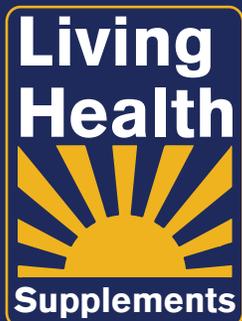


HepatoGastro Cleanse



Clinical Applications

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

*HepatoGastro Cleanse is a comprehensive, fructose-free, low-allergy-potential dietary supplement designed to support gastrointestinal (GI) function, balanced detoxification, and a normal, healthy response to inflammation. It features Vegan Protein Blend, Living Health Integrative Medicine'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, HepatoGastro Cleanse addresses GI and hepatic function as well as eicosanoid balance and cytokine metabolism. This formula is suitable for vegans.**

All Living Health Integrative Medicine Formulas Meet or Exceed cGMP Quality Standards

Discussion

HepatoGastro 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

Vegan Protein Blend is Living Health Integrative Medicine'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.^[1,2] 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 including the release of bile from the gallbladder, acts at several sites to moderate PGE(2) production and support the normal response to inflammation.^[3] 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.^[4] **Glutamine** plays a key role in healthy intestinal cell proliferation and gut barrier integrity, immune function, and normal tissue healing.*^[1,2]

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.^[5,6] **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 was found to contain even stronger phase II inducers known as 7-methylsulfinyheptyl and 8-methylsulfinyloctyl isothiocyanates as well.^[7,8] **Green tea catechins** not only support antioxidant activity but also appear to act as modulators of phase I and phase II detoxification.^[9] **Choline** is present to support lipid metabolism in the liver and can be converted to betaine, a methyl donor.*^[10]

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 those with variations in folate metabolism. In HepatoGastro Cleanse, 5-MTHF is provided as Quatrefolic® for enhanced stability, solubility, and bioavailability.*^[11]

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 HepatoGastro Cleanse are provided as Albion® mineral chelates and TRAACS® mineral amino acid chelates for enhanced gastrointestinal absorption and bioavailability.*^[12]

Antioxidant Support and Cytokine Balance

Bioflavonoids, quercetin, rutin, and curcumin support antioxidant activity, counter free radicals, and support healthy eicosanoid and cytokine metabolism.^[13,14] Curcumin has a long history of use for its support of a normal, healthy response to inflammation.^[15] **N-acetyl-cysteine (NAC)** stimulates glutathione synthesis, enhances glutathione-S-transferase activity, and promotes detoxification.^[16] **Selenium glycinate** provides support for glutathione metabolism and antioxidant protection.*

HepatoGastro 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.**

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HepatoGastro Cleanse

Supplement Facts

Serving Size: 2 Scoops (61 g)
Servings Per Container: About 14

Amount Per Serving	%Daily Value*			
Calories 240				
Calories from Fat 80				
Total Fat 9 g		14%		
Saturated Fat 3.5 g		18%		
Total Carbohydrate 15 g		5%		
Dietary Fiber 4 g		16%		
Sugars 6 g		**		
Protein 26 g		52%		
Vitamin A (as natural beta-carotene)	2500 IU	50%	MeadowPure® Stabilized Flaxseed Complex	5.6 g **
Vitamin C (as sodium ascorbate)	250 mg	417%	Alpha-Linolenic Acid	1.26 g **
Thiamin (as thiamine HCl)	15 mg	1000%	Linoleic Acid	392 mg **
Riboflavin (as riboflavin 5-phosphate sodium)	5 mg	294%	Pomegranate Extract (<i>Punica granatum</i>)(hull)(40% ellagic acid)	400 mg **
Niacin (as niacinamide and niacin)	40 mg	200%	Betaine Anhydrous (trimethylglycine)	250 mg **
Vitamin B6 (as pyridoxal 5-phosphate)	5 mg	250%	Lemon Bioflavonoid Complex (<i>Citrus x limon</i>) (fruit peel)(25% bioflavonoids)	250 mg **
Folate (as (6S)-5-methyltetrahydrofolic acid, glucosamine salt†)	200 mcg	50%	Quercetin (as quercetin dihydrate from <i>Dimorphandra mollis</i>)(bud)	250 mg **
Vitamin B12 (as methylcobalamin)	50 mcg	833%	Preventium® (potassium D-glucuronate)	250 mg **
Biotin	150 mcg	50%	Rutin (from <i>Sophora japonica</i>)(bud)	200 mg **
Pantothenic Acid (as D-calcium pantothenate)	35 mg	350%	Turmeric Extract (<i>Curcuma longa</i>)(rhizome) (95% curcuminoids)	200 mg **
Calcium (as DimaCal® Dicalcium Malate and ingredients with naturally occurring calcium)	240 mg	24%	N-Acetyl-L-Cysteine	150 mg **
Iron (naturally occurring)	7 mg	38%	Ginger (<i>Zingiber officinale</i>)(rhizome)	150 mg **
Phosphorus (as dipotassium phosphate)	125 mg	12%	Methylsulfonylmethane (MSM)	120 mg **
Iodine (as potassium iodide)	60 mcg	40%	Choline (as choline bitartrate)	100 mg **
Magnesium (as DiMagnesium Malate)	140 mg	35%	Sodium Sulfate Anhydrous	100 mg **
Zinc (as TRAAACS® Zinc Bisglycinate Chelate)	10 mg	67%	Watercress (<i>Nasturtium officinale</i>)(leaves)	100 mg **
Selenium (as Selenium Glycinate Complex)	100 mcg	143%	Green Tea Aqueous Extract (<i>Camellia sinensis</i>)(leaf) (80% polyphenols, 60% catechins, 30% EGCG, 6% caffeine)	82 mg **
Manganese (as TRAAACS® Manganese Bisglycinate Chelate)	2 mg	100%		
Chromium (as TRAAACS® Chromium Nicotinate Glycinate Chelate)	60 mcg	50%		
Molybdenum (as TRAAACS® Molybdenum Glycinate Chelate)	35 mcg	47%		
Sodium (naturally occurring)	480 mg	20%		
Potassium (naturally occurring)	940 mg	27%		

Other Ingredients: Vegan Protein Blend (Living Health's proprietary blend of pea protein concentrate, pea protein isolate, taurine, glycine, rice protein concentrate, and L-glutamine), organic dried cane syrup, sunflower oil, natural flavors (no MSG), tripotassium citrate, medium-chain triglycerides oil, cellulose gum, xanthan gum, Aminogen®, guar gum, stevia leaf extract, and silica.



† Quatrefolic® is a registered trademark of Gnosis S.p.A. Produced under US Patent 7,947,662.



Albion® DimaCal, TRAAACS and the Albion Medallion design are registered trademarks of Albion Laboratories, Inc. Malates covered by US patent 6,706,904 and patents pending.

Preventium® is a registered trademark of Applied Food Sciences, LLC. (US patents 4,845,123, 5,364,644, 5,561,160).

Aminogen® is a Registered Trademark of Triarco Industries. Aminogen® is protected by U.S. patent No. 5,387,422.

Directions

Blend, shake, or briskly stir 2 level scoops (61 g) into 10-12 ounces chilled, pure water (or mix amount for desired thickness) and consume at least once daily, or use as directed by your healthcare practitioner.

Consult your healthcare practitioner prior to use. Individuals taking medication should discuss potential interactions with their healthcare practitioner. Do not use if tamper seal is damaged.

Does Not Contain

Wheat, gluten, yeast, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives.

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