

# OptiCleanse® PLUS



Available in Vanilla Delight No Added Sugar, No Stevia and Creamy Chocolate No Added Sugar, No Stevia

## Discussion

**OptiCleanse® PLUS** represents an advanced, comprehensive approach to supporting the body's detoxification processes. Provision of high-quality, easy-to-digest protein with the addition of amino acids, micronutrients, essential fatty acids, and metabolic cofactors makes OptiCleanse PLUS an indispensable adjunct to an effective detoxification program.\*

**VegaPro™** is XYMOGEN's proprietary blend of pea protein isolate and rice protein concentrate plus L-glutamine, L-glycine, and taurine. Generation of glutathione and sulfation cofactors necessary for phase II conjugation requires an array of amino acids. The combination of pea protein and rice protein provides a non-GMO protein source that is easily digested and achieves an amino acid score of 100% (a measure of how efficiently a protein meets the protein synthesis needs of children and adults). VegaPro does not contain milk, soy, wheat, corn, or animal-based protein.\*

OptiCleanse PLUS contains 24 grams of protein per serving—the equivalent of approximately three-and-a-half ounces of dietary protein derived from sources such as poultry or fish. Dietary protein is essential for building and maintaining lean body mass, hormones, and neurotransmitters. Protein is also essential for the biosynthesis of metabolically active tripeptides, such as glutathione, a key factor in detoxification of exogenous and endogenous toxins. Overall protein energy metabolism affects phase II detoxification reactions as well as the activity of cytochrome P450 enzymes, the enzymes which detoxify environmental chemicals and drugs.\*<sup>[1]</sup>

**Vitamins and Minerals** Adequate biotransformation depends upon the mitochondrial generation of ATP, which requires several nutrient cofactors, including thiamin, riboflavin, niacin, pantothenic acid, and magnesium. Minerals, such as selenium, copper, zinc, and manganese, along with vitamins A, C, and E, support antioxidant

## Clinical Applications

- » Supports Natural Detoxification Mechanisms\*
- » Supports Healthy Hormone Metabolism\*
- » Provides High-Quality Macro- and Micronutrients\*

*OptiCleanse® PLUS provides macro- and micronutrients that support all phases of biotransformation and detoxification; these nutrients also support the mitochondrial energy production necessary to complete this vital function. OptiCleanse PLUS is easy to digest and has a low-allergy potential, a pleasant taste, and no added fructose. OptiCleanse PLUS features VegaPro™, XYMOGEN's proprietary pea/rice protein blend; Aminogen®, to facilitate protein absorption; activated B vitamins, such as riboflavin 5'-phosphate (B2), pyridoxal 5'-phosphate (B6), 5-methyltetrahydrofolate (folate), and methylcobalamin (B12); and Albion's patented mineral amino acid chelates. 5-methyltetrahydrofolate (5-MTHF) is provided as Quatrefolic®, a stable, bioavailable form of folate. In conjunction with a modified elimination diet, OptiCleanse PLUS not only addresses healthy detoxification, but also supports energy generation. This formula is suitable for vegans.\**

mechanisms that counteract the reactive oxygen species (intermediary metabolites) that occur between phase I and phase II detoxification. N-acetyl-cysteine supports the production of glutathione, which is also provided intact in OptiCleanse PLUS.\*

Specific ingredients that support phase II pathways comprise the activated, readily available form of B vitamins, including 5-methyltetrahydrofolate (folate), methylcobalamin (B12), and pyridoxal 5'-phosphate (B6) for methylation; Preventium® (a patented form of potassium D-glucarate) for glucuronidation; N-acetyl-cysteine for sulfation; and D-calcium pantothenate, pyridoxal 5'-phosphate, and magnesium for acetylation.<sup>[2-7]</sup> 5-methyltetrahydrofolate (5-MTHF) is provided as Quatrefolic®, which has greater stability, solubility, and bioavailability than calcium salt forms. Using science and patented technology, the formula's pharmaceutical-grade inorganic minerals have been transformed into mineral amino acid chelates for enhanced absorption by the body. XYMOGEN has earned, and OptiCleanse PLUS proudly bears, the Albion Gold Seal.\*

**Milled Golden Flaxseed** is provided in full-fat, stabilized, non-GMO form. Flaxseed is found to be the most abundant source of the lignan SDG (secoisolariciresinol diglucoside). Metabolites of SDG are closely studied for their roles in supporting healthy hormone metabolism, detoxification, antioxidant mechanisms, and maintenance of normal lipid and glucose levels.<sup>[8]</sup> Flaxseed is also a source of the essential omega-3 fatty acid alpha-linolenic acid as well as soluble fiber, vitamins, minerals, and the essential omega-6 fatty acid, linoleic acid.\*

OptiCleanse PLUS is comprehensive micronutrient and detoxification support that provides significant flaxseed lignan content to promote healthy hormone metabolism.\*

Antioxidant Activity

Cell-Life Regulation

Detoxification

Female Health

Liver Support

## OptiCleanse® PLUS Vanilla Delight Supplement Facts

Serving Size: 1 Packet (about 54 g)  
Servings Per Container: 10

	Amount Per Serving	%DV
Calories	240	
Total Fat	9 g	12%†
Saturated Fat	2 g	10%†
Total Carbohydrate	15 g	5%†
Dietary Fiber	4 g	14%
Total Sugars	1 g	**
Protein (from pea protein isolate, rice protein concentrate, and ingredients with naturally occurring protein)	24 g	
Vitamin A (as natural beta-carotene)	1,500 mcg	167%
Vitamin C (ascorbic acid)	220 mg	244%
Vitamin E (as d-alpha tocopherol succinate and mixed tocopherols)	70 mg	467%
Thiamin (as thiamine HCl)	5 mg	417%
Riboflavin (as riboflavin 5'-phosphate sodium)	2.2 mg	169%
Niacin (as niacinamide)	10 mg	63%
Vitamin B6 (as pyridoxal 5'-phosphate)	5 mg	294%
Folate (as [6S]-5-methyltetrahydrofolic acid, glucosamine salt) <sup>S1</sup>	340 mcg DFE	85%
Vitamin B12 (as methylcobalamin)	22 mcg	917%
Biotin	320 mcg	1,067%
Pantothenic Acid (as d-calcium pantothenate)	6 mg	120%
Calcium (as dicalcium malate <sup>S2</sup> and ingredients with naturally occurring calcium)	200 mg	15%
Iron (naturally occurring)	5 mg	28%
Phosphorus (as dipotassium phosphate)	120 mg	10%
Iodine (as potassium iodide)	55 mcg	37%
Magnesium (as di-magnesium malate) <sup>S2</sup>	140 mg	33%
Zinc (as zinc bisglycinate chelate) <sup>S2</sup>	12 mg	109%
Selenium (as selenium glycinate complex) <sup>S2</sup>	55 mcg	100%
Manganese (as manganese bisglycinate chelate) <sup>S2</sup>	1.8 mg	78%
Chromium (as chromium nicotinate glycinate chelate) <sup>S2</sup>	55 mcg	157%
Molybdenum (as molybdenum glycinate chelate) <sup>S2</sup>	150 mcg	333%
Sodium (naturally occurring)	470 mg	20%
Potassium (as dipotassium phosphate, tripotassium citrate, and ingredients with naturally occurring potassium)	860 mg	18%
Stabilized Flaxseed	9 g	**
Typical Alpha-Linolenic Acid	2.07 g	**
Typical Linoleic Acid	630 mg	**
Potassium d-glucarate <sup>S3</sup>	250 mg	**
N-Acetyl-L-Cysteine	55 mg	**
L-Glutathione	29 mg	**

† Percent Daily Values are based on a 2,000 calorie diet.

\*\* Daily Value (DV) not established.

**Other Ingredients:** Sunflower oil, natural flavors (no MSG), medium-chain triglyceride oil, cellulose gum, xanthan gum, taurine, glycine, fungal proteases<sup>S4</sup>, L-glutamine, guar gum, monk fruit extract, and silica.

**DIRECTIONS:** Blend, shake, or briskly stir the contents of one packet (54 g) into 10-12 oz chilled water and consume once daily, or as directed by your healthcare professional. Adjust amount of water to desired sweetness and thickness.

Consult your healthcare professional prior to use. Individuals taking medication should discuss potential interactions with their healthcare professional.

**STORAGE:** Keep closed in a cool, dry place out of reach of children.

**FORMULATED TO EXCLUDE:** Wheat, gluten, yeast, soy protein, animal and dairy products, fish, shellfish, peanuts, tree nuts, egg, sesame, ingredients derived from genetically modified organisms (GMOs), artificial colors, and artificial sweeteners.

 S1. Quatrefolic® is a registered trademark of Gnosis S.p.A. Protected under U.S. Patent 7,947,662.

 S2. Albion®, DimaCal®, TRAACS®, and the Albion Gold Medallion® are registered trademarks of Albion Laboratories, Inc.

S3. Preventium® is a registered trademark of Applied Food Sciences, LLC. (U.S. Patents 4,845,123, 5,364,644, 5,561,160).

 S4. AMINOGEN® is a registered trademark of Innophos Nutrition, Inc. AMINOGEN® is protected under U.S. Patent 5,387,422.



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Additional references available upon request

Due to the evolving nature of interactions and contraindications, it is advised that practitioners consult a current database for new information.

### Typical Amino Acid Profile Per Serving:

Alanine	1,170 mg
Arginine	2,360 mg
Aspartic Acid	3,120 mg
Cysteine	280 mg
Glutamic Acid	4,570 mg
Glycine	1,620 mg
Histidine	680 mg
Isoleucine	1,220 mg
Leucine	2,280 mg
Lysine	1,940 mg
Methionine	300 mg
Phenylalanine	1,500 mg
Proline	1,220 mg
Serine	1,440 mg
Threonine	1,060 mg
Taurine	500 mg
Tryptophan	270 mg
Tyrosine	1,040 mg
Valine	1,360 mg

All XYMOGEN® Formulas Meet or Exceed cGMP Quality Standards.

\*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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