Fast & Be Clear

Natural Support For
Fasting and Detoxification

Item # 74230
Available in bottles of 900 grams (powder)

The Possible Benefits of Fast & Be Clear, a Dietary Supplement

- Nutritional support during fasting and detoxification
- Rice based hypoallergenic formulation, free of common allergens
- Provides a variety of nutrients to support the body's antioxidant and xenobiotic detoxification systems

Description

Fast & Be Clear contains high levels of nutrients that will support a detoxification fast. Vitamins, minerals, and other bioactive food components maintain the body's antioxidant systems, reducing oxidative stress from environmental toxins and allergens.

Fast & Be Clear is a hypoallergenic formulation ensuring greatly reduced potential for allergic reactions that confound detoxification therapy.

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, reducing the risk of deleterious allergic reactions. Fasts can also reduce the levels of proinflammatory leukotrienes and the activity of inflammatory 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 buildup of toxic and allergenic dietary components from regular eating.

Scientific studies have demonstrated that fasting may significantly improve symptomology of a variety of age related disease processes. The mechanism is thought to involve changes in gene expression tied to age related pathologies of specific tissues, including the liver. The liver has a major impact on health and homeostasis through its' role as the main organ of detoxification and xenobiotic metabolism. As the aging process takes place, liver regeneration, blood flow through the liver and detoxification functions decrease. Caloric restriction has been shown to potentially increase life span in mammals as well as decreasing age related illness. Recently the mechanism of caloric restriction in animals, a well-supported model for reducing disease and extending longevity, has been shown to involve enhancement of xenobiotic detoxification gene expression, as well as attenuation of proinflammatory protein gene expression.

A recent clinical study also concluded that the reduction of joint pain during fasting is related to an associated reduction in proinflammatory metabolites.

Allergy Research Group's® Fast & Be Clear powdered detox formula 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, the minerals copper, zinc, selenium, and manganese help improve 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 capability to quench oxidative free radicals. Other nutrients such as the conditionally essential amino acid glutamine are important for maintaining optimum efficiency of immune cells of the gastrointestinal tract, i.e. lymphocytes and macrophages.

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.

October- 2002

2 Scoops (40 g) contain:

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

Other Ingredients: Rice Protein Concentrate, Rice Syrup Solids, Cellulose, and Natural Cherry Flavor

Available in bottles of:

900 grams (powder)

Suggested use:

As a dietary supplement, 2 scoops, one to three times per day or as directed by a healthcare professional.

References

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