

Metabolic Cleanse™

Delicious Protein Beverage for Gastrointestinal Health

DESCRIPTION

Metabolic Cleanse™, from Douglas Laboratories®, 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. Designed to be a complete gastrointestinal support formula, perfect for detoxification, Metabolic Cleanse™ can be made into a delicious, natural red raspberry flavored drink by blending one serving with 8-10 ounces of liquid. It provides beneficial amounts of L-Glutamine and FOS (fructooligosaccharides) for their important roles in proper gastrointestinal maintenance. N-acetyl L-cysteine and grape seed extracts have been added for their valuable antioxidant roles they provide in the body. Naturally sweetened with organic evaporated cane juice and rice syrup, 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 to help with the normal functioning of the gastrointestinal system and to facilitate the elimination of stress-causing chemicals in the gastrointestinal tract.

Disease and Nutrition

Irritable bowel disease is a collective term for both ulcerative colitis and Crohn's disease, two conditions characterized by chronic bowel inflammation of an unknown cause. Often, patients suffering from these types of conditions are malnourished and are unable to maintain a nutritionally balanced diet. Metabolic Cleanse™ contains several 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 assimilable 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 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 in a dietary setting everyday.

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L-Glutamine

The amino acid glutamine plays a key role in the metabolism, structure, and function of the entire gastro-intestinal (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

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, such as *E. coli* and *Clostridium* species.

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.

INDICATIONS

Metabolic Cleanse™ is a healthful and 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 (#57089)

One Scoop (approx. 43.6 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	8 g
Protein	17 g
Vitamin A/Beta Carotene Complex	6300 I.U.
Vitamin C	265 mg
Vitamin D	25 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 (Citrate/Ascorbate complex)	160 mg
Iodine (Kelp)	45 mcg
Phosphorus (from Seacure® and Pea protein) ..	60 mg
Magnesium (Aspartate/Ascorbate complex) .	140 mg

Zinc (Amino Acid Chelate)	5 mg
Manganese (Aspartate complex)	4.8 mg
Chromium (GTF)	45 mcg
Molybdenum (Krebs)	23 mcg
Potassium (Aspartate 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
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	175 mg
Grape Seed Extract(standardized), MSM [®] (Methylsulfonylmethane), N-Acetyl L-Cysteine, Red Wine Proanthocyanidins	

Typical Amino Acid Profile:

Aspartic Acid	2036 mg
Glutamic Acid	4111 mg
Leucine	1666 mg
Arginine	1811 mg
Tyrosine	989 mg
Phenylalanine	1189 mg
Isoleucine	990 mg
Serine	1049 mg
Glycine	840 mg
Threonine	807 mg
Methionine	389 mg
Lysine	1346 mg
Histidine	435 mg
Tryptophan	234 mg
Cysteine	264 mg
Valine	1186 mg
Alanine	1000 mg



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SUGGESTED USE

Adults take 1 scoop 1-2 times a day before meals or as directed by a physician. Add scoop to 8-10 ounces of water or other liquid. Blend well.

DETOXIFICATION PROTOCOL

Metabolic Cleanse™ is designed to be used as part of a three-week program that can include additional supplements for complete detoxification support. Listed below is a sample protocol utilizing Metabolic

Cleanse™. Due to individual patient needs, protocols should be closely monitored and adjusted as needed by the physician.

WEEK ONE

Metabolic Cleanse™

Recommended Dosage: 1 scoop daily in water or other beverage, 1-2 times a day before meals. Drink six to eight glasses of water daily.

Ultra-D Tox™ Capsules

Recommended Dosage: One capsule ½ to 1 hour before each meal.

WEEK TWO

Metabolic Cleanse™

Recommended Dosage: 1 scoop daily in water or other beverage, 1-2 times a day before meals. Continue to drink six to eight glasses of water daily.

Livdetox™ Tablets

Recommended Dosage: One tablet with each meal.

WEEK THREE

Metabolic Cleanse™

Recommended Dosage: 1 scoop daily in water or other beverage, 1-2 times a day before meals. It is still very important to drink six to eight glasses of water daily.

De-Mer-Tox™

Recommended Dosage: 1 capsule, twice daily, in between meals.

During this time, some people may find it beneficial to adjust the diet so that it decreases or eliminates known allergens such as milk, wheat, peanuts, soy, and corn. This will allow both the health care professional and the patient to evaluate the body's response to the detoxification process. It may also help to include light exercise as part of the regimen. As always, it is imperative to follow the advice of a health care professional when starting any detoxification protocol or changing any eating or exercise habits.

SIDE EFFECTS

No adverse side effects reported

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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