

# Absolute Cleanse Vanilla



## Clinical Applications

- Supports Natural Detoxification Mechanisms\*
- Supports a Balanced Cytokine Profile\*
- Supports Gastrointestinal Health\*
- Lactose-Free Vegan Protein \*

***Absolute Cleanse** is a comprehensive, monk-fruit-extract-sweetened, low-allergy-potential dietary supplement designed to support gastrointestinal (GI) function and balanced detoxification. It features Proveggie Fusion, Absolute Health's proprietary amino acid and pea/rice protein blend; Aminogen®, to facilitate protein absorption; phytonutrients; mineral amino acid chelates; and activated B vitamins, including Quatrefolic® and methylcobalamin. In conjunction with a modified elimination diet, Absolute Cleanse addresses GI and hepatic function as well as eicosanoid balance and cytokine metabolism. This formula is suitable for vegans.*

All Absolute Health Formulas Meet or Exceed cGMP Quality Standards

## Discussion

Absolute Cleanse contains macro- and micronutrients, as well as a host of ingredients (some patented or proprietary) that support fatty acid metabolism, gastrointestinal health, and healthy eicosanoid and cytokine metabolism. Activated cofactors support mitochondrial energy production needed for biotransformation and detoxification. This formula's ingredients help moderate phase I detoxification, upregulate and support phase II pathways, and provide antioxidant support as well.\*

**Protein Metabolism** Proveggie Fusion is Absolute Health's proprietary blend of pea protein isolate and rice protein concentrate, L-glutamine, glycine, and taurine. Generation of glutathione and sulfation cofactors—vital for phase II conjugation—requires an array of amino acids. The combination of pea protein and rice protein, containing a complement of amino acids, achieves an amino acid score of 100%. Glutamine, a conditionally essential and versatile amino acid with two nitrogen moieties, is crucial to nitrogen metabolism and helps maintain healthy liver tissue and function.<sup>1,2</sup> The amino acid glycine is needed for bile synthesis, phase II detoxification, and glutathione production. Taurine, a derivative of the sulfur-containing amino acid cysteine, is also important for synthesis of bile salts and helps stabilize cell membranes.

**Gastrointestinal Support** Ginger root, included to support healthy digestion such as the release of bile from the gallbladder, acts at several sites to moderate PGE(2) production and support the normal response to inflammation.<sup>3</sup> Fiber (from inulin and flaxseeds) supports production of short-chain fatty acids as well as a healthy intestinal flora. MeadowPure™, an organic flaxseed complex, possesses excellent oxidative stability, supports antioxidant activity, and provides lignins, soluble fiber, and omega-3 and omega-6 essential fatty acids.<sup>4</sup> Glutamine plays a key role in healthy intestinal cell proliferation and gut barrier integrity, immune function, and normal tissue healing.<sup>1,2</sup>

**Detoxification Support** Ellagic acid (from pomegranate extract) prevents over-induction of CYP1A enzymes, works at the gene level to induce synthesis of glutathione-S-transferases and other phase II activities, binds directly to toxins, and protects DNA and hepatocytes.<sup>5,6</sup> Watercress is a rich source of beta-phenylethyl isothiocyanate (PEITC)—a versatile compound found to inhibit phase I enzymes and induce the phase II enzymes associated with biotransformation and excretion of toxins. Watercress has been found to contain even stronger phase II inducers known as 7-methylsulfinylheptyl and 8-methylsulfinyloctyl isothiocyanates as well.<sup>7,8</sup> Green tea catechins not only support antioxidant activity but also appear to act as modulators of phase I and phase II detoxification.<sup>9</sup> Choline is present to support lipid metabolism in the liver and can be converted to betaine, a methyl donor.<sup>10</sup>

The active, bioavailable form of B vitamins (pyridoxal-5'-phosphate (B6), 5-methyltetrahydrofolate (folate), methylcobalamin (B12) and glycine all support amino acid conjugation and are vital for the detoxification of xenobiotics and xenoestrogens. 5-methyltetrahydrofolate (5-MTHF), methylcobalamin, betaine, and methylsulfonylmethane (MSM) are present to support methylation and detoxification. 5-MTHF supports healthy folate nutrition, especially in individuals with variations in folate metabolism. In Absolute Cleanse, 5-MTHF is provided as Quatrefolic® for enhanced stability, solubility, and bioavailability.<sup>11</sup>

**Preventium®**, a patented form of potassium hydrogen d-glucarate, supports glucuronidation. Sulfation is supported by MSM and sodium sulfate. Acetylation is supported by d-calcium pantothenate, pyridoxal-5'-phosphate, and magnesium. Several minerals in Absolute Cleanse are provided as Albion® mineral chelates and TRAACS® mineral amino acid chelates for enhanced gastrointestinal absorption and bioavailability.<sup>12</sup>

**Antioxidant Support and Cytokine Balance** Bioflavonoids, quercetin, rutin, and curcumin support antioxidant activity, counter free radicals, and support healthy eicosanoid and cytokine metabolism.<sup>13,14</sup> Curcumin has a long history of use for its support of a normal, healthy response to inflammation.<sup>15</sup> N-acetylcysteine (NAC) stimulates glutathione synthesis, enhances glutathione-S-transferase activity, and promotes detoxification.<sup>16</sup> Selenium glycinate provides support for glutathione metabolism and antioxidant protection.

Absolute Cleanse provides an array of nutrients that supports gastrointestinal health; detoxification and antioxidant mechanisms; and a normal, healthy response to inflammation and cytokine balance. This formula is designed to be used as part of a step-approach cleanse in conjunction with a modified elimination plan.

\*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.

Absolute Health  
7350 SW 60th Ave., Suite 2  
Ocala, FL 34476  
www.AbsoluteHealthOcala.com

Absolute Cleanse Vanilla

