

Metabolic Cleanse™

Delicious Natural Vanilla Flavored Protein Beverage Vegetarian Formula

DESCRIPTION

Metabolic Cleanse™ Vegetarian is a unique dietary supplement featuring beneficial amounts of rice and pea proteins uniquely 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 plant-based protein formula, great for detoxification programs, and in a delicious, natural vanilla flavor sweetened with organic coconut palm sugar. It provides beneficial amounts of L-glutamine and FOS (fructooligosaccharides) for their important roles in proper gastrointestinal health.† N-acetyl L-cysteine and grape seed extracts have been added for their valuable antioxidant and liver support roles they provide in the body.

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 with nutrients that support the liver. †

Amino Acids

The dietary protein provided by Metabolic Cleanse™, in the forms of 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.

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, 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 unwanted bacteria and other microorganisms.

Metabolic Cleanse™

Delicious Natural Vanilla Flavored Protein Beverage Vegetarian Formula

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 physiological processes. †N-Acetyl I-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, liver 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.

INDICATIONS

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

FORMULA (#57687)

One Scoop (approx. 39.9 g) Contains:

Calories	150
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	16 g
Vitamin A/Beta Carotene Complex	6300 I.U.
Vitamin C	265 mg
Vitamin D3.....	500 I.U.
Vitamin E (as d-alpha tocopheryl)	00 I.U.
Thiamine (Vitamin B-1)	25 mg

Metabolic Cleanse™

Delicious Natural Vanilla Flavored Protein Beverage Vegetarian Formula

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.....	145 mg
(Citrate/Ascorbate/Carbonate complex)	
Iodine (Kelp)	45 mcg
Phosphorus (from Pea protein)	50 mg
Magnesium	125 mg
(Aspartate/Ascorbate/Oxide complex)	
Zinc (Amino Acid Chelate)	5 mg
Manganese (Aspartate/Sulfate complex)	4.8 mg
Selenium (from seleno-methionine).....	45 mcg
Chromium (GTF)	45 mcg
Molybdenum (Krebs)	23 mcg
Potassium (Aspartate/Chloride Complex)	45 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
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
L-Glutamine	500 mg
Proprietary Blend	320 mg
N-Acetyl L-Cysteine, Grape Seed Extract, MSM® (Methylsulfonylmethane), L-Cysteine HCl	

Typical Amino Acid Profile:

Glutamic Acid.....	2660 mg
Aspartic Acid	1570 mg
Arginine	1280 mg
Leucine.....	1280 mg
Phenylalanine	850 mg
Serine	800 mg
Valine	800 mg
Alanine.....	760 mg
Lysine	750 mg
Tyrosine	690 mg
Isoleucine	680 mg
Glycine.....	660 mg
Proline	640 mg
Threonine.....	580 mg
Histidine.....	360 mg

Metabolic Cleanse™**Delicious Natural Vanilla Flavored Protein Beverage Vegetarian Formula**

Methionine.....	300 mg
Tryptophan	180 mg
Cysteine.....	180 mg
Cystine	80 mg

Other ingredients: Rice protein isolate, pea protein, medium-chain triglycerides, organic coconut palm sugar, rice syrup, purified stevia extract, natural vanilla flavor, 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.

SIDE EFFECTS

No adverse effects have been reported.

STORAGE

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

REFERENCES

- Campbell, JM, Fahey, GC, Jr., Wolf, BW. J Nutr 1997;127:130-6. [FOS].
- Jonas CR, Ziegler TR. Nestle Nutr Workshop Ser Clin Perform Programme 1999;2:217-30; discussion 230-5. [L-glutamine].
- Naliboff BD, Fullerton S, Mayer EA. Am J Med. 1999;107(5A):81S-84S.
- Paterson WG, Thompson WG, Vanner SJ, et al. CMAJ. 1999;161(2):154-60.
- Thomas PD, Nichols TW, Angstadt A. Am J Gastroenterol. 2001;96(9):S311.
- Yoshida S, Kaibara A, Ishibashi N, Shirouzu K. Nutrition. 2001 Sep;17(9):766-8. [L-glutamine].
- Koo G, Woo J, Kang S, Shin K. Journal Of Physical Therapy Science [serial online]. August 2014;26(8):1241-1246. [L-glutamine].
- Curthoys NP, Moe OW. Clin J Am Soc Nephrol. 2014 Sep 5;9(9):1627-38. doi: 10.2215/CJN.10391012. [L-glutamine].
- Lin CS, et al. Biomed J. 2014 Sep-Oct;37(5):259-68. doi: 10.4103/2319-4170.138314. [Prebiotics and probiotics].
- Dahl WJ, Foster LM, Tyler RT. Br J Nutr. 2012 Aug;108 Suppl 1:S3-10. doi: 10.1017/S0007114512000852. Review. [Pea protein].
- Bogdanski P, et al. A randomized, double blind trial. J Endocrinol Invest. 2013 Apr;36(4):221-6. doi: 10.3275/8467. [L-arginine].
- Shimomura Y, et al. Int J Sport Nutr Exerc Metab. 2010 Jun;20(3):236-44. [BCAA].

Metabolic Cleanse™**Delicious Natural Vanilla Flavored Protein Beverage Vegetarian Formula**

Bjork JM, Grant SJ, Chen G, Hommer DW. Neuropsychopharmacology. 2014 Feb;39(3):595-604. doi:10.1038/npp.2013.232. [Amino acids].

Jhun JY, et al. PLoS One. 2013 Nov 5;8(11):e78843. doi: 10.1371/journal.pone.0078843. [Proanthocyanidins].

Barmaki S, et al. J Sports Med Phys Fitness. 2012. [MSM].

Kim LS, Axelrod LJ, Howard P, Buratovich N, Waters RF. Osteoarthritis Cartilage. 2006 Mar;14(3):286-94. [MSM].

Amirshahrokhi K, Bohlooli S. Inflammation. 2013 Oct;36(5):1111-21. doi: 10.1007/s10753-013-9645-8. [MSM].

Kim SH, et al. Am J Transl Res. 2015 Feb 15;7(2):328-38. [MSM].

For more information on Metabolic Cleanse™ visit douglaslabs.com

† 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.

Manufactured by
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205
800-245-4440
douglaslabs.com



© 2016 Douglas Laboratories. All Rights Reserved
DL57687-1116