

## Basic Dietary Guidelines

	Foods to Include	Foods to Exclude
<b>Fruits</b>	Unsweetened fresh, frozen, water-packed, or canned; unsweetened fruit juices except orange	Oranges
<b>Vegetables</b>	All fresh raw, steamed, sautéed, juiced, or roasted vegetables	Corn, creamed vegetables
<b>Starch (Non-gluten)/Bread/Cereal</b>	Brown rice, oats, millet, quinoa, amaranth, teff, tapioca, buckwheat, and products made from these and rice, potato flour, or arrowroot	Wheat, corn, barley, spelt, kamut, rye (be sure to check all packaged and processed food labels for these grains)
<b>Legumes</b>	All beans (except soy), peas, lentils	Soybeans, tofu, tempeh, soy milk, other soy foods
<b>Nuts &amp; Seeds</b>	Almonds, cashews, walnuts; sesame (tahini), sunflower, pumpkin seeds; and butters made from these	Peanuts, peanut butter
<b>Meat, Fish &amp; Eggs</b>	All canned or fresh fish, chicken, turkey, wild game, lamb	Beef, pork, cold cuts, frankfurters, sausage, canned meats, eggs, shellfish
<b>Dairy Products &amp; Milk Substitutes</b>	Milk substitutes, such as rice milk, almond milk, oat milk, coconut milk, other nut milks	Cream, yogurt, butter, ice cream, frozen yogurt, non-dairy creamers, margarine
<b>Fats</b>	Cold-exPELLER pressed olive, flaxseed, canola, safflower, sunflower, sesame, walnut, pumpkin, almond oils	Shortening, processed (hydrogenated) oils, mayonnaise, spreads
<b>Beverages</b>	Filtered or distilled water, herbal tea, seltzer, or mineral water	Soda pop or soft drinks, alcoholic beverages, coffee, tea, other caffeinated beverages
<b>Spices &amp; Condiments</b>	All spices unless excluded (e.g., cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, rosemary, tarragon, thyme, turmeric, vinegar)	Chocolate, ketchup, mustard, pickle relish, chutney, soy sauce, barbecue sauce (be sure to read condiment labels carefully)
<b>Sweeteners</b>	Brown rice syrup, fruit sweetener, blackstrap molasses, stevia, agave	White or brown refined sugar, honey, maple syrup, corn syrup, high fructose corn syrup; desserts made with these sweeteners; candy

### Basic Mixing Instructions

Combine 2 scoops of UltraInflamX with 8-10 ounces of water or other liquid to achieve desired consistency. Briskly stir or shake, or use a blender to mix well. Or use a blender for the delicious mixing variations below:

#### UltraInflamX Original Spice Shake:

2 scoops UltraInflamX; 8-10 oz. water, rice/almond milk, or apple juice

*Optional:* 2-3 ice cubes

#### UltraInflamX Pineapple Banana or Tropical Mango Shake:

2 scoops UltraInflamX; 8-10 oz. water, rice/almond milk, or pineapple juice

*Optional:* 2-3 ice cubes and 1 slice of pineapple or 1/2 banana

#### UltraInflamX Chocolate Orange Shake:

2 scoops UltraInflamX Chocolate Orange; 8-10 oz. water or rice/almond milk

*Optional:* 2-3 ice cubes

**Ultra  
InflamX**®

**NUTRITIONAL SUPPORT  
FOR INFLAMMATION**

UltraInflamX® is researched, developed, and manufactured by Metagenics, Inc.

100 Avenida La Pata, San Clemente, CA 92673

**Metagenics**®  
Genetic Potential Through Nutrition

For more information on UltraInflamX visit [www.metagenics.com/ultraInflamX](http://www.metagenics.com/ultraInflamX)

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MET993/QGUL063 8/04

**Ultra  
InflamX**®  
**NUTRITIONAL SUPPORT  
FOR INFLAMMATION**



UltraInflamX is a scientifically formulated, clinically tested medical food designed to support conditions associated with inflammation. Consumed along with the accompanying dietary program, it provides nutritional support for individuals with the following conditions:

- Rheumatoid arthritis
- Intestinal inflammation
- Fibromyalgia
- Inflammatory conditions of the skin and joints
- Bronchial asthma

This Quick-Start Guide is your introduction to the use of UltraInflamX and the anti-inflammatory dietary program. To get started now, simply follow the program option recommended by your healthcare provider. For more information about the UltraInflamX Programs, for recipe ideas, or answers to frequently asked questions, ask your healthcare provider for the full-length Patient Guide or visit us online at [www.metagenics.com/ultraInflamX](http://www.metagenics.com/ultraInflamX).

**The UltraInflamX Programs...  
you're going to love the way you feel!**

*quick-start guide*

## The **14-day** UltraInflamX Express Programs

### OPTION 1: **Basic Program**—mild to moderate symptoms

This easy-to-follow program is ideal for patients with mild to moderate symptoms. The program lasts 2 weeks, and only requires 2 containers of UltraInflamX:

- Follow the Basic Dietary Guidelines listed on the back of the guide.
- Consume 2 scoops of UltraInflamX twice daily for 14 days.
- Pursue moderate exercise such as walking and stretching.

### OPTION 2: **Food Elimination Program**—moderate to severe symptoms.

This program may be suggested by your healthcare provider if he/she feels that a more vigorous approach may be appropriate for you. This program is ideal for moderate to severe symptoms.

**Days 1-2:** Start this program by following the Basic Dietary Guidelines as outlined on the back page.

**Days 3-4:** Continue to follow the Basic Dietary Guidelines. Take 1 scoop of UltraInflamX once each day.

**Day 5:** Take 2 scoops of UltraInflamX once today. Today, **eliminate from your diet** all foods from *Meat, Fish & Eggs* category in the Basic Dietary Guidelines.

**Day 6:** Take 2 scoops of UltraInflamX twice today. Today, **further eliminate from your diet** all foods from the *Nuts & Seeds* category in the Basic Dietary Guidelines.

**Day 7:** Take 2 scoops of UltraInflamX 3 times today. Today, **further eliminate from your diet** all foods from the *Starch/Bread/Cereal* and *Legumes* categories in the Basic Dietary Guidelines. You should now eat **only** whole fruits and vegetables (raw or steamed), topped with flaxseed or olive oil as desired.

#### Days 8-10:

**Further eliminate from your diet** all foods from the *Fruits, Vegetables,* and *Fats* categories. Increase to 5 servings of UltraInflamX (a total of 10 scoops) spread evenly throughout the day. You should now consume only UltraInflamX with either pure filtered water or half-strength diluted apple or pear juice.

**Optional:** Your healthcare provider may suggest that you continue to consume *Fruits* and *Vegetables*. If so, take 2 scoops of UltraInflamX 3 times daily.

**Day 11:** Add back all foods from the *Fruits* and *Vegetables* categories (raw or steamed). Decrease to 2 scoops of UltraInflamX 3 times today.

**Day 12:** Add back foods from the *Starch/Bread/Cereal* category from the Basic Dietary Guidelines. Decrease to 2 scoops of UltraInflamX twice today.

**Day 13:** Add back foods from the *Legumes* and *Nuts & Seeds* categories. Decrease to 2 scoops of UltraInflamX taken once today.

**Day 14:** Add back foods from the *Meat, Fish & Eggs* category and discuss follow-up to the program with your healthcare provider.

## The **25-day** UltraInflamX Step Program

### For People Sensitive to Dietary Changes

This program is designed to gradually introduce the dietary changes and medical food. It allows for an easier transition and may be useful for some individuals who are more sensitive to dietary changes.

**Phase 1 (Days 1-7):** During this phase, you will eliminate potentially allergenic foods while you gradually increase the dosage of UltraInflamX.

- **Days 1-2:** Begin to follow the Basic Dietary Guidelines as outlined on the back page. Take only  $\frac{1}{2}$  scoop of UltraInflamX (mixed as suggested) daily for these first 2 days.
- **Days 3-7:** Continue following the Basic Dietary Guidelines. Increase to 1 scoop of UltraInflamX twice each day.

**Phase 2 (Days 8-25):** During this phase, you will follow the recommended dietary program along with increasing to the full 2 servings daily of UltraInflamX.

- **Days 8-25:** Continue following the Basic Dietary Guidelines. Take 2 scoops of UltraInflamX twice each day.

**Phase 3 (Day 26 and beyond):** At this time, your healthcare provider will determine whether or not you would benefit from additional time on the UltraInflamX Program. In some cases, a continuation of the elimination diet alone can be helpful. A longer-term strategy may include the introduction of nutritional supplements.

## Guidelines

- For best results, you must carefully adhere to the Basic Dietary Guidelines. Avoiding potentially allergenic foods that may impair your body's ability to heal is a key component of the program.
- Drink at least 64 ounces (8 glasses) of filtered water daily.
- Avoid caffeinated beverages and alcohol while on your program.
- You may initially experience mild symptoms such as headaches or joint aches, which are usually minor and temporary. If you have persistent symptoms, consult your healthcare provider.
- Adequate sleep and stress reduction are important to the success of this program. *Your body is rebuilding and repairing itself*—help it along by getting adequate rest.