



BIO THERAPEUDIX

PROFESSIONAL USE DIETARY SUPPLEMENTS

Clean, Green & Lean


28 DAY METABOLIC CLEANSE PROGRAM



Clean, Green & Lean

Metabolic Cleanse Program

According to the latest report from the United States Centers for Disease Control (www.cdc.gov/exposurereport) over 110 toxic environmental chemicals have been found in virtually every North American resident.



These same toxicants have been shown to cause the most common healthcare problems as well, including: fatigue, obesity, diabetes, asthma, allergies, autoimmunity, chemical sensitivity, brain fog, memory and mood problems, infertility, ADHD, autism and hundreds of other problems.

Fortunately, the vast majority of these powerful poisons can be rapidly cleared from your body once you stop the ongoing exposures. This means that reducing your intake of toxicants in your home air and in your diet are *critical steps* for you to regain your health and vitality.

In addition to reducing your intake of toxicants the nutritional formulas in this kit will assist your body by supporting the rapid clearance of the toxicants, supporting the ability of the body to repair the damage done by the toxicants, and replenish the levels of nutrients most commonly depleted by our toxic environment.

Clean, Green & Lean Metabolic Cleanse Program



This 28 Day Metabolic Cleanse Program combines the easy-to-follow toxicant avoidance steps for the diet and the home, as found in Dr. Walter Crinnion's book *Clean, Green & Lean*, with targeted nutritional formulas that support and assist the body in clearing toxicants and restoring metabolic balance —

CGL GI Soothe is a combination of specially processed vegetarian rice protein with added vitamins, minerals, amino acids and botanicals that may support the liver in metabolizing toxic compounds.*

CGL Berry Greens is a delicious, energizing phytonutrient powder mix loaded with certified organic, whole food plant extracts supplying a super blend of completely natural vitamins, trace minerals, powerful antioxidants with healthy probiotics.* The 1 gram of fiber in each scoop also promotes healthy bowel flora, which is key in whole body health and proper cleansing.*

CGL Broccolinate is a broccoli extract containing all the powerful sulforaphane compounds that support the liver to clear toxic compounds.* This formula works by supporting two of the major Phase 2 liver pathways. Broccoli is one of the main super nutrients and is foundational in overall health.*

CGL DualTox is a powerful combination of botanicals and nutrients that further support the liver in clearing toxic compounds efficiently.*

CGL MagPlex provides the highly absorbable magnesium lysyl glycinate chelate combined with Albion® Advanced Nutrition's patented di-magnesium malate.* Magnesium is one of the most commonly deficient nutrients in all individuals and is lost in higher amounts in the presence of environmental toxicants.*

It is all about feeling healthier *and more vital* —

In the introduction and the first chapter of *Clean, Green & Lean* the most common health problems caused by environmental overload are listed.

In the chart on the opposite page, please list your top 10 health complaints and rate them on a scale of 1-10 (one being very minor, 10 being as bad as it can get). Also note how many times a day these problems bother you.

Health Problems

List Below

Before CGL

Rating (1-10) // # of Times

After CGL

Rating (1-10) // # of Times

[illegible]

Beginning the *Clean, Green & Lean* 28-Day metabolic cleanse.

Week 1 — Eating Clean, Green & Lean

Follow the recommendation in chapter 7 of the *Clean, Green & Lean* book to avoid the most toxic foods — food high in sugar and chemical junk, and the foods that cause the bulk of most peoples health symptoms (sugar, wheat etc.). If you find that you are strongly resisting the notion of removing any of those foods, my response would be that you have identified the food(s) to which you are most addicted and that is causing you the most health problems.

Right now you only know how much you love the food and that you cannot conceive of life without it. But, you have no idea how much it might be adversely effecting you. **The only way to know is to completely eliminate it from your diet** (in all forms) for two weeks and see how you feel. then add it back in and see if any of your chronic health complaints that miraculously vanished have returned within a day of eating your favorite food again.

Beginning on Day 1 take all of the accompanying nutrient formulas at the recommended doses.



CGL Original ProGI

2 scoops once daily (usually in the morning as a protein replacement)



CGL DualTox

3 capsules daily



CGL BrocColinate

2 scoops once daily (usually in the morning as a protein replacement)



CGL Berry Greens

1 scoop daily (10g)



CGL MagPlex

2 capsules daily

Week 2 — Your Home On a Diet

Follow the recommendations in chapter 7, using the worksheets provided to begin going through your house to control the toxicants in the air. The most important steps to take can often be the simplest.

It is highly recommended that you follow the recommendations under: 1. Breathe easy on page 181 as this will make a huge and lasting impact on your and your families health.

This is also the time to go through your personal care products and get rid of anything that contains PHTHALATES (pronounce Thal – ates). Phthalates are present in ALL fragrances and in many other personal care products. Phthalates are directly linked to obesity, infertility and a host of other health problems. So, dump the phthalates now.\

Weeks 3 & 4 — Keep Up The Program

You're doing great! And undoubtedly feeling better, so just keep it up.

At the end of week 4, be sure to go back to back to page 5 of this booklet and re-grade your chief health complains from four weeks ago.



Dr. Walter Crinnion
Clean, Green & Lean

available on hardcover, Kindle®, and Audible.

GET RID OF THE TOXINS THAT MAKE YOU FAT

CLEAN, GREEN & LEAN

**DROP THE WEIGHT
IN 30 DAYS**

DR. WALTER CRINNION

Foreword by Dr. Peter J. D'Adamo

Dr. Crinnion's *Clean, Green & Lean* is the product of over 27 years of naturopathic medical practice, revealing the way that the minute levels of toxicants in our air, food and water can build up over time leading to the most common debilitating health problems that we all have. Not only are these common health complaints (including fatigue, obesity, allergies, chemical sensitivities, diabetes, fibromyalgia and autoimmunities) increasing in frequency, but standard and alternative medical practitioners are often ineffective at treating them. **Why? Because they are missing the real cause of these problems – the toxicant connection.**

This book takes you step-by-step through your home, personal care products and kitchen and helps you to reduce the amount of toxicants that you get daily from your home air and food.

Then the book instructs you on how to begin to reduce the load of toxicants in your body by carefully choosing to consume things like green veggies, green tea and brown rice – all of which have been shown to increase the amount of toxicants in our toilets!



CGL Original ProGI

Gastrointestinal & Hepatic Support*

Key Benefits:

- Whole Body Anti-Swelling Support*
- Provides Comprehensive Phase II Hepatic Detoxification*
- Gastrointestinal Restoration and Elimination Support*

CGL Original ProGI is an easily digestible functional food, with hypoallergenic rice protein, providing whole body support including the swelling of the intestinal tract, skin and joints.* Additionally, this formula provides comprehensive Phase II hepatic detoxification along with gastrointestinal restoration and elimination support.* The specially processed rice protein in this formula provides a full complement of essential and nonessential amino acids, including the sulfur-containing amino acids cysteine and methionine.* Ellagic acid, watercress, and calcium-D-glucarate are involved in phase II detoxification of xenobiotic compounds.* N-acetyl cysteine is a valuable precursor to glutathione, which aids in hepatic function and detoxification pathways.* In addition, it also has the potential to bind heavy metals such as mercury and cadmium.* Methylsulfonylmethane (MSM) is an excellent source of bioavailable sulfur, an essential micronutrient vital for healthy tissues.* This formula is ideal for patients needing support with liver detoxification, GI health, immune issues, gut villi swelling issues and heavy metal detoxification.*

Two Scoops Contain:

Calories	195
Calories from Fat	11
Total Fat.....	2.85 g
Saturated Fat.....	0.5 g
Trans Fat.....	0 g
Sodium.....	70 mg
Potassium.....	1,100 mg
Total Carbohydrates.....	13 g
Dietary Fiber	3.3 g
Sugars.....	1.3 g

Protein.....	26 g
Vitamin A (as mixed carotenoids)	2,500 IU
Vitamin C (as sodium ascorbate)	250 mg
Vitamin D-3 (as cholecalciferol).....	100 IU
Vitamin E (as d-alpha tocopherol acetate)	125 IU
Thiamin (as thiamin hydrochloride)	15 mg
Vitamin B-2 (as riboflavin-5'-phosphate).....	5 mg
Niacin (as niacin and niacinamide)	40 mg
Vitamin B-6 (as pyridoxal-5'-phosphate).....	6 mg
Folate	400 mcg
5-MTHF (6S-5-methyltetrahydrofolic acid, glucosamine salt†)	200 mcg
Folinic Acid	200 mcg
Vitamin B-12 (as methylcobalamin).....	50 mcg
Biotin.....	150 mcg
Pantothenic Acid (as d-calcium pantothenate).....	35 mg
Calcium (DimaCal™ di-calcium malate)	320 mg
Phosphorus (as di-potassium phosphate).....	600 mg
Iodine (as potassium iodide).....	60 mcg
Magnesium (as di-magnesium malate)	280 mg
Zinc (TRAACS® zinc glycinate chelate)	10 mg
Selenium (as selenium glycinate complex).....	100 mcg
Manganese (TRAACS® manganese glycinate chelate)	2 mg
Chromium (TRAACS® chromium nicotinate glycinate chelate)	60 mcg
Molybdenum (TRAACS® molybdenum glycinate chelate)	35 mcg
Flaxseed Complex (stabilized)	6,000 mg
L-Glutamine.....	4,316 mg
L-Glycine	1,500 mg
L-Threonine.....	895 mg
L-Lysine.....	870 mg
Aminogen® (patented enzyme blend)	300 mg
Calcium D-Glucarate	250 mg
Ellagic Acid (from pomegranate extract).....	250 mg
Betaine (as betaine trimethylglycine).....	250 mg
Lemon Bioflavonoids.....	250 mg
Quercetin.....	250 mg
Rutin.....	200 mg
Turmeric Extract (95% curcuminoids; rhizome)	200 mg
L-Taurine	175 mg
Ginger Extract (powder; root) (Zingiber officinale).....	150 mg
N-Acetyl Cysteine (NAC).....	150 mg
MSM (methyl-sulfonyl-methane)	120 mg
Watercress Herb Powder.....	100 mg
Choline (as choline bitartrate)	100 mg
Green Tea Extract.....	82 mg
(std. to 95% polyphenols, 45% EGCG, 75% catechins)	
Sodium Sulfate	80 mg

Other Ingredients: Rice protein, whole grain brown rice syrup solids, natural vanilla flavor, guar gum, xanthan gum. **CGL Vanilla ProGI also contains stevia.**

Free of: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy. Does not contain artificial colors or preservatives.

TRAACS and the Albion Medallion are trademarks of Albion Laboratories, Inc. Aminogen® is a registered trademark of Triarco Industries and is protected by U.S. Patent No. 5,387,422.

†**Quatrefolic® 5-MTHF.** Quatrefolic® is trademarked by Gnosis S.p.A. Patent No. 7,947,662.



CGL Berry Greens

Greens Formula Featuring High ORAC & Mangosteen

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CGL Berry Greens is an easy mixing, great tasting and energizing “phytonutrient” powder mix loaded with certified organic, whole food plant extracts.* It also supplies a super blend of completely natural vitamins, ionic trace minerals, enzymes, antioxidants, phytonutrients and symbiotic intestinal flora for maximum energy, metabolism, digestion, detoxification, immunity, repair, recovery, revitalization and longevity.* ORAC (Oxygen Radical Absorbance Capacity) is a method of measuring antioxidant capacities of different foods. High antioxidant capacity is believed to play an important role in the elimination of free radicals.

One Scoop (10 g) Contains:

Calories	50
Calories from Fat	25
Total Fat.....	2.5 g
Saturated Fat.....	< 1 g
Trans Fat	0 g
Cholesterol	0 g
Sodium.....	20 mg
Total Carbohydrates.....	5 g
Dietary Fiber	1 g
Sugars (not added)	1 g
Protein.....	1 g
Vitamin A (as beta-carotene).....	25% DV

Vitamin C	1,500% DV
Calcium	2% DV
Iron	10% DV
Berry Blend†.....	1,300 mg
Antioxidant Blend†.....	1,800 mg
Vegetable Blend†.....	1,800 mg
Digestive and Colon Support Blend†	2,100 mg
Super Antioxidant Blend†	3,000 mg

†See detailed contents below:

Berry Blend 1,300 mg

Açai berry (certified organic), goji berry (certified organic), raspberry powder, strawberry powder, blueberry leaf extract, vitamin c, natural raspberry, natural strawberry and natural blueberry antioxidant flavors.

Antioxidant Blend 1,800 mg

Barley grass juice powder (certified organic), spirulina (certified organic), Alfalfa ConcenTrace™ Ionic Trace Minerals (certified organic), chlorella (Japanese cracked cell wall).

Vegetable Blend..... 1,800 mg

Carrot juice powder (certified organic), broccoli juice powder (certified organic), cauliflower juice powder (certified organic), spinach juice powder (certified organic), parsley juice powder (certified organic).

Digestive & Colon Support Blend 2,100 mg

Bromelain extract (600 GDU per gram), papain, protease, amylase, lipase, cellulase, lactase, oat beta glucan, apple fiber pectin, sprouted barley malt, *Lactobacillus acidophilus*, *Bifidobacterium longum*, *Lactobacillus casei*, *Lactobacillus rhamnosus*.

Super Antioxidant Blend..... 3,000 mg

Red beet root powder (certified organic), aloe vera leaf powder (certified organic), cinnamon powder (certified organic), mangosteen, concord grape powder, acerola cherry powder, milk thistle seed extract (80% silymarin), pomegranate powder 4:1, turmeric rhizome extract (85% curcuminoids), Atlantic kelp powder, decaffeinated green tea extract (60% polyphenols), quercetin (98% dihydrate), *polygonum cuspidatum*, trans-resveratrol (50%), non-alcoholic red wine extract, grape seed extract, blueberry leaf extract, lecithin (non GMO), vegetable and fruit extract antioxidant blend, licorice (Glycomil).

Other Ingredients: Stevia, ascorbic acid.

Free of: Dairy, wheat, preservatives or MSG.



CGL MagPlex

Muscle, Nerve and Energy Support*

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CGL MagPlex features the highly absorbable magnesium lysyl glycinate chelate and the patented di-magnesium malate from Albion® Advanced Nutrition, the world leader in patented mineral amino acid chelate and organic mineral acid complex research and development.* This formula features Albion® Advanced Nutrition's mineral technology to provide the highest quality minerals for optimal absorption and utilization.* Magnesium is involved in over 300 enzyme-related processes including cardiac, muscle and nerve function and the production of ATP for energy.* Magnesium also plays a role in supporting optimal bone density and maintenance of blood glucose levels.*

One Capsule Contains:

Magnesium..... 125 mg
(TRAACS® magnesium lysyl glycinate chelate and di-magnesium malate)

Other Ingredients: HPMC (vegetable capsule), MCC (microcrystalline cellulose), rice flour, ascorbyl palmitate, silica.

Free of: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.

TRAACS and the **Albion Medallion** design are registered trademarks of Albion Laboratories, Inc. Malate covered by Albion International, Inc. U.S. Patent 6,706,904 and patents pending.

CGL DualTox

Dual Phase Optimizers to Support Phase I & II Detox*

CGL DualTox is designed to promote balanced activity between Phase I and Phase II of the body's detoxification processes.* It has been formulated to contain select ingredients to support healthy detoxification and enhance the activities of hepatic detoxification enzymes.* The term Dual Phase Optimizers (DPO) refers to those nutrients that have the ability to simultaneously influence and "optimize" the activity of certain Phase I enzymes as well as Phase II enzymes. By balancing and promoting these hepatoprotective properties these substances can favorably influence toxin metabolism and elimination.* The 5-MTHF in this formula – Quatrefolic® – is the most biologically active form of folate, allowing rapid uptake into the bloodstream.* The 5-MTHF in this formula is also known as the "L" form of 5-MTHF since it is the reduced form of folate.

Four Capsules Contain:

Vitamin B-6 (as pyridoxal-5'-phosphate).....	50 mg
Folate	800 mcg
Provided As:	
5-MTHF (6S-5-methyltetrahydrofolic acid, glucosamine salt†)	400 mcg
Folinic Acid	400 mcg
Vitamin B-12 (as methylcobalamin).....	200 mcg
Artichoke Leaf Extract.....	600 mg
Watercress Herb Powder.....	500 mg
Silymarin (as milk thistle seed extract).....	250 mg
Alpha-lipoic Acid.....	200 mg
N-Acetyl Cysteine (NAC).....	200 mg
Sodium Sulphate	200 mg
Catechins (from green tea leaf extract)	150 mg
Ellagic Acid (from pomegranate fruit)	100 mg
MSM (methyl-sulfonyl-methane).....	100 mg
Calcium D-Glucarate.....	100 mg

Other Ingredients: HPMC (vegetable capsule, MCC (microcrystalline cellulose), rice flour, ascorbyl palmitate, silica.

Free of: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.

†As Quatrefolic® 5-MTHF. Quatrefolic® is a registered trademark of Gnosis S.p.A. Patent number 7,947,662.



