



DETOX ESSENTIALS

Core detoxification formulas to enhance detoxification pathways and provide cellular protection against toxins

Product Name	Key Ingredients	Dosage	Description
UltraClear Plus**	Fortified rice protein, vitamins and minerals	2 scoops daily	Provides support for Phase I and II hepatic detoxification, including comprehensive antioxidant protection, combined with hypoallergenic, readily digestible macronutrients
AdvaClear®	Milk thistle, green tea, watercress and pomegranate combined with amino acids, vitamins and minerals	2 capsules daily	Provides bifunctional nutritional support designed to balance Phase I and Phase II detoxification pathways

FOUNDATIONAL DETOX PROGRAM

Score is above 35 in the Metabolic Detoxification Questionnaire or with clinical presentations of:

- Persistent health complaints
- Unhealthy diet and lifestyle, ongoing occupational / lifestyle toxic exposure

Following suggestions for 4 weeks

Product Name	Key Ingredients	Dosage	Description
UltraClear Plus**	Fortified rice protein, vitamins and minerals	2 scoops daily	Provides support for Phase I and II hepatic detoxification, including comprehensive antioxidant protection, combined with hypoallergenic, readily digestible macronutrients
AdvaClear®	Milk thistle, green tea, watercress and pomegranate combined with amino acids, vitamins and minerals	2 capsules daily	Provides bifunctional nutritional support designed to balance Phase I and Phase II detoxification pathways
UltraFlora® Balance	50:50 blend of L.acidophilus NCFM and B.lactis Bi07	1 capsule twice daily	Provides daily digestive and immune support with 15 billion CFU's of strain identified probiotics

*See alternative Medical Food options

GUT DETOX PROGRAM

If total score is above 35 and section 2 score is above 12 in the Metabolic Detoxification Questionnaire or with clinical presentations of:

- Small intestinal bacterial overgrowth (SIBO)
- Inflammatory bowel disease (IBD)
- Resistant irritable bowel syndrome (IBS)
- Food allergies and intolerances
- Bloating pain, constipation, diarrhoea, reflux
- Dysbiosis

Initial 1-2 weeks involve antimicrobial treatment and gut restoration

Product Name	Key Ingredients	Dosage	Description
CandiBactin-AR	Oregano, red thyme, sage and lemon balm	2 softgels, twice daily with food	Supports gastrointestinal health by combating microbial infection with concentrated aromatic oils, or promoting intestinal and colonic elimination with a botanical blend including berberine
CandiBactin-BR	Berberine hydrochloride, oregon grape extract, coptis root extract, ginger, licorice, and skullcap	2 tablets, twice daily with food	
UltraFlora® Acute Care	S. boulardii, B. lactis HN019 and L. rhamnosus HN001	1 capsule twice daily	Helps relieve acute bowel distress with targeted probiotic blend that supports immunity and gut function
GI Sustain***	Fortified rice protein, vitamins, minerals and prebiotics	2 scoops daily	Promotes the growth of beneficial bacteria and gut healing, with prebiotics, L-glutamine and zinc, combined with hypoallergenic, readily digestible macronutrients

**See alternative Medical Food options

Weeks 3-4 detoxification support, protection and further maintenance of the digestive tract

UltraClear Plus**	Fortified rice protein, vitamins and minerals	2 scoops daily	Provides support for Phase I and II hepatic detoxification, including comprehensive antioxidant protection, combined with hypoallergenic, readily digestible macronutrients
AdvaClear®	Milk thistle, green tea, watercress and pomegranate combined with amino acids, vitamins and minerals	2 capsules daily	Provides bifunctional nutritional support designed to balance Phase I and Phase II detoxification pathways
UltraFlora® Balance	50:50 blend of L.acidophilus NCFM and B.lactis Bi07	1 capsule twice daily	Provides daily digestive and immune support with 15 billion CFU's of strain identified probiotics
Glutagenics®	Glutamine, deglycyrrhizinated licorice (DGL), and aloe gel	1 scoop daily	Features glutamine, deglycyrrhizinated licorice (DGL), & aloe gel, which support the integrity & healthy function of the gastrointestinal lining

*See alternative Medical Food options

ADVANCED DETOX PROGRAM

If total score is above 35 and section 3 score is above 12 in the Metabolic Detoxification Questionnaire or with clinical presentations of:

- History of environmental exposure
- Hormonal issues
- Difficulty losing weight
- Environmental heavy metal exposure or toxicity
- Dietary exposure: e.g. pesticides, food packaging of BPA and plastics
- Recognised phase I – phase II imbalances

Following suggestions for 4 weeks

Product Name	Key Ingredients	Dosage	Description
UltraClear Plus**	Fortified rice protein, vitamins and minerals	2 scoops daily	Provides support for Phase I and II hepatic detoxification, including comprehensive antioxidant protection, combined with hypoallergenic, readily digestible macronutrients
AdvaClear®	Milk thistle, green tea, watercress and pomegranate combined with amino acids, vitamins and minerals	2 capsules daily	Provides bifunctional nutritional support designed to balance Phase I and Phase II detoxification pathways
GlutaClear®	NAC, niacin, vitamin C and selenium as well as broccoli glucosinolates	2 tablets twice daily with food	Provides a blend of key ingredients designed to support healthy glutathione levels and antioxidant systems in the body
Inflavonoid® Intensive Care	Proprietary form of curcumin & xanthohumol with boswellia and ginger	2 capsules once daily with food	Supports the body's response to oxidative stress with CurQfen®, a clinically studied, patented curcumin blend designed for greater bioavailability, and additional supportive ingredients which may help support the body's inflammatory response

*See alternative Medical Food options

ALTERNATIVE MEDICAL FOOD OPTIONS

<p>UltraClear® Plus pH*</p>	<p>Fortified rice protein with potassium citrate and sesame oil, glycine and magnesium sulfate, as well as green tea catechins, vitamin C, and beta-carotene</p>	<p>2 scoops daily</p>	<p>Provides advanced, specialized support for balanced metabolic detoxification while helping to promote alkalization and support Phase II liver detoxification</p>
<p>UltraClear® Renew*</p>	<p>Pea/rice protein blend with xanthohumol as XNT ProMatrix®, broccoli sprout and floret powder as Brassinase™, and prune and pomegranate extracts, along with N-acetyl-L-cysteine, green tea catechins, and beta-carotene and vitamins C and E</p>	<p>2 scoops daily</p>	<p>Delivers advanced, specialized nutritional support for Phase I, II, and III detoxification, with enhanced support for the body's natural alkalisation and heavy metal metabolism processes</p>
<p>UltraGI Replenish***</p>	<p>Pea/rice protein blend including prebiotic isomalto-oligosaccharides (IMOs) and nature-identical human milk oligosaccharides (HMOs, as PreBiome 2'-FL and L-alanyl-L-glutamine an advanced alanine-glutamine dipeptide designed for enhanced absorption, stability, and solubility</p>	<p>2 scoops daily</p>	<p>Provides specialized macro-and micronutrient support for patients challenged by compromised gut function with digestive disorders including malabsorption</p>
<p>UltraInflamX® Plus 360**</p>	<p>Pea/rice protein base including patented curcumin blend, CurQfen and XNT ProMatrix®, a patented hops extract</p>	<p>2 scoops daily</p>	<p>Provides strategic macro- and micronutrient support for patients with compromised gut function resulting from inflammatory bowel disease, including ulcerative colitis and Crohn's disease</p>

ADDITIONAL DETOXIFICATION OPTIONS

For additional antioxidant and phase II detoxification support

Product Name	Key Ingredients	Dosage	Description
SulforaClear™	Broccoli Sprout and Floret Powder	1 capsule daily	Features Brassinase™—a unique combination of broccoli ingredients that supply standardized amounts of glucoraphanin and active myrosinase enzyme to help support sulforaphane production
If with constipation			
Mag Citrate™	Blend of magnesium citrate and calcium citrate	3 tablets daily	Supports muscle contraction and relaxation responses during rest or vigorous activity
If with fatigue symptoms			
NutraGems CoQ10 300®	Emulsified CoQ10	1 gel tab daily	Essential for energy production and mitochondrial health
To support clearance and protect against damage from 'heavy' metal toxicity			
MetalloClear®	Proprietary blend of hops and luduxin®, turmeric, andrographis and zinc	3 tablets once or twice daily with food	Offers specialised nutritional support designed to enhance liver detoxification activities and may up-regulate the genetic expression of enzymes involved in the metabolism of some heavy metals
If with poor bile flow, compromised gall bladder function (nauseated by fats)			
Lipo-Gen™	Unique blend of lipotropic nutrient	1-2 tablets twice daily	Features a unique blend of lipotropic nutrients combined with select amino acids, vitamins, and a proprietary extract of herbs to support healthy liver and gallbladder function
If requiring extra support for oestrogen clearance			
EstroFactors	Rice Protein Matrix and Polyphenols from Hops, Diindolylmethane (DIM) Complex, Decaffeinated Green Tea, N-Acetyl-L-Cysteine	2 capsules once or twice daily	Supports phase II liver detoxification pathways for healthy oestrogen biotransformation
If requiring kidney detoxification and protection against free radical damage			
Renagen DTX	B vitamins, Cordyceps Mycelium Extract, Chinese Salvia Root, N-Acetylcysteine	1 capsule once or twice daily	Promotes healthy kidney detoxification and protect against free radical damage

Point-of-care Tests

TEST / SCREEN	INTERPRETATION GUIDELINES
Metabolic Detoxification Questionnaire	Screening questionnaire to help assess the requirement for detoxification, and the most highly indicated Detoxification program for the patient. It is recommended to use before embarking on detoxification, and again upon completion and for ongoing screening of detoxification capability.
Health Appraisal Questionnaire	This comprehensive review of the patient's symptoms can be completed before your initial appointment, and enables you to identify areas that are likely to be more heavily burdened with toxicity.
Zinc Taste Test	This quick and inexpensive test provides the patient with immediate feedback as to their likely requirements for zinc supplementation. Adequate zinc status is critical to successful detoxification. <ul style="list-style-type: none"> • Category 1 – tastes like water – indicates serious deficiency • Category 2 – delayed dry furry or sweet taste • Category 3 – immediate unpleasant taste intensifying with time – indicates improving zinc status • Category 4 – immediate, strongly unpleasant, even nauseating, taste – indicates optimal zinc levels
BioImpedance Analysis	BIA is an electronic test which monitors aspects of cellular function and body composition that may be related to inflammation, energy production and nutritional status

Certain persons, considered experts, may disagree with one or more of the foregoing statements, but the same are deemed, nevertheless, to be based on sound and reliable authority. No such statements shall be construed as a claim or representation as to Metagenics® products, that they are offered for the diagnosis, cure, mitigation, treatment or prevention of any disease.