from direct light.  
Keep out of reach of children.

**REFERENCES**

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† 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.

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**You trust Douglas Laboratories.  
Your patients trust you.**