OptiCleanse™ GHI
Support for Gastrointestinal System, Hepatic Function, and Cytokine Balance*

Clinical Applications

» Supports Natural Detoxification Mechanisms*
» Supports Gastrointestinal Health*
» Supports a Balanced Cytokine Profile*
» Lactose-Free Vegan Protein Source*

OptiCleanse™ GHI is a comprehensive, fructose-free, low-allergy—potential dietary supplement designed to support gastrointestinal (GI) function, balanced detoxification, and a normal, healthy response to inflammation. It features VegaPro™, XYMOGEN’s proprietary amino acid and pea/rice protein blend; Aminogen®, to facilitate protein absorption; phytonutrients; mineral amino acid chelates; and activated B vitamins, including Quatrefolic® and methylcobalamin. In conjunction with a modified elimination diet, OptiCleanse GHI addresses GI and hepatic function as well as eicosanoid balance and cytokine metabolism. This formula is suitable for vegans.*

Detoxification Support
Ellagic acid (from pomegranate extract) prevents over-induction of CYP1A enzymes, works at the gene level to induce synthesis of glutathione-S-transferases and other phase II activities, binds directly to toxins, and protects DNA and hepatocytes.[5,6] Watercress is a rich source of beta-phenylethyl isothiocyanate (PEITC)—a versatile compound found to inhibit phase I enzymes and induce the phase II enzymes associated with biotransformation and excretion of toxins. Watercress was found to contain even stronger phase II inducers known as 7-methylsulfinlyheptyl and 8-methylsulfinlyoctyl isothiocyanates as well.[7] Green tea catechins not only support antioxidant activity but also appear to act as modulators of phase I and phase II detoxification. Choline is present to support lipid metabolism in the liver and can be converted to betaine, a methyl donor.[8]

The active, bioavailable form of B vitamins (pyridoxal-5’-phosphate (B6), 5-methyltetrahydrofolate (folate), methylcobalamin (B12)) and glycine all support amino acid conjugation and are vital for the detoxification of xenobiotics and xenoestrogens. 5-methyltetrahydrofolate (5-MTHF), methylcobalamin, betaine, and methylsulfonylmethane (MSM) are present to support methylation and detoxification. 5-MTHF supports healthy folate nutrition, especially in those with variations in folate metabolism. In OptiCleanse GHI, 5-MTHF is provided as Quatrefolic® for enhanced stability, solubility, and bioavailability.[9]

Preventium®, a patented form of potassium hydrogen d-glucarate, supports glucuronidation. Sulfation is supported by MSM and sodium sulfate. Acetylation is supported by d-calcium pantothenate, pyridoxal-5’-phosphate, and magnesium. Several minerals in OptiCleanse GHI are provided as Albion® mineral chelates and TRAACS® mineral amino acid chelates for enhanced gastrointestinal absorption and bioavailability.[10]

Continued on next page
OptiCleanse™ GHI Creamy Chocolate Supplement Facts

Serving Size: 2 Scoops (64 g)
Servings Per Container: 14

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>230</td>
<td></td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>6g</td>
<td>9%</td>
</tr>
<tr>
<td>Total Fat 6 g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 0 g</td>
<td></td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0 g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Polyunsaturated Fat 0.5 g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monounsaturated Fat 2.2 g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0 mg</td>
<td></td>
<td>0%</td>
</tr>
<tr>
<td>Total Carbohydrate 19 g</td>
<td></td>
<td>6%</td>
</tr>
<tr>
<td>Dietary Fiber 4 g</td>
<td></td>
<td>1%</td>
</tr>
<tr>
<td>Soluble Fiber 3 g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sugars 9 g</td>
<td></td>
<td>2%</td>
</tr>
<tr>
<td>Other Carbohydrate 6 g</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

** Protein 28 g 52%**
- Vitamin A (as beta-carotene) 2500 IU 50%
- Vitamin C (as sodium ascorbate) 250 mg 417%
- Thiamin (as thiamin HCl) 15 mg 1000%
- Riboflavin 5 mg 254%
- Niacin (as niacinamide and niacin) 40 mg 200%
- Vitamin B6 (as pyridoxal 5-phosphate) 5 mg 250%
- Folate (as 5-methyltetrahydrofolate) 200 mcg 50%
- Vitamin B12 (as methylcobalamin) 50 mcg 833%
- Biotin 150 mcg 50%

** Panthenic Acid (as d-calcium pantothenate) 35 mg 359%**
- Calcium (as DimCal® Di-Calcium Malate) 200 mg 20%
- Phosphorus (as potassium phosphate) 130 mg 13%
- Iodine (as potassium iodide) 60 mcg 40%
- Magnesium (as Di-Magnesium Malate) 150 mg 38%
- Zinc (as TRAACS® Zinc Glycinate Chelate) 10 mg 67%
- Selenium (as Selenium Glycinate Complex) 119 mcg 143%
- Vitamin B3 (as TRAACS® Vitamin B3 Glycinate Chelate) 2 mg 100%
- Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate) 60 mcg 50%
- Molybdenum (as TRAACS® Molybdenum Glycinate Chelate) 35 mcg 47%
- Potassium 270 mg 11%
- Sodium 60 mg 2%

** Other Carbohydrates 6 g 17%**
- Alpha Linolenic Acid (from MeadowPure) 1.26 g 2%
- Linoleic Acid (from MeadowPure) 392 mg 22%
- Pomegranate Extract (Punica granatum(hull)(80% polyphenols and 40% ellagic acid) 400 mg 22%
- Beets (as trimethylglycine) 250 mg 22%
- Lemon Bioflavonoid Complex (Citrus × limon)(fruit peel)(25% bioflavonoids) 250 mg 22%
- Quercetin (as quercetin dihydrate from Sophora japonica) 250 mg 22%
- Preventium® (as potassium d-glucarate) 250 mg 22%
- Rutin (from Sophora japonica) 392 mg 22%
- Turmeric Extract (Curcuma longa(root))(95% curcuminoids) 200 mg 22%
- N-Acetyl-Glycine 150 mg 22%
- Ginger Root Powder (Zingiber officinale)(rhizome) 150 mg 22%
- Methiulserglycine 150 mg 22%
- Sodium Sulfate 100 mg 22%
- Watercress Herb Powder (Ronippa nasturtium aquaticum)(aerial part) 100 mg 22%
- Choline (as choline bitartrate) 100 mg 22%
- Green Tea Extract (Camellia sinensis)(leaf) (88% polyphenols, 80% catechins, 60% EGCG, and 0.5% caffeine) 82 mg 22%

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

Other Ingredients: VegaPro™ (XYMOGEN’s proprietary blend of pea protein isolate, rice protein concentrate, glycine, L-glutamine, and taurine), evaporated cane juice, cocoa powder, sunflower oil, natural flavors (no MSG), inulin (from chicory), sodium chloride, medium-chain triglycerides, brown rice syrup solids, Amigen®, potassium citrate, sodium citrate, carrageenan, xanthan gum, guar gum, and stevia leaf extract.

DIRECTIONS: Blend, shake, or briskly stir 2 level scoops (64 g) into 8-12 ounces chilled, pure water (or mix amount for desired thickness) and consume at least once daily, or use as directed by your healthcare practitioner.

DOES NOT CONTAIN: Wheat, gluten, corn protein, yeast, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners, or preservatives.

CAUTIONS: Consult your healthcare practitioner before use, especially if you are receiving cancer treatment or taking an anticoagulant. Keep out of reach of children. Do not take if you are pregnant or allergic to any ingredient.

Also available in Chocolate Mint, Vanilla Delight, Chai, & Original.

Antioxidant Support and Cytokine Balance

Bioflavonoids, quercetin, rutin, and curcumin support antioxidant activity, counter free radicals, and support healthy eicosanoid and cytokine metabolism.13,14 Curcumin has a long history of use for its support of a normal, healthy response to inflammation.19 N-acetyl-cysteine (NAC) stimulates glutathione synthesis, enhances glutathione-S-transferase activity, and promotes detoxification.20 Selenium glycinate provides support for glutathione metabolism and antioxidant protection.*

OptiCleanse GHI provides an array of nutrients that supports gastrointestinal health; detoxification and antioxidant mechanisms; and a normal, healthy response to inflammation and cytokine balance. This formula is designed to be used as part of a step-approach cleanse in conjunction with a modified elimination plan.*

References


Due to the evolving nature of interactions and contraindications, it is advised that practitioners consult a current database for new information.

© XYMOGEN

All XYMOGEN® Formulas Meet or Exceed cGMP Quality Standards.

*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.