



BioCleanse Capsules
 Serving Size 4 Capsules
 Servings Per Container 30

	Amount Per Serving
Calcium (calcium D-glucarate)	32 mg
L-glycine	1000 mg
MSM (methyl sulfonyl methane)	500 mg
L-aurine	400 mg
Milk thistle seed (<i>Silybum marianum</i>)	250 mg
NAC (N-acetyl cysteine)	250 mg
Broccoli (powder and 25% concentrate)	100 mg
Sodium sulfate	100 mg
L-cysteine	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:

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3. Dwivedi C., et al. Effect of calcium glucarate onn beta-glucuronidase activity and glucarate content of certain vegetables and fruits. *Biochem Med Metab Biol.* 1990; 43:83-92.
4. Ziemniak JA, et al. The effect of acetaminophen on the diposition of fenoldopam: competition for sulfation. *Clin Pharmacol Ther.* 1987 Mar; 41 (#): 275-81.
5. Tamayo C, Diamond S. Review of clinical trials evaluating safety and efficacy of milk thistle (Silbum marianum [L.] Gaertn). *Integr Cancer Ther.* 2007 Jun; 6(2):146-57.
6. De Rosa SC, et al. N-acetylcysteine replenishes glutathione in HIV infection. *Eur J Clin Invest.* 2000 Oct.;30(10):841-2
7. Maranon G, et al. The effect of methyl sulphony methane supplementation on biomarkers of oxidative stress in sport horses following jumping exercise. *Act Vet Scand.* 2008 Nov 7;50:45

BIOCLEANSE CAPSULES

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.

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

	Amount Per Serving
Calories	135
Calories from Fat	30
Total Fat	3.5 g
Saturated Fat	3 g
Total Carbohydrate	12 g
Dietary Fiber	1 g
Sugars	2 g
Protein	14 g
Vitamin A (beta carotene, retinyl palmitate)	5000 IU
Vitamin C (ascorbic acid, sodium ascorbate)	300 mg
Vitamin D (cholecalciferol)	80 IU
Vitamin E (d-alpha-tocopheryl acetate)	80 IU
Thiamin (HCl)	2 mg
Riboflavin (riboflavin, riboflavin 5'-phosphate)	2 mg
Niacin (niacinamide)	7 mg
Vitamin B6 (pyridoxine HCl, pyridoxal 5'-phosphate)	3 mg
Folate (calcium folinate)	80 mcg
Vitamin B12 (cyanocobalamin)	4 mcg
Biotin	135 mcg
Pantothenic acid (D-calcium pantothenate)	36 mg
Calcium (citrate, glycinate, rice protein)	177 mg
Iron (glycinate, rice protein)	3 mg
Phosphorus (dipotassium phosphate, rice protein)	153 mg
Iodine (potassium iodide)	53 mcg
Magnesium (glycinate)	51 mg
Zinc (glycinate)	10 mg
Selenium (selenomethionine)	40 mcg
Copper (glycinate)	1 mg
Manganese (glycinate)	1 mg
Chromium (nicotinate)	50 mcg
Sodium (rice protein)	52 mg
Potassium (dipotassium phosphate, rice protein)	424 mg
Glycine (rice protein, glycine)	1500 mg
L-lysine (rice protein)	845 mg
L-threonine (rice protein)	784 mg
L-cysteine (rice protein)	396 mg
Calcium d-glucarate	200 mg
Milk thistle seed extract (<i>Silybum marianum</i>)	200 mg
Taurine	150 mg
MSM (methylsulfonylmethane)	100 mg
Sodium sulfate	75 mg
(NAC) N-acetyl L-cysteine	50 mg

BIOCLEANSE POWDER

COMPREHENSIVE CLEANSING AND BODY COMPOSITION FORMULA

- Chelation and clearing of metabolic and xenobiotic (environmental) toxins
- Supports liver detoxification
- Helps balance blood glucose levels
- Multivitamin/multimineral

When your patient can benefit from a comprehensive cleansing program, try BioCleanse for positive results. BioCleanse is designed to help the body rid itself of toxins. These toxins may be metabolic waste or they may be environmental, such as heavy metals, pesticides, herbicides, solvents, drug residues, etc. BioCleanse is a state-of-the-art system designed to remove toxins from the nervous system and connective and fatty tissues. After removal, BioCleanse assists your liver in neutralizing and removing them from the body. It does this by assisting the liver's Phase 1 and Phase 2 detoxification pathways. BioCleanse helps the liver convert an insoluble toxin, which is difficult to remove, to a more soluble toxin. Because BioCleanse assists the body and the liver in a deep cleansing, the whole treatment is smooth and relatively easy to accomplish. In fact, the balanced proportions of protein, carbohydrate, and fats help keep blood sugar levels and energy up. A typical detox program can last anywhere from 17 to 33 days. To get the most out of the BioCleanse detox, your patient should follow the BioCleanse Diet.

BIOLOGICALLY ACTIVE B 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 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.

*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.



BIOCLEANSE

COMPREHENSIVE CLEANSING & BODY COMPOSITION FORMULA

Unlike 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 transportation to key sites in the body where each mineral can support the cells' health and detoxification capacity.

SPECIALTY NUTRIENTS are present in clinically relevant levels to provide additional antioxidant/anti-inflammatory protection and to support both Phase 1 and Phase 2 detoxification pathways in the liver.

N-ACETYL L-CYSTEINE (NAC) is a form of the amino acid L-cysteine. It acts as an antioxidant by promoting the production of glutathione, a detoxification molecule. NAC protects against lipid hydroperoxidases and hydrogen peroxide radicals.

TAURINE assists the liver in Phase 2 detoxification by contributing to the conjugation of xenobiotic compounds. This role of taurine is essential in neutralization and clearance of toxins.

SODIUM SULFATE provides essential sulfur for sulfation conjugation detoxification processes in the liver. This is especially important for persons with impaired detoxification capacity. Often these individuals cannot convert organic sulfur (cysteine, methionine, etc.) into inorganic sulfur (sodium sulfate) efficiently. Inorganic sulfur is necessary for sulfation conjugation activity.

L-CYSTEINE AND METHYL SULFONYL METHANE (MSM) supply additional organic sulfur for sulfoxidation support and as a source for additional inorganic sulfur production.

CALCIUM D-GLUCARATE supports the process by which healthy cells eliminate waste and foreign elements. It does this by regulating the activity of the enzyme beta-glucuronidase. In this way, it supports the glucuronidation detoxification cellular cleansing process.

SILYMARIN has been shown to increase glutathione and superoxide dismutase levels. Silymarin protects the liver from free radical damage and enhances repair and regeneration of liver cells.

SUGGESTED USE: As a dietary supplement, blend, 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.

CONTRAINDICATIONS: A history of previous sensitivity to any of the product's ingredients. Any condition for which any of the ingredients in this product are adverse or contraindicated. Any disease state managed by pharmaco-therapy for which alterations of serum drug levels secondary to changes in hepatic metabolism could be life threatening.

CAUTION: Excessive vitamin A intake may be toxic. Excess vitamin A intake may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 5,000 IU total per day of pre-formed vitamin A. BioCleanse has not been tested in pregnancy, in breastfeeding women, or in studies with children and, therefore, cannot be recommended for use with these patients.

BIOCLEANSE IS HYPOALLERGENIC: BioCleanse is free of wheat, rye, oats, barley, corn, dairy, egg and peanut. No fillers or artificial colors/flavors are used.

INGREDIENTS: Rice protein concentrate, healthy fat complex (coconut oil, medium chain triglycerides), rice syrup solids, natural flavors, gum blend (cellulose gum, xanthan gum) silica, stevia leaf extract, safflower oil.

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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 replacer (*potato starch*), arrowroot starch, tapioca

FATS

organic cold processed oils: olive, canola, flax, walnut, pumpkin, sesame, 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*) — *consume organic fruits*

GRAIN

rice, quinoa, amaranth, buckwheat, teff, millet

LEGUMES

all beans (*excluding soy*), peas and lentils

LOW FAT MEAT, FISH, POULTRY

chicken, turkey, lamb, salmon, cod, halibut, mackerel, trout, tuna (*fresh or water packed*) orange roughly and other cold water fish — *consume hormone-free, organic meats when possible*

NUTS/SEEDS

almonds, filberts, cashews, brazils, walnuts, pecans, pumpkin, sesame, sunflower, undyed pistachio *nut/seed butters made from above nuts/seeds*

SWEETENERS

stevia, brown rice syrup, fruit sweeteners

VEGETABLES

all vegetables - fresh, steamed, or frozen *fresh vegetable juices - consume organic vegetables*

QUESTIONABLE FOODS (POSSIBLE ALLERGIC/INTOLERANT FOODS):

DISCOURAGED - AVOID REGULAR CONSUMPTION AND EXCESSIVE AMOUNTS

all dairy products (*milk, cheeses, yogurt, ice cream, cream, non-dairy creamers, cottage cheese*)

eggs, mayonnaise, egg substitute (*egg white*)

margarine, shortening, butter, refined oils, salad dressing, and spreads

coffee, black/green tea, cocoa, postum, alcohol, soda, citrus drinks, sweetened beverages, milk

citrus fruits (*lemon, lime, orange, grapefruit, tangerine*), fruit drinks, ades, cocktails, strawberries — sulfites

soy products

all gluten grains (*wheat, rye, barley, spelt, kamut*) refined grains (*white bread, white rice*), all corn products

beef, processed meats (*bologna, sausage, canned meats, hot dogs*)

peanuts, peanut butter, red (*dyed*) pistachios

white sugar, brown sugar, turbinado sugar, honey, molasses, maple syrup, fructose, corn syrup

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.