**BioCleanse Capsules**  
**Serving Size 4 Capsules**  
**Servings Per Container 30**

- **Calcium (calcium D-glucarate)** 72 mg  
- **Cysteine** 1000 mg  
- **MSM (methyl sulfonyl methane)** 500 mg  
- **L-Threonine** 400 mg  
- **Milk thistle seed extract** (Silybum marianum) 250 mg  
- **Bacillus (probiotics)** 250 mg  
- **Bovine (powder and 25% concentrated)** 200 mg  
- **Fatty Liver (D-glucarate)** 100 mg  
- **L-cysteine** (rice protein) 20 mg  

OTHER INGREDIENTS: Cellulose, silica.

**SUGGESTED USE:** As a dietary supplement, take 4 capsules per day (dose may be divided) or as directed by your healthcare professional.

**REFERENCES:**

**BioCleanse Powder**  
**Serving Size Two (2) level scoops (35.3 g)**  
**Servings Per Container 21**

- **Calcium (citrate, glycinate, rice protein)** 130 mg  
- **Chromium (niacinamide)** 5000 IU  
- **Calcium (calcium ascorbate, retinyl palmitate)** 30 mg  
- **Vitamin C (ascorbic acid, sodium ascorbate)** 80 mg  
- **Riboflavin (riboflavin, riboflavin 5'-phosphate)** 2 mg  
- **Folic acid (folic acid)** 2 mg  
- **Biotin** 7 mg  
- **Panthenic acid (d-pantothenic acid)** 3 mg  
- **Niacin (nicotinic acid)** 1 mg  
- **Phosphorus (dipotassium phosphate, sodium phosphate)** 177 mg  
- **Zinc (glycinate)** 1 mg  
- **Copper (glycinate)** 1 mg  
- **Selenium (selenomethionine)** 51 mg  
- **Folate (calcium folinate)** 153 mg  
- **Sodium (rice protein)** 52 mg  
- **Potassium (potassium chloride)** 1500 mg  
- **Magnesium (oxide)** 200 mg  
- **L-arginine (lysine)** 65 mg  
- **L-threonine (rice protein)** 7 mg  
- **L-cysteine (rice protein)** 200 mg  
- **L-leucine** 15 mg  
- **L-methionine** 15 mg  
- **L-lysine (lysine)** 100 mg  
- **L-lysine (lysine)** 396 mg  
- **L-lysine (lysine)** 200 mg  

**COMPREHENSIVE CLEANSING AND BODY COMPOSITION FORMULA**

In addition to our BioCleanse functional food powder, BioGenesis offers BioCleanse capsules. These capsules can be used when a more intense cleansing is desired. In a powdered beverage, there is a limit to the amount of support nutrients that can be included and still produce a palatable product. We have overcome this objection by producing the complementary product BioCleanse capsules. Here, only the specialty nutrients are included. This allows your doctor to enhance your detox program. This will assist in more effective neutralization and removal of metabolic waste products, heavy metals, solvents, and any number of chemical toxins. If a stronger cleansing is desired, use BioCleanse capsules along with BioCleanse functional food powder and follow the BioCleanse diet.

Another reason for using BioCleanse capsules is for patients who simply do not wish to use a functional food powder. In this situation, we recommend BioCleanse capsules be taken along with Ultra Genesis multivitamin/mineral (iron free) capsules and the BioCleanse diet. This method provides all the anti-inflammatory ingredients without the balanced caloric benefit of the BioCleanse functional food powder. This may be a good option for patients who are traveling, when carrying a food container is not practical. Either way, your patients can benefit from the BioCleanse program in a convenient manner.

**REFERENCES:**

**BIologically Active B Vitamins**

These vitamins are taken up and used “as is” by the cells of the body. They place no burden on the liver to phosphorylate them or on the kidneys to eliminate them. In contrast, biologically inactive B vitamins must go through an activation process, which takes place in the liver. Unfortunately, most products supply their B vitamins in the inactive form. These are rapidly removed from the blood stream by the kidneys and excreted from the body leaving little time for the liver to convert them into active forms. Biologically active B vitamins take part in numerous chemical processes including detoxification.

**Minerals**

These nutrients are critical to your health and to your body’s ability to properly detoxify. However, for minerals to be of any therapeutic benefit, you must absorb them.
**BIOCLEANSE DIET**

**BIOCLEANSE POWDER - MIX IN WATER OR JUICE**

**SAFE FOODS: ENCOURAGED - EAT THESE FOODS REGULARLY**
- DAIRY
  - rice milk (calcium fortified), soy milk (calcium fortified), almond or cashew milk
- EGGS
  - egg replacers (wheat, arrowroot, tapioca)
- FATS
  - organic cold pressed oils: olive, canola, flax, walnut, pumpkin, sesames, and fish oils
- FLUIDS
  - filtered or fresh pure water, herbal teas, fresh vegetable juices
- FRUIT
  - fresh, frozen, fresh juiced, water packed in own juice (unsweetened)
- GRAIN
  - rice, quinoa, amaranth, buckwheat, teff, millet

**LEGUMES**
- all beans (excluding soy), peas and lentils
- almond or cashew milk

**LOW FAT MEAT, FISH, POULTRY**
- chicken, turkey, lamb, salmon, cod, halibut, mackerel, trout, hake (fresh or water packed)
- orange, red and other cold water fish

**NUTS/SEEDS**
- almonds, filberts, cashews, brazils, walnuts, pecans, pumpkin, sesame, sunflower
- undyed pistachios

**SWEETENERS**
- stevia, brown rice syrup, fruit sweeteners
**VEGETABLES**
- all vegetables - fresh, steamed, or frozen

**SUGGESTED USE:**
Shake, or briskly stir 1 serving (2 level scoops) into 8-10 oz. of water or beverage of choice one to three times per day or as directed by your healthcare professional.

**CONTINUATION OF BIOCLEANSE: SPECIAL NEEDS PATIENTS**
Discuss the need to maintain on BioCleanse (1-2 servings per day) with your healthcare provider if you work in a toxic environment or if you have chronic health issues for which ongoing support with a well balanced food such as BioCleanse would be advantageous.

**LIKE MANY PRODUCTS, BIOCLEANSE DOES NOT CUT COSTS HERE. IN BIOCLEANSE, YOU WILL FIND ONLY THE BEST, FULLY BONDED MINERAL TRANSPORTERS AVAILABLE. THESE CARRIERS PROVIDE THE HIGHEST ABSORPTION AND TRANSPORT TO KEY SITES IN THE BODY WHERE EACH MINERAL CAN SUPPORT THE CELLS’ HEALTH AND DETOXIFICATION CAPACITY.**

**STEP 1 (FIRST 3 DAYS):**
- Consume ½ scoop of BioCleanse two times per day along with three meals from the safe food list (BioCleanse Diet).
- Consume 1 scoop of BioCleanse two times per day along with three meals from the safe food list (BioCleanse Diet).
- Consume 2 scoops of BioCleanse two times per day along with three meals from the safe food list (BioCleanse Diet).

**STEP 2 (7-14 DAYS):**
- Consume 2 scoops of BioCleanse three times per day along with three meals from the safe food list (BioCleanse Diet).

**STEP 3 (3-5 DAYS):**
- Consume 2 scoops of BioCleanse five times per day along with three meals from the safe food list (BioCleanse Diet).

**STEP 4 (4-7 DAYS):**
- Consume 2 scoops of BioCleanse three times per day along with three meals from the safe food list (BioCleanse Diet).

**QUESTIONABLE FOODS (POSSIBLE ALLERGIC/INTOLERANT FOODS):**
- all dairy products (milk, cheeses, yogurt, ice cream, cream, non-dairy creams, cottage cheese)
- eggs, mayonnaise, egg substitute
- margarine, shortening, butter, refined oils, salad dressing, and spreads
- coffee, black/green tea, cocoa, postum, alcohol, soda, citrus fruits, sweetened beverages, milk
- white sugar, brown sugar, turbinado sugar, honey, molasses, maple syrup, fruit juice

**QUESTIONABLE FOODS AVOIDED DURING BIOCLEANSE DETOX:**
To gain the most benefit from your BioCleanse detoxification, it is best to go slowly when reintroducing foods back into your diet. It is entirely possible that part of the benefit you gained during the detox was due to avoidance of allergic or difficult-to-digest foods (food intolerances). Therefore, now is a good time to have your healthcare provider allergy test you or enter you into the reintroduction phase of your program. When reintroducing foods, it is best to eat them in their whole form. Do not buy packaged foods with many ingredients—if you have a reaction, you and your healthcare provider will have a difficult time determining the culprit. When reintroducing foods, keep a diary of your symptoms and how you feel each day. This way, if you have a delayed allergic or intolerant response, you will be able to determine which food is at fault and quickly eliminate it from your diet. The idea here is to create a “safe diet” for you to follow to continue to enjoy the health benefits gained from the detox.

**CONTINUATION OF BIOCLEANSE: SPECIAL NEEDS PATIENTS**
Discuss the need to maintain on BioCleanse (1-2 servings per day) with your healthcare provider if you work in a toxic environment or if you have chronic health issues for which ongoing support with a well balanced food such as BioCleanse would be advantageous.