

# Complete Cleanse Chocolate



## Clinical Applications

- Supports Improved Body Composition\*
- Supports Immune Function by Providing Immunoglobulins and Other Immune Factors\*
- Supports Healthy Cytokine Production\*
- Supports Intestinal Health\*
- Supports Detoxification\*

**Complete Cleanse** represents an innovative approach to biotransformation for individuals whose health is constantly challenged. This all-natural, fructose-free formula includes ingredients that promote overall gastrointestinal health and support detoxification mechanisms and cytokine balance in the body. Complete Cleanse features patented and proprietary ingredients, including 21g of Proveggie Fusion, a non-GMO, vegetable-based protein, as well as glucoraphanin, a prebiotic. Practitioners have reported best results when Complete Cleanse is combined with a modified elimination diet.\*

All Absolute Health Formulas Meet or Exceed cGMP Quality Standards

## Discussion

**Proveggie Fusion** Absolute Health's proprietary blend of pea protein concentrate, pea protein isolate, glycine, taurine, rice protein concentrate, and L-glutamine provides 21 g of plant-based protein per serving of Complete Cleanse. Vegan Protein Blend is easily digested, is gluten-free, and achieves an amino acid score of 100%.<sup>1,2</sup> This amino acid profile supports protein metabolism and lean body mass. Aminogen® enhances protein digestibility and absorption.\*

**Immune Health** Complete Cleanse has an immunoglobulin concentrate from colostrum whey peptides that delivers a minimum of 40% IgG immunoglobulin along with an array of compounds, including growth factors, sialic acid, lactoferrin, proinflammatory peptides (PRPs), oligosaccharides, and gangliosides. Each of these components provides the user with different and complementary health benefits, such as fundamental support of immune function and modulation, lean body mass, brain and thymus health, microbiota modulation, and cytokine balance.\*<sup>3</sup>

Oral consumption of immunoglobulins derived from colostrum is a means of supporting passive immunity, protecting the body, and eliminating unwanted molecules.<sup>4-7</sup> The most versatile, IgG, is capable of carrying out all of the functions of immunoglobulin molecules, accounting for Immune Blend's broad range of immune supportive effects.<sup>8</sup> Review of the research confirms that bovine colostrum supplementation confers other benefits, such as the maintenance of gastrointestinal integrity.<sup>9-11</sup> Oral immunoglobulins have been used in sports nutrition to support lean body mass,<sup>12</sup> physical exercise, and recovery following high-intensity training.<sup>9,13</sup> The 2.5 grams of immunoglobulins in each serving of Complete Cleanse contribute to individual dosing requirements.\*

**Sulforaphane** (glucoraphanin) This patented plant-based ingredient, also known as sulforaphane glucosinolate, is extracted from one of its most concentrated cruciferous sources—broccoli seeds.<sup>14</sup> An abundance of research demonstrates that when glucoraphanin is broken down to its active form, sulforaphane, it safely and effectively upregulates the body's natural phase II detoxification enzymes.<sup>15-17</sup> This activity in turn supports antioxidant activity and helps protect cells, cell membranes, and tissues from free-radical damage.\*

**Arabinogalactan** Sourced from the larch tree, arabinogalactan is a non-digestible, soluble dietary fiber that contains arabinose and galactose monosaccharides. It is considered an excellent source of fiber, favorably supports gut microflora as a prebiotic, and serves as a precursor to short-chain fatty acids, all elements that help support gastrointestinal health.\*<sup>18,19</sup>

\*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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## Nutrition Facts

Serving Size 2 Scoops (about 49g)  
Servings Per Container About 14

Amount Per Serving		
<b>Calories</b> 170	Calories From Fat 40	
		<b>% Daily Value*</b>
<b>Total Fat</b> 4.5g		<b>7%</b>
Saturated Fat 1.5g		8%
<b>Sodium</b> 370mg		<b>15%</b>
<b>Potassium</b> 370mg		<b>11%</b>
<b>Total Carbohydrate</b> 18g		<b>6%</b>
Dietary Fiber 8g		32%
Sugars 6g		
<b>Protein</b> 21g		<b>30%</b>
Calcium 6%		Iron 30%

Not a significant source of trans fat, cholesterol, vitamin A, or vitamin C.

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

**INGREDIENTS:** Provelge Fusion (Absolute Health's proprietary blend of pea protein concentrate, pea protein isolate, glycine, taurine, rice protein concentrate, and L-glutamine), dried cane syrup, fiber complex (inulin (from chicory) and oat fiber), cocoa powder, sunflower oil, natural flavors (no MSG), Sulforaphane Extreme (immunoglobulin protein concentrate), arabinogalactan, cellulose gum, xanthan gum, medium-chain triglyceride oil, tripotassium citrate, AMINOGEN<sup>®</sup> (proprietary plant enzyme blend), Cell Support (SGS<sup>™</sup> broccoli seed extract), guar gum, stevia leaf extract, and silica.

**CONTAINS: MILK**



### Per Serving (2 Scoops) of Complete Cleanse:

<b>Sulforaphane Extreme</b>	<b>2.5</b>
<b>Arabinogalactan</b>	<b>1 g</b>
<b>Glucoraphanin (from Cell Support)</b>	<b>30 mg</b>



AMINOGEN<sup>®</sup> is a registered trademark of Titarco Industries. AMINOGEN<sup>®</sup> is protected under US patent 5,387,422.



Produced under US patents 5,725,895; 5,968,505; 5,968,567; 6,177,122; and 6,242,010 (licensed from Brassica Protection Products LLC). SGS is a trademark of Brassica Protection Products LLC.

## Directions

Blend, shake, or briskly stir 2 level scoops (49g) into 8-12 oz chilled water and consume one to two times daily, or as directed by your healthcare practitioner. Adjust amount of water to desired sweetness and thickness.

Consult your healthcare provider prior to use. Individuals taking blood thinners or other medication should discuss potential interactions with their healthcare practitioner. Do not use if tamper seal is damaged. The labeling on this product does not comply with California's Proposition 65. Therefore, it may not be sold in California.

## Does Not Contain

Wheat, gluten, yeast, soy fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners, or artificial preservatives.

### Typical Amino Acid Profile Per Serving:

Alanine	926 mg	Methionine	271 mg
Arginine	1,766 mg	Phenylalanine	1,157 mg
Aspartic Acid	2,446 mg	Proline	966 mg
Cysteine	252 mg	Serine	1,232 mg
Glutamic Acid	3,520 mg	Threonine	500 mg
Glycine	2,883 mg	Taurine	887 mg
Histidine	544 mg	Tryptophan	227 mg
Isoleucine	949 mg	Tyrosine	851 mg
Leucine	1,793 mg	Valine	1,120 mg
Lysine	1,597 mg		

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