

Fast & Be Clear

Natural Support For Fasting and Detoxification*

- **Hypoallergenic, rice-based formula**
- **All-in-one convenient powder**
- **Contains about 40 nutrients and herbs that support the body's antioxidant and xenobiotic detoxification systems***



Fast & Be Clear is a nutritional support product for fasting and detoxification protocols. Fast & Be Clear is an easily digested and assimilated rice protein-based meal replacement powder that mixes easily, and tastes good in water. It may also be mixed with other liquids such as fruit and vegetable juice, rice milk, soy milk, etc. Fast & Be Clear should be well tolerated by most individuals.*

Fast & Be Clear provides nutritional support for detoxification and fasting.* It contains high levels of vitamins, minerals, and other bioactive food components to maintain the body's antioxidant systems, and helps reduce the oxidative stress from environmental toxins and allergens.* While providing broad-spectrum nutritional support, Fast & Be Clear is formulated as hypo-allergenically as possible to reduce interference with the activity of detoxification.

Fasting, or abstinence from food, is recognized as an appropriate and effective detoxification therapy that not only provides rest for the digestive system, but also limits the intake of dietary toxins and antigenic food components.* Fasting can also reduce the levels of leukotrienes and the activity of lymphocytes, as well as offer a respite for the various detoxification systems of the body. This allows the body's detoxification system to effectively proceed without dealing with the continued

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Fast & Be Clear

buildup of toxic and allergenic dietary components from regular eating.

Fast & Be Clear was designed not only to be free of common dietary allergens, e.g. wheat or dairy, but also to provide those nutrients that support the body's detoxification systems.* Nutrients such as alpha-lipoic acid, glutathione, carotenoids, bioflavonoids, vitamins C and E, copper, zinc, selenium, and manganese help support and maintain the body's antioxidant and xenobiotic detoxification systems.* This is especially important as fasting can lead to depletion of liver glutathione, and thus reduce the body's ability to quench oxidative free radicals.* The liver plays a major role as the main organ of detoxification and xenobiotic metabolism. Other nutrients, such as the conditionally essential amino acid glutamine, are important for maintaining optimum efficiency of lymphocytes and macrophages of the gastrointestinal tract.*

Special Pricing:

Item#	Quantity
74230	900 grams, pwd
MSRP	WHSL
\$46.00	\$23.00
1 to 2, 10% off	3 or more, 20% off
\$20.70	\$18.40

Limit 2 orders per customer.
Offer expires December 31, 2005.

Fast & Be Clear

Item # 74230 (powder)

Suggested Use

As a dietary supplement, 2 scoops one to three times per day, or as directed by a healthcare practitioner. Mix in 8 oz. of liquid.

Serving Size: Two Scoop (40 grams)

Servings Per Container: 22

Amount Per Serving

Calories	150
Calories from Fat	15
Total Fat	2 g
Saturated Fat	0.5 g
Sodium	20 mg
Total Carbohydrates	21 g
Dietary Fiber	4 g
Sugars	11 g
Protein	17 g
Vitamin A (56% as Beta-Carotene, 22% as Vitamin A Palmitate and 22% as Mixed Carotenoids)	.9000 IU
Vitamin C (as Magnesium Ascorbate)	.300 mg
Calcium (as Calcium Citrate and Phosphate)	.300 mg
Iron (as Ferric Ammonium Citrate)	.3 mg
Vitamin D3 (as Cholecalciferol)	.130 IU
Vitamin E (as Mixed Tocopherols)	.100 IU
Thiamin (as Thiamin Hydrochloride)	.15 mg
Riboflavin (as Riboflavin-5-Phosphate)	.10 mg
Niacin (as Niacinamide)	.15 mg
Vitamin B6 (as Pyridoxine Hydrochloride)	.15 mg
Folic Acid	.100 mcg
Vitamin B12 (as Methylcobalamin)	.50 mcg
Biotin	.150 mcg
Pantothenic Acid	.200 mg
Phosphorus (as Calcium Phosphate and Potassium Phosphate)	.142 mg
Iodine (as Potassium Iodide)	.25 mcg
Magnesium (as Magnesium Citrate)	.200 mg
Zinc (as Zinc Picolinate)	.10 mg
Selenium (as Selenomethionine)	.50 mcg
Copper (as Copper Gluconate)	.1 mg
Manganese (as Manganese Gluconate)	1.3 mg
Chromium (as Chromium Polynicotinate)	.75 mcg
Molybdenum (as Sodium Molybdate)	.50 mcg
Potassium (as Potassium Iodide and Potassium Phosphate)	.120 mg
Boron (as Sodium Borate)	.250 mcg
Vanadium (as Sodium Vanadate)	.100 mcg
N-Acetyl-L-Cysteine	.50 mg
L-Glutathione (reduced)	.50 mg
Glycine	1800 mg
Taurine	.200 mg
L-Glutamine	1000 mg
Alpha-Lipoic Acid	.20 mg
MSM (Methylsulfonylmethane)	.100 mg
Quercetin	.100 mg
Green Tea Extract (standardized to 40% Catechins)	.15 mg
Grape Seed & Skin Extract (standardized to 95% Polyphenols)	.25mg
Lactobacillus sporogenes	300 Million

Other ingredients: Rice protein concentrate, rice syrup solids, cellulose, natural cherry flavor.

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