
NUTRITIONAL SUPPORT USING ULTRACLEAR PLUS® pH IN A PATIENT WITH FATIGUE AND MUSCLE TENSION

Purpose

To show how a targeted nutritional support program featuring UltraClear Plus pH medical food for detoxification and dietary changes is useful for a patient with fatigue and muscle tension.

Patient's Presentation and History

A 60-year-old Caucasian female presented with fatigue, muscle tension, and pain in her shoulder. She was also borderline hypertensive. The patient consumed a relatively healthy diet, avoided fats and fast foods, and did not drink coffee or alcohol. She reacted strongly to sugar in her diet, which caused tiredness, and was sensitive to auto fumes. The patient had a history of obesity, metabolic syndrome (borderline diabetic), and gallstones.

Patient's Objective Information

- BMI^{*}: 35.5; BP: 130/83
- MSQ[†] score 45
- 10-hour (overnight) urine pH: 5.75
- Results of CBC/chemistry tests: Within reference ranges
- Prescriptive medications and supplements included a combination formula comprised of chromium, green tea, cinnamon, and alpha-lipoic acid
- Assessment: Fatigue, muscle tension, sensitivities to specific environmental influences, obesity, insulin dysregulation, borderline hypertension.

Plan

In addition to continuing prescriptive medications and supplements, the patient was placed on the following protocol:

- Days 1-7: American Heart Association Diet (low-fat, low-cholesterol)
- Days 8-28: Elimination Diet and UltraClear Plus pH medical food, 1 serving daily

2 and 3 Week Results

As soon as 15 days after starting the program, the patient's subjective clinical symptoms were noticeably improved. The patient commented on having double her usual energy, and her MSQ score decreased from initial score of 45 to 5. Her blood pressure had fallen dramatically to 105/68. The diet diaries and questionnaires indicated compliance with the program.

After 3 weeks on the program, the patient reported no evidence of muscle pain and noted a dramatic improvement in her subjective symptoms overall. The patient also commented on having a notable increase in energy and ability to handle stress better. Her 10-hour urine pH at the final visit was increased from 5.75 to 6.5.

Conclusion

The outcome of this case study suggests that a focused, high-impact nutritional program featuring UltraClear Plus pH for detoxification in conjunction with dietary changes addressed the subjective symptoms of fatigue and muscle tension, promoting a positive effect on the patient's well-being and physical symptoms, as well as having a positive effect on blood pressure regulation.

RESULTS

UltraClear® PLUS pH

ALKALYZING SUPPORT FOR DETOXIFICATION

Figure 1

After 3 weeks, the patient's Medical Symptoms Questionnaire[†] score decreased from 45 to 2 (reference range: <30 = few or low intensity symptoms).

The result suggests a distinctive clinical improvement and noticeably fewer symptoms.

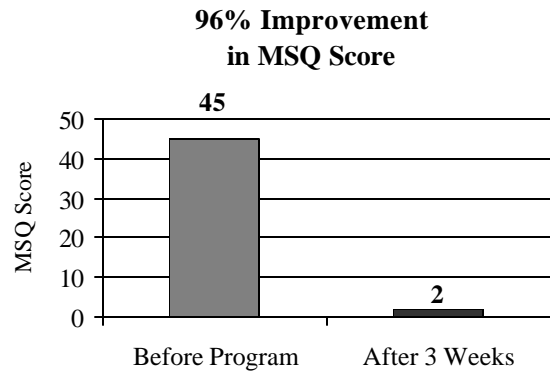
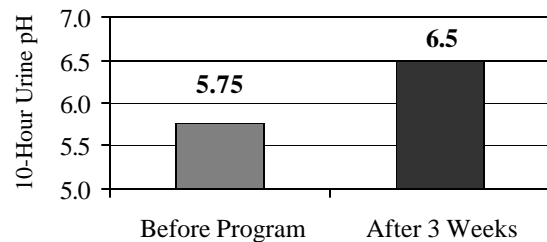


Figure 2

The 10-hour (overnight) urine pH of the patient increased from 5.75 to 6.5 (reference range: 4.5 to 8.0).

This result suggests that the recommended nutritional protocol featuring UltraClear Plus pH may influence urine alkalinity.



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[‡]BMI is the Body Mass Index and can be computed by the weight (kg) divided by the square of the height (m).

[†]The Medical Symptoms Questionnaire (MSQ) is a clinical tool for the evaluation of general physical symptoms. Total scores above 75 are generally associated with substantial symptomatology and disability; scores below 30 generally indicate few or low intensity symptoms.

Note: The information provided in this case study describes the results of one patient under the care of a licensed healthcare practitioner and may not be a typical response. UltraClear Plus pH medical food is to be used under the supervision of a physician or other licensed healthcare practitioner.

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