

Fast & Be Clear

Nutritional and Detox Support*

Fast & Be Clear provides nutritional support for detoxification and fasting.* It contains high levels of vitamins, minerals, and other bioactive food components to maintain the body's antioxidant systems, and helps reduce the oxidative stress from environmental toxins and allergens.* While providing broad-spectrum nutritional support, Fast & Be Clear is formulated as hypoallergenic as possible to reduce interference with the activity of detoxification.



#74230
900 grams powder

Key Features

- Provides nutritional support during fasting and detoxification*
- Provides nutrients to support the body's antioxidant systems*
- Rice based formulation, free of most common allergens

Fasting, or abstinence from food, is recognized as an appropriate and effective detoxification therapy that not only provides rest for the digestive system, but also limits the intake of dietary toxins and antigenic food components.* Fasts can also reduce the levels of leukotrienes and the activity of lymphocytes, as well as offer a respite for the various detoxification systems of the body. This allows the body's detoxification systems to proceed without dealing with the continued buildup of toxic and allergenic dietary components from regular eating.

The Fast & Be Clear formula was designed not only to be free of common dietary allergens, e.g. wheat and dairy, but also to provide those nutrients that support the body's detoxification systems.* Nutrients such as alpha-lipoic acid, glutathione, carotenoids, bioflavonoids, vitamins C and E, the minerals copper, zinc, selenium, and manganese help improve and maintain the body's antioxidant and xenobiotic detoxification systems.* This is especially important as fasting can lead to depletion of liver glutathione, and thus reduce the body's capability to quench oxidative free radicals.* The liver plays a major role as the main organ of detoxification and xenobiotic metabolism.

The conditionally essential amino acid glutamine serves as a fuel source for colonocyte maintenance and repair, as well as for maintaining optimum efficiency of lymphocytes and macrophages in the GI tract.* *Lactobacillus sporogenes* is a particularly hardy member of the lactobacillus group.

Supplement Facts			Serving Size	2 Scoops (40 g)
			Servings Per Container	22
Amount Per Serving	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value*
Calories	150			
Calories from Fat	15			
		% Daily Value		
Total Fat	2 g	3%		
Saturated Fat	0.5 g	3%		
Sodium	20 mg	1%		
Total Carbohydrates	21 g	7%		
Dietary Fiber	4 g	16%		
Sugars	11 g			
Protein	17 g	34%		
Vitamin A (56% as Beta-Carotene, 22% as Retinyl Palmitate and 22% as Mixed Carotenoids)	7000 IU	140%		
Vitamin C (as Magnesium Ascorbate)	300 mg	500%		
Calcium (as Calcium Citrate and Phosphate)	300 mg	30%		
Iron (as Ferric Ammonium Citrate)	3 mg	17%		
Vitamin D3 (as Cholecalciferol)	130 IU	33%		
Vitamin E (as Mixed Tocopherols)	100 IU	333%		
Thiamine (as Thiamine Hydrochloride)	1.5 mg	1000%		
Riboflavin (as Riboflavin-5-Phosphate)	10 mg	588%		
Niacin (as Niacinamide)	15 mg	75%		
Vitamin B6 (as Pyridoxine Hydrochloride)	15 mg	750%		
Folate (as Folic Acid)	100 µg	25%		
Vitamin B12 (as Methylcobalamin)	50 µg	833%		
Biotin	150 µg	50%		
Pantothenic Acid (Calcium Pantothenate)	200 mg	2000%		
Phosphorus (as Calcium Phosphate and Potassium Phosphate)	120 mg	12%		
Iodine (as Potassium Iodide)	8 µg	5%		
Magnesium (as Magnesium Citrate)	200 mg	50%		
Zinc (as Zinc Picolinate)	10 mg	67%		
Selenium (as Selenomethionine)	40 µg	57%		
Copper (as Copper Gluconate)	1 mg	50%		
Manganese (as Manganese Gluconate)	1.3 mg	65%		
Chromium (as Chromium Picolinate)	80 µg	67%		
Molybdenum (as Sodium Molybdate)	50 µg	67%		
Potassium (as Potassium Iodide and Potassium Phosphate)	120 mg	3%		
Boron (as Sodium Borate)	250 µg	†		
N-Acetyl-L-Cysteine	50 mg	†		
L-Glutathione (reduced)	50 mg	†		
Glycine	1800 mg	†		
Taurine	200 mg	†		
L-Glutamine	1 g	†		
Alpha-Lipoic Acid	20 mg	†		
MSM (Methylsulfonylmethane)	100 mg	†		
Quercetin	100 mg	†		
Green Tea Extract (standardized to 40% Catechins)	25 mg	†		
Grape Seed & Skin Extract (standardized to 95% Polyphenols)	25 mg	†		
<i>Lactobacillus sporogenes</i>	300 million CFU	†		

* Percent Daily Values are based on a 2,000 calorie diet. † Daily Value not established.

Other ingredients: Rice protein concentrate, rice bran, rice syrup solids, microcrystalline cellulose, rice bran oil, natural cherry flavor.

Suggested Use: As a dietary supplement, 1 or 2 scoops daily, or as directed by a healthcare professional. Mix in 8 oz. of liquid.