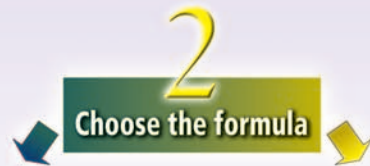


Personalized Nutritional Support
as Easy as 1-2-3



Normal pH



Acidic pH

3

Watch your patients feel better than ever!



UltraClear PLUS[®]

& UltraClear[®] PLUS pH

Medical Foods



Patient Benefits:

- Nutritionally supports chronic fatigue syndrome patients by:
 - ▶ Addressing altered energetic function
 - ▶ Providing nutritional support for hepatic detoxification function
- Provides a scientifically-designed blend of nutrients to:
 - ▶ Lessen toxin exposure while facilitating hepatic detoxification function
 - ▶ Protect against reactive oxygen species generated during hepatic detoxification
- Includes step-by-step program instructions and dietary recommendations
- Available in delicious powdered beverage mixes and convenient, ready-to-eat bars

UltraClear PLUS and UltraClear Plus pH medical foods provide personalized nutritional support based on patients' urinary pH level to target 3 phases of hepatic detoxification. The exceptional benefits are backed by human case studies and years of successful clinical outcomes.

The UltraClear Plus Program



THE BENEFITS OF ULTRACLEAR PLUS AND ULTRACLEAR PLUS pH

- **NEW enhanced formulation.** Patent-pending UltraClear Plus pH offers the same effective ingredients as UltraClear PLUS, with additional Phase II support and alkalizing factors. Recommend UltraClear PLUS or UltraClear Plus pH based on your patients' level of urinary alkalinity to support Phase III elimination of toxins out of the body.
- **Clinically reliable.** In patient case studies, dietary programs incorporating UltraClear PLUS significantly reduced chronic fatigue syndrome symptoms.
- **Excellent safety and efficacy profile.** High quality ingredients and 15 years of successful clinical use worldwide support positive patient outcomes.
- **Low-allergy-potential rice protein concentrate.** A unique process yields a lower allergy potential than normal rice. Fortified with the amino acids threonine and lysine, the rice is also a complete, easily digested source of protein. This rice protein provides “clean” macronutrition to support effective detoxification.
- **Potent antioxidant nutrients.** A rich source of antioxidants that reduce the generation of free radicals—which have been implicated in many chronic degenerative processes and are produced as a normal part of hepatic detoxification function.
- **Formulated without common allergens.** Formulated without dairy, lactose, gluten, wheat, yeast, soy protein, tree nuts, egg, artificial colors, flavors, and sweeteners.
- **Easy to use.** Nutrient-dense, powdered form allows for easy mixing in water and juice for a pleasant-tasting beverage. *Also available:* Convenient and ready-to-eat UltraClear PLUS Bars.
- **Great Tasting.** A variety of pleasant flavors and forms are available for better patient compliance.
- **Flexibility.** UltraClear PLUS is ideal for individuals with intense symptoms related to low Phase II activities, while UltraClear Plus pH provides additional support for the excretion stage of detoxification.

Personalize the Program to Meet Your Patients' Needs

Recommend UltraClear PLUS when your patients:	Recommend UltraClear Plus pH when your patients:
<ul style="list-style-type: none">▶ Present with chronic fatigue syndrome and intense symptoms that appear to be related to past or present toxin exposure.▶ Have overall decreased vitality with multiple symptoms.▶ Have experienced an exacerbation of symptoms on other nutritional support programs or a rapid weight loss program. (This may reflect increased Phase I activities without a concomitant increase in Phase II activities.)	<ul style="list-style-type: none">▶ Present with the same profile as candidates for UltraClear PLUS, with the addition of one or more of the following criteria:<ul style="list-style-type: none">• Consumes the Standard American Diet (SAD), which is high in acid-producing animal protein and low in acid-buffering fruits and vegetables.• Demonstrates a urinary pH below 6.6 through testing. (This may reflect decreased Phase III capacity for excreting toxins out of the body.)

RESULTS OF CASE STUDIES

Case studies have shown that nutritional support from the **UltraClear Plus** program may be beneficial for:⁶

- Amelioration of a variety of symptoms associated with chronic fatigue syndrome
- Food allergy-related symptoms
- Fatigue related to environmental sensitivities
- An improvement in hepatic Phase I and Phase II detoxification activities (see Table 1)

Table 1. In a representative case study, laboratory results showed significant improvement in Phase I caffeine clearance and Phase II sulfation, glucuronidation, and glycine and glutathione conjugation activities.⁵

	Reference Range	Before UltraClear PLUS Program	6 Weeks into UltraClear PLUS Program
PHASE I DETOXIFICATION			
Caffeine Clearance (mL/min/kg)	0.5-1.6	0.2	1
PHASE II DETOXIFICATION			
Glycine conjugation (% salicyluric recovery)	30-53	14	45
Sulfation (% acetaminophen sulfate recovery)	16-36	6	23
Glucuronidation (% acetaminophen glucuronide recovery)	27-56	14	42
Glutathione Conjugation (% acetaminophen mercapturate recovery)	5.6-11.4	3.9	9

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.

PROGRAM OVERVIEW

The UltraClear Plus program consists of UltraClear PLUS or UltraClear Plus pH along with a specialized eating plan. The program is divided into 3 steps:

Step 1: Initial Clearing (Days 1-6)

Patients should eliminate potentially allergenic foods while slowly increasing intake of nutritional support product(s).

Step 2: Intense Nutritional Support (Days 7-13)

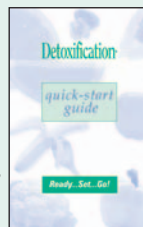
Patients should consume a select number of low-allergy-potential foods along with three servings a day of nutritional support product(s).

Step 3: Food Reintroduction (Days 14-28)

Patients should reintroduce foods eliminated in Step 2 back into the eating plan and slowly decrease nutritional support product(s).

PROGRAM MATERIALS

- **Detoxification Quick-Start Guide.** A simple guide to walk your patients through the program.
- **Modified Step Program.** Outlines a gradual approach to the program.
- **Screening Tool.** Detoxification questionnaire for the evaluation of toxicity-related symptoms (see Table 2).



- **Detoxification Brochure.** Patient-friendly education piece.
- **Information Sheet.** Illustration of the hepatic detoxification process with explanatory text on the back.
- **ANSR Article.** “The Role of Detoxification in the Prevention of Chronic Degenerative Diseases.” A technical review of detoxification and natural treatments for toxicity-related conditions.

To request program materials, please contact your Metagenics representative or Customer Service.

Table 2. Product recommendations

MSQ Score	XTT Score	Description	Urine pH	Functional Medicine Protocol	
				Medical Food	Diet
50 or >	10 or >	High level of general symptoms	< 6.6	UltraClear Plus pH	28-day elimination diet
			> 6.6	UltraClear PLUS	
15-49	5-9	Moderate level of general symptoms	< 6.6	UltraClear Plus pH	10-day elimination diet
			> 6.6	UltraClear PLUS	
14 or <	4 or <	Low level of general symptoms	Nutraceutical for bifunctional detoxification support		

UltraClear PLUS

Nutritional Information per Serving (Original flavor):

Serving size	2 scoops (44 g)
Servings per container	21
Calories	160
Fat	3 g
Saturated fat†	1 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	70 mg
Potassium	420 mg
(as dipotassium phosphate and potassium iodide)	
Carbohydrate	19 g
Dietary Fiber	2 g
Protein	15 g

†Saturated fat is contributed by the beneficial fat medium chain triglycerides, which have recognized health benefits.

Each Serving Contains:

	% RDI
Vitamin A (as retinyl palmitate)	20
Vitamin A (as beta-carotene)	80
Vitamin C (as ascorbic acid)	500
Calcium	20
(as calcium citrate and dicalcium phosphate)	
Iron	2
Vitamin D (as cholecalciferol)	8
Vitamin E (as d-alpha tocopheryl acetate)	140
Thiamin (as thiamin HCl)	130
Riboflavin	120
Niacin (as niacinamide)	35
Vitamin B ₆ (as pyridoxine HCl)	170
Folic acid	20
Vitamin B ₁₂ (as cyanocobalamin)	60
Biotin	45
Pantothenic Acid (as D-calcium pantothenate)	360
Phosphorus	20
(as dipotassium phosphate and dicalcium phosphate)	
Iodine (as potassium iodide)	35
Magnesium	50
(as magnesium citrate and sulfate)	
Zinc (as zinc gluconate)	70
Copper (as copper gluconate)	50
Manganese	65
Chromium (as chromium polynicotinate)	40
L-Glycine	*
L-Glutamine	*
L-Cysteine (as L-cysteine HCl)	*
L-Lysine (as L-lysine HCl)	*
L-Threonine	*
DL-Methionine	*
Sulfate (as magnesium sulfate)	*
Catechins (from decaffeinated green tea extract)	*

Other Ingredients: Rice protein concentrate, rice syrup solids, natural flavors, olive oil, medium-chain triglycerides, and silica.

Directions: Blend, shake, or briskly stir 2 scoops (44 grams) of UltraClear PLUS into 8 fluid ounces of chilled water or juice.

Form: 32.6 ounce container

Also Available: Natural Berry and Pineapple Banana flavors; convenient bars in Chai Tea flavor

* Daily Value not established.

UltraClear PLUS and UltraClear Plus pH medical foods are researched, developed, and manufactured by Metagenics, Inc.

UltraClear Plus pH

Nutritional Information per Serving (Natural Vanilla flavor):

Serving size	2 scoops (46 g)
Servings per container	21
Calories	150
Fat	3 g
Saturated Fat†	1 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	100 mg
Potassium	800 mg
(as potassium citrate, dipotassium phosphate, and potassium iodide)	
Carbohydrate	20 g
Dietary Fiber	4 g
Protein	15 g

†Saturated fat is contributed by the beneficial fat medium chain triglycerides, which have recognized health benefits.

Each Serving Contains:

	% RDI
Vitamin A (as retinyl palmitate)	20
Vitamin A (as beta-carotene)	80
Vitamin C (as ascorbic acid)	500
Calcium	20
(as calcium citrate and dicalcium phosphate)	
Iron	2
Vitamin D (as cholecalciferol)	8
Vitamin E (as d-alpha tocopheryl acetate)	140
Thiamin (as thiamin HCl)	130
Riboflavin	120
Niacin (as niacinamide)	35
Vitamin B ₆ (as pyridoxine HCl)	170
Folic acid	20
Vitamin B ₁₂ (as cyanocobalamin)	60
Biotin	45
Pantothenic Acid (as D-calcium pantothenate)	360
Phosphorus	35
(as dipotassium phosphate and dicalcium phosphate)	
Iodine (as potassium iodide)	35
Magnesium (as magnesium citrate and sulfate)	65
Zinc (as zinc gluconate)	70
Copper (as copper gluconate)	50
Manganese	50
Chromium (as chromium polynicotinate)	40
L-Glycine	*
L-Glutamine	*
L-Cysteine (as L-cysteine HCl)	*
L-Lysine (as L-lysine HCl)	*
L-Threonine	*
DL-Methionine	*
Sulfate (as magnesium sulfate)	*
Catechins (from decaffeinated green tea extract)	*

Other Ingredients: Rice protein concentrate, rice syrup solids, sesame seed flour (sesame), natural flavors, olive oil, medium-chain triglycerides, and silica. THIS PRODUCT CONTAINS SESAME.

Directions: Blend, shake, or briskly stir 2 scoops (46 grams) of UltraClear Plus pH into 8 fluid ounces of chilled water or juice.

Form: 34.1 ounce container.

Also Available: Natural Pineapple Banana flavor.

* Daily Value not established.

References

- Case Report: Fatigue, fibromyalgia-like symptoms with depressed cytochrome P4501A2 and phase II conjugation activity. Metagenics, Inc; C500059.
- Case Report: Nutritional support using the UltraClear Plus® program in a patient with food allergies and fatigue. Metagenics, Inc; 009FA1003.
- Case Report: Nutritional support using the UltraClear Plus® and UltraClear Sustain® in a patient with chronic fatigue syndrome. Metagenics, Inc; 016CFS1203.
- Case Report: Nutritional support using the UltraClear Plus® medical food in a patient with food allergies and mold sensitivity. Metagenics, Inc; 038FA504.
- Case Report: UltraClear Plus® medical food for nutritional support of detoxification in a patient with fibromyalgia. Metagenics, Inc; 002FM703.
- Case Report: Nutritional support using the UltraClear Plus® program in a patient with irritable bowel syndrome. Metagenics, Inc; 008IBS903.



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