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## NUTRITIONAL SUPPORT USING THE ULTRACLEAR PLUS<sup>®</sup> PROGRAM IN A PATIENT WITH FOOD ALLERGIES AND FATIGUE

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### Purpose

To show how a targeted nutritional support program featuring UltraClear PLUS medical food may be useful in some patients with food allergy-related symptoms.

### Patient's Presentation and History

A 17-year-old Caucasian female presented with symptoms of fatigue. She reported taking frequent naps and often feeling cold all over. The patient also reported frequent headaches, early waking, muscle weakness, abdominal and joint pain, itchy eyes, sore throat, heart pounding, and difficulty with concentration, memory, and thinking. She exercised regularly and noted feeling invigorated afterwards.

She had a poor appetite and reported feeling better after eating high protein foods. According to the patient, detergent and tobacco bothered her. She had a history of hypothyroidism—which started at age 7—and was taking thyroid and hypotension medications at the time of presentation. Along with a family history of thyroid abnormalities, the patient also had a history of menstrual complaints and chronic strep and ear infections, which occurred between ages 2 and 8 and for which she received many antibiotic regimens.

### Patient's Objective Information

- Initial MSQ\* score was 81 and PCS<sup>†</sup> score was 22.6
- BMI<sup>‡</sup> was 22.3 and BP was 120/80
- All general screening laboratory tests were within reference range; she tested negative for the *Candida albicans* antibody
- Thyroid function tests were within reference range

### Plan

The following protocol was recommended:

- Begin UltraClear PLUS medical food, 1 serving (2 scoops) bid
- Follow a comprehensive elimination diet plan
- Begin licorice root (900 mg) with ashwagandha extract supplement bid
- Begin natural thyroid extract, 1 grain daily
- Slowly reduce synthetic thyroid medication (by ½ the first week and another ½ the second week), then discontinue the medication
- Continue the hypotension medications

### 3 and 6 Week Results

At 3 weeks, the patient reported considerable improvement in her fatigue symptoms. Her MSQ score had decreased substantially to 22. Although the patient was taking only 1 serving daily of UltraClear PLUS, she was compliant with the diet overall. She was instructed to continue on the current protocol with the addition of a probiotic supplement (1 capsule bid) for general digestive support. After 6 weeks, the patient reported having good energy and no need to nap during the day.

### 10 Week Results

After 10 weeks, the patient continued to do well and reported having good energy. As foods were reintroduced, she experienced reactions to beef, refined sugars, and soy. The licorice root and ashwaganda supplement was discontinued at this point.

### 14 and 21 Week Results

By the 14<sup>th</sup> week, the patient reported that her fatigue symptoms had abated. She had substantially increased her physical activity (as supported by improvements in her MSQ and PCS scores). The patient had maintained her symptom improvements after 21 weeks. Thyroid tests were repeated and within normal reference range and BP was 92/70.

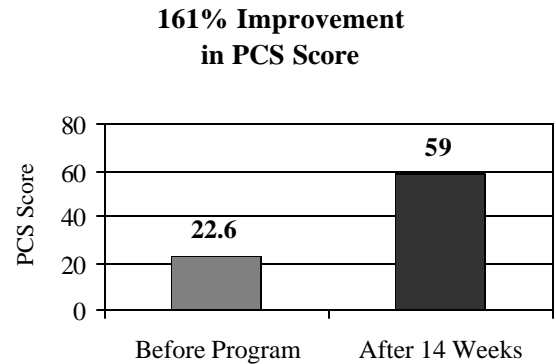
### Conclusion

This case study suggests that idiopathic fatigue may be related to food allergies and adrenal exhaustion in some patients. In this case, nutritional support for healthy detoxification featuring UltraClear PLUS and elimination of exacerbating foods resulted in amelioration of fatigue symptoms.

**Figure 1**

By the 14<sup>th</sup> week, the patient’s score on the physical component summary portion of the Medical Outcomes Survey<sup>‡</sup> increased from 22.6 to 59 (reference range: 50 or above = healthy function).

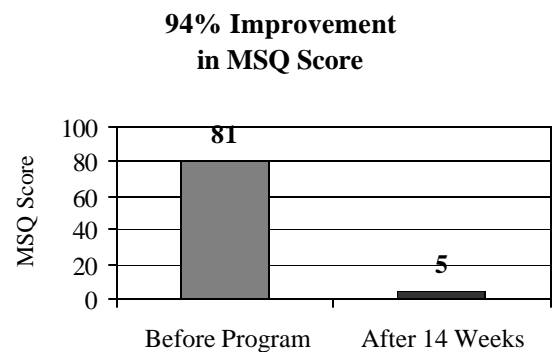
This result suggests a significant improvement in the patient’s physical functioning score on the UltraClear PLUS program.



**Figure 2**

After 14 weeks, the patient’s score on the Medical Symptoms Questionnaire\* decreased from 81 to 5 (reference range: <30 = few or low intensity symptoms).

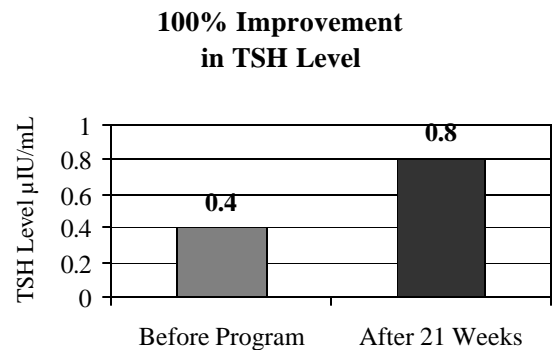
The result suggests a substantial improvement in general physical symptoms with nutritional support featuring UltraClear PLUS.



**Figure 3**

The patient’s level of thyroid stimulating hormone (TSH) increased from 0.4 to 0.8 μIU/mL after 21 weeks (reference range: 0.4 to 4.7 μIU/mL).

The result suggests a noteworthy improvement in the patient’s TSH level on the UltraClear PLUS program.



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\*The Medical Symptoms Questionnaire 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.

‡The Medical Outcomes Survey SF-36 is a well-validated general quality-of-life questionnaire that summarizes health outcome in two reliable reproducible scores: the Physical Component Summary (PCS) and the Mental Component Summary (MCS). Scores above 50 are generally associated with healthier individuals, whereas scores lower than 50 indicate compromised functioning.

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

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 medical food is to be used under the supervision of a physician or other licensed healthcare practitioner.

Case Study: Nutritional Support Using UltraClear Plus in a Patient with Food Allergies and Fatigue. Metagenics, Inc.; 009FA1003.