FirstLine Therapy Clear Change® Program

Safe and Effective Metabolic Detoxification Program

In the United States, tens of thousands of chemicals—many of which are toxic—are used by industries to make products such as automobiles, clothing, and pharmaceuticals.[1] In 2012 alone, the Environmental Protection Agency (EPA) Toxin Release Inventory (TRI) reported that 3.63 billion pounds of chemicals were disposed of or released to air, water, or land.[1] The sheer volume to which humans are exposed to these toxicants and biological toxins on a daily basis can overburden the body's natural metabolic detoxification capacity. Long-term exposure to toxins is associated with a number of challenges, such as fatigue, waking up feeling unrefreshed, difficulty concentrating, mood disturbances, and gastrointestinal disturbances.*[2-4]

Research has shown that certain nutritional ingredients including xanthohumol, broccoli, isomalto-oligosaccharides, green tea catechins, ellagic acid, N-acetyl-L-cysteine, L-ornithine, and zinc can support the body's detoxification function and help facilitate the removal of undersirable compounds from the body.*[5-14]

The Clear Change Program—which includes these targeted ingredients—is designed to enhance the body's natural metabolic detoxification process while providing adequate fuel for both cleansing and other daily activities.* Metagenics offers value-priced bundles for 10-day and 28-day programs that include a low-allergy-potential menu plan, targeted nutritional support, moderate exercise recommendations, and tips for stress management.

Why Clear Change?

- Choice of UltraClear Plus®, UltraClear Plus® pH, or UltraClear® RENEW nutritional powder mix for metabolic detoxification support*
- All UltraClear formulas deliver advanced, specialized nutritional support for Phase I and II detoxification*
- UltraClear RENEW and UltraClear Plus pH also benefit Phase III detoxification by nutritionally supporting alkalinization and excretion*
- All UltraClear formulas are designed to complement a diet that is strategically structured to reduce the impact of processed foods and excess simple sugar by providing an array of nutrients that support the 3 phases of detoxification*

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- AdvaClear® dietary supplement supports balanced metabolic detoxification activity and provides antioxidant protection*
- Free blender cup, comprehensive program guide, and program diary
- Online support options include a free webinar, additional recipes, FAQs, and daily motivational

* 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.

Metagenics®

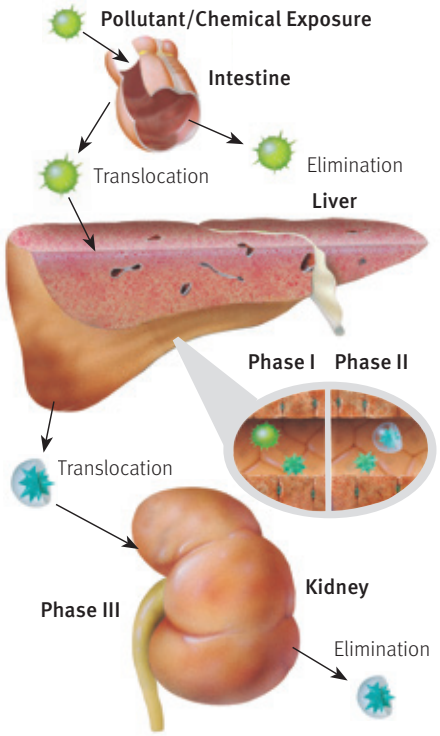

Figure 1. Three Phases of Metabolic Detoxification

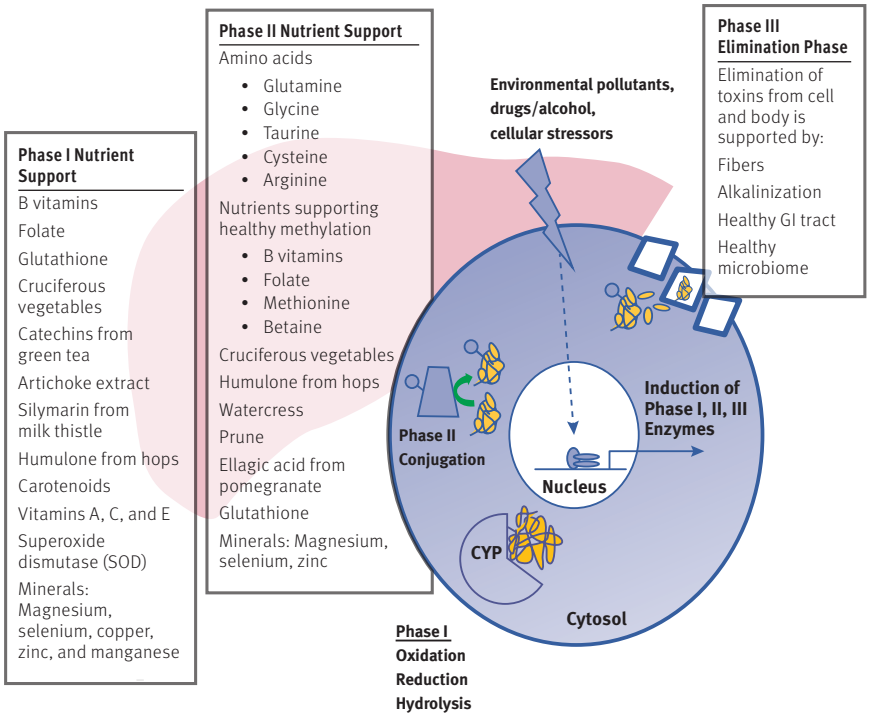

Figure 2. Phases of Detoxification and Associated Nutrients and Foods That Support the Process

Scientific Rationale

Metabolic detoxification consists of 3 main phases (**Figure 1**):

- Phase I (functionalization)—Cytochrome P450 enzymes in the liver break down harmful substances, generating highly reactive molecules and free radicals
- Phase II (conjugation)—Large molecules are conjugated with newly modified substances, producing more water-soluble, less harmful substances
- Phase III (elimination phase)—Proteins transporters export conjugated substances from the cell for eventual elimination. Toxins are mainly eliminated from the body via urine, feces, and sweat

The impact of toxic exposures on the body can be exaggerated or mitigated by the person's nutritional status.[15]

It is important to promote the endogenous mechanisms of detoxification to promote health. Many nutritional ingredients have been shown to support metabolic detoxification and protect against free radicals generated during the detoxification process (**Figure 2**).*

References:

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