

DETOX WITH MEDICLEAR

Nutritional Support for inflammation, Allergies, Detoxification, and Gastrointestinal Support.



• Are we all Toxic?

Toxins are essentially any substances which are poisonous to the processes that maintain life. Your body is exposed to countless toxins every day, from the air, food and water, chemicals, even daily physical processes such as digestion, elimination and your metabolism create many unwanted substances which need to be cleansed from the blood-stream regularly.

• Most people are aware of the health hazards of pesticides, herbicides, chemical fertilisers and toxic metal exposure from lead (industrial waste), aluminium (under-arm deodorants), mercury (dental fillings, tuna), and copper (water pipes). No matter how careful we are, or where we live, we all have some level of toxic-element exposure. Add to this the use of alcohol, and tobacco, and pharmaceutical medicines, you can see that this has created a challenging task for our bodies to get rid of these substances.

• What are the health problems associated with this toxic burden?

Annoying symptoms like indigestion, bloating, headaches, fatigue and allergies as well as the more severe diseases of our time, like cancer, Alzheimer's, lupus, muscular dystrophy, and fibromyalgia may all be connected directly or indirectly to some form of toxic overload.

• Why our body's detox mechanisms are inadequate?

Our 'Western' diet is high in saturated and hydrogenated fats, salt and refined sugars. We consume vegetables and fruits which are nutrient depleted and consume meats which contain antibiotics, hormones and agricultural chemical residues. This type of diet generally provides inadequate nutrients for many metabolic processes, including detoxification.

• What is MediClear?

MediClear is a unique formulation containing rice protein, vitamins, minerals and specialised nutrients and herbs that are vital in the detoxification process and elimination of harmful substances in the body. Beneficial amino acids include glycine, N-acetylcysteine, taurine, and glutathione, which are added to assist in this process. Green tea extract is also added as it provides potent antioxidant and liver protecting activity, MSM helps detoxification and joint function, Lactobacillus sporogenes provides beneficial digestive flora and so on.

• Why use MediClear?

If your liver and digestive organs are over burdened, many health problems can arise, including poor digestion, allergies, inflammation, chronic fatigue, blood sugar abnormalities, hormone imbalances and other chronic conditions. MediClear provides an array of nutrients and herbs that optimise the functioning of the liver.

• Is it necessary to follow the recommended elimination diet during the MediClear program?

Often, with our busy schedules, we don't spend enough time planning nutritious meals. Instead, we tend to rely on fast and convenience types of foods, on the run. These are the foods which tend to have low nutritional value. The elimination diet is designed to decrease your toxic burden by providing foods that generally do not cause allergies or intolerances and are lower in preservatives, pesticides, hormones, antibiotics, and other toxic elements.

• What should I do if I am constipated before or during the MediClear program?

It is important that you are having one to two properly formed bowel motions on a daily basis. If not, it is important that you add MediBulk (to provide bulk and fibre) or take Herbal Laxative if you are constipated. It is very important that you are eliminating well when detoxifying, or toxins which are being released from your body are only being recirculated. Sauna therapy is an excellent adjunct during this period to increase your body's excretion of toxins.

● **How does the Program work?**

The MediClear allergy elimination and cleansing program is designed to last three weeks. MediClear is very simple to use because it comes in a powder form that can be added to water, soy or rice milk or to fruit or vegetable juices.

To ensure that they obtain an excellent source of nutrient and proteins, many people are now taking MediClear as part of their daily diet. MediClear has also been used successfully by people seeking weight-loss, in fact 1 serve per day when taken just before the evening meal will help considerably with weight loss over a period of 6 to 8 weeks.

Each MediClear container comes with a 20 page Complete Patient Guide about the program, the elimination diet, recipes, menu-planning, frequently asked questions and even a guide sheet to assist you with buying foods in the health food shops.



MediClear contains:

Vitamin A (from 3000 IU Mixed Carotenes and 2000 IU Palmitate)	5,000 IU
Vitamin C (Ascorbic Acid)	300mg.
Vitamin D (as Vitamin D3)	130 I.U.
Vitamin E (as d-Alpha-Tocopherol from Pure Mixed Tocopherols)	100mg 50 I.U.
Thiamine (from Thiamine HCl)	12 mg.
Riboflavin (from Riboflavin 5' - Phosphate)	5 mg.
Niacin (8 mg Niacin & 30mg Niacinamide)	38 mg.
Vitamin B6 (from Pyridoxal 5' Phosphate)	10 mg.
Folate (from Calcium Folate)	200 mcg.
Vitamin B12-(from 25 mcg Cobamamide and 25 mcg Methylcobalamin)	50 mcg.
Biotin	150 mcg.
Pantothenic Acid (from Ca Pantothenate)	50 mg.
Calcium (as Calcium Citrate-Malate)	300 mg.
Iodine (as Potassium Iodide)	75 mcg.
Magnesium (as Mg Citrate-Malate)	150 mg.
Zinc (as Zinc Picolinate)	10 mg.
Selenium (as Selenium Picolinate)	70 mcg.
Copper (as Copper Picolinate)	2 mg.
Manganese (as Manganese Picolinate)	1.5 mg.
Chromium (as UltraChrome)	100 mcg.
Molybdenum (as Molybdenum Picolinate)	50 mcg.
Potassium (as Potassium Citrate-Malate)	300 mg.
Sodium	20 mg.
Phosphorous	220 mg.
Choline Citrate	30 mg.
Boron (as Boron Picolinate)	100 mcg.
Vanadium (as Vanadium Picolinate)	50 mcg.
Lactobacillus Sporogenes	50 mg.
Quercetin chalcone	250 mg.
Green Tea Extract (Catechin source)	25 mg.
MSM (Methyl Sulfonyl Methane)	100 mg.

Borage Oil	300 mg.
Betaine (Trimethylglycine)	50 mg.

Medium Chain Triglycerides (MCT's)	1.5 g.
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ADDED AMINO ACIDS:

L-Glutamine	500 mg.
Glycine	1.65 g.
Taurine	110 mg.
Lysine	500 mg.
L-Glutathione	25 mg.
N-Acetylcysteine	50 mg.

- MediClear is meticulously manufactured using only the highest quality ingredients.
- MediClear is easy to use and pleasant tasting.
- MediClear is a unique formulation containing rice protein, vitamins, minerals, and specialised nutrients and botanicals.
- MediClear will assist you in the metabolic cleansing process.