

CLEANSE FORMULA



ALKALINE METHOD

Clinical Applications

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

Cleanse Formula 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. Cleanse Formula is easy to digest and has a low-allergy potential, a pleasant taste, and no added fructose. Cleanse Formula features Vegan Protein Blend, Alkaline Method'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 TRAACS[®] 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, Cleanse Formula not only addresses healthy detoxification, but also supports energy generation. This formula is suitable for vegans.*

All Alkaline Method Formulas Meet or Exceed cGMP Quality Standards

Discussion

Cleanse Formula 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 Cleanse Formula an indispensable adjunct to an effective detoxification program.*

Vegan Protein Blend is Alkaline Method'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). Vegan Protein Blend does not contain milk, soy, wheat, corn, or animal-based protein.*

Cleanse Formula 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.*^[1]

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 mechanisms that counteract the reactive oxygen species (intermediary metabolites) that occur between phase I and phase II detoxification. N-acetyl-cysteine and alpha-lipoic acid are present to support production of glutathione, which is also provided intact in Cleanse Formula.*

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 hydrogen d-glucarate) for glucuronidation; alpha-lipoic acid (for antioxidant and liver support); N-acetyl-cysteine for sulfation; and d-calcium pantothenate, pyridoxal 5'-phosphate, and magnesium for acetylation.^[2-7] 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. Alkaline Method has earned, and Cleanse Formula proudly bears, the Albion Gold Seal.*

MeadowPure™ provides organic, full-fat, non-GMO, milled golden flax seeds that have been selected and processed under U.S. patent. Flaxseed is found to be the most abundant source of the lignan SDG (secoisolaricresinol 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.^[8] MeadowPure 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.*

Designed for comprehensive detoxification with additional gastrointestinal support, Cleanse Formula also provides inulin (from non-GMO chicory), a valuable prebiotic and source of dietary fiber, as well as glutamine,^[9-11] a conditionally essential amino acid.*

***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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Suwanee, GA 30024

CLEANSE FORMULA



Vanilla Delight

Supplement Facts

Serving Size: 2 Scoops (about 57 g)
Servings Per Container: About 14

Amount Per Serving		%Daily Value	Amount Per Serving		%Daily Value
Calories	240		Iron (naturally occurring)	5 mg	28%
Total Fat	9 g	12% [†]	Phosphorus (as dipotassium phosphate)	120 mg	10%
Saturated Fat	2 g	10% [†]	Iodine (as potassium iodide)	55 mcg	37%
Total Carbohydrate	15 g	5% [‡]	Magnesium (as Albion [®] di-magnesium malate)	140 mg	33%
Dietary Fiber	4 g	14%	Zinc (as TRAAACS [®] zinc bisglycinate chelate)	12 mg	109%
Total Sugars	5 g	**	Selenium (as Albion [®] selenium glycinate complex)	55 mcg	100%
Includes 5g Added Sugars		10%	Manganese (as TRAAACS [®] manganese bisglycinate chelate)	1.8 mg	78%
Protein	24 g		Chromium (as TRAAACS [®] chromium nicotinate glycinate chelate)	55 mcg	157%
Vitamin A (as natural beta-carotene)	1500 mcg	167%	Molybdenum (as TRAAACS [®] molybdenum glycinate chelate)	150 mcg	333%
Vitamin C (ascorbic acid)	220 mg	244%	Sodium (naturally occurring)	470 mg	20%
Vitamin E (as d-alpha-tocopheryl succinate and mixed tocopherols)	70 mg	467%	Potassium (as dipotassium phosphate, tripotassium citrate, and ingredients with naturally occurring potassium)	860 mg	18%
Thiamin (as thiamine HCl)	5 mg	417%			
Riboflavin (as riboflavin 5'-phosphate sodium)	2.2 mg	169%	Stabilized Flaxseed	9 g	**
Niacin (as niacinamide)	10 mg	63%	Typical Alpha-Linolenic Acid Content	2.07 g	**
Vitamin B6 (as pyridoxal 5'-phosphate)	5 mg	294%	Typical Linoleic Acid Content	630 mg	**
Folate (as Quatrefolic [®] (6S)-5-methyltetrahydrofolate acid, glucosamine salt)	200 mcg DFE	50%	Preventium [®] (potassium d-glucarate)	250 mg	**
Vitamin B12 (as methylcobalamin)	22 mcg	917%	N-Acetyl-L-Cysteine	55 mg	**
Biotin	320 mcg	1067%	L-Glutathione	29 mg	**
Pantothenic Acid (as d-calcium pantothenate)	6 mg	120%			
Calcium (as DimaCal [®] di-calcium malate and ingredients with naturally occurring calcium)	200 mg	15%			

Other Ingredients: Vegan Protein Blend (Alkaline Method's proprietary blend of pea protein isolate, taurine, glycine, rice protein concentrate, and L-glutamine), sunflower oil, dried cane syrup, natural flavors (no MSG), medium-chain triglyceride oil, cellulose gum, xanthan gum, Aminogen[®] fungal proteases, guar gum, stevia leaf extract, and silica.

AMINOGEN[®] is a registered trademark of Innophos Nutrition, Inc. AMINOGEN[®] is protected under U.S. patent 5,387,422.



Albion[®], DimaCal[®], TRAAACS[®], and the Albion Gold Medallion[®] are registered trademarks of Albion Laboratories, Inc. Malates covered by US patent 6,706,904.



Quatrefolic[®] is a registered trademark of Gnosis S.p.A. Produced under US Patent 7,947,662.

Preventium[®] is a registered trademark of Applied Food Sciences, LLC. (US patents 4,845,123, 5,364,644, 5,561,160).

Directions

Blend, shake, or briskly stir two level scoops (57 g) into 10-12 oz chilled water and consume once daily, or as directed by your healthcare practitioner. Adjust amount of water to desired sweetness and thickness.

Consult your healthcare practitioner prior to use. Individuals taking medication should discuss potential interactions with their healthcare practitioner. Do not use if tamper seal is damaged.

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
Taurine	500 mg
Threonine	1,060 mg
Tryptophan	270 mg
Tyrosine	1,040 mg
Valine	1,360 mg

References

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Does Not Contain

Wheat, gluten, yeast, soy protein, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives.

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