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 and balanced detoxification. It features VegaPro™, XYMOGEN’s proprietary amino acid and pea/rice protein blend; Aminogor®, 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.*

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 methylly metabolism 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.*

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.*

Antioxidant Support and Cytokine Balance
Bioflavonoids, quercetin, rutin, and curcumin support antioxidant activity, counter free radicals, and support healthy eicosanoid and cytokine metabolism.* Curcumin has a long history of use for its support of a normal, healthy response to inflammation.* N-acetyl-cysteine (NAC) stimulates glutathione synthesis, enhances glutathione-S-transferase activity, and promotes detoxification.*

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.*

Discussion

OptiCleanse® GHI contains macro- and micronutrients, as well as a host of ingredients (some patented or proprietary) that support fatty acid metabolism, gastrointestinal health, and healthy eicosanoid and cytokine metabolism. Activated cofactors support mitochondrial energy production needed for biotransformation and detoxification. This formula’s ingredients help moderate phase I detoxification, upregulate and support phase II pathways, and provide antioxidant support as well.*

Protein Metabolism
VegaPro is XYMOGEN’s proprietary blend of pea protein isolate and rice protein concentrate, L-glutamine, glycine, and taurine. Generation of glutathione and sulfation cofactors—vital for phase II conjugation—requires an array of amino acids. The combination of pea protein and rice protein, containing a complement of amino acids, achieves an amino acid score of 100%. Glutamine, a conditionally essential and versatile amino acid with two nitrogen moieties, is crucial to metabolic 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 methylly metabolism 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.*

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*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.
OptiCleanse® GHI Vanilla Delight Supplement Facts

Serving Size: 2 Scoops (about 57 g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>230</td>
</tr>
<tr>
<td>Total Fat</td>
<td>7 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.5 g</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>15 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3 g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>5 g</td>
</tr>
<tr>
<td>Includes 5g Added Sugars</td>
<td>10%</td>
</tr>
</tbody>
</table>

Protein 26 g
Vitamin A (as natural beta-carotene) 750 mcg | 83% |
Vitamin C (as sodium ascorbate) 250 mg | 278% |
Thiamin (as thiamine HCl) 15 mg | 1250% |
Riboflavin (as riboflavin 5'-phosphate sodium) 5 mg | 385% |
Niacin (as niacinamide and niacin) 40 mg | 250% |
Vitamin B6 (as pyridoxal 5'-phosphate) 5 mg | 294% |
Folate (as Quatrefolic® (6S)-5-methyltetrahydrofolate acid, glucosamine salt) 200 mcg | 50% |
Vitamin B12 (as methylcobalamin) 50 mcg | 2083% |
Biotin 100 mcg | 1500% |
Pantothenic Acid (as calcium pantothenate) 35 mg | 700% |
Choline (as choline bitartrate) 100 mg | 18% |
Calcium (as DimaCal® di-calcium malate and ingredients with naturally occurring calcium) 220 mg | 17% |
Iron (naturally occurring) 5 mg | 28% |
Iodine (as potassium iodide) 60 mcg | 40% |
Sodium (as sodium chloride) 140 mg | 33% |
Magnesium (as Albion® d-magnesium malate) 10 mg | 91% |
Chromium (as TRAACS® chromium nicotinate glycine chelate) 100 mg | 182% |
Manganese (as TRAACS® manganese bisglycinate chelate) 2 mg | 87% |
Molybdenum (as TRAACS® molybdenum glycinate chelate) 35 mcg | 75% |
Potassium (from ingredients with naturally occurring sodium, sodium sulfate anhydrous, and sodium ascorbate) 560 mg | 24% |
Iron (naturally occurring) 5 mg | 28% |
Iodine (as potassium iodide) 60 mcg | 40% |
Sodium (as sodium chloride) 140 mg | 33% |
Calcium (as Albion® potassium glycinate complex) 10 mg | 91% |
Selenium (as TRAACS® selenium glycinate complex) 100 mg | 182% |
Manganese (as TRAACS® manganese bisglycinate chelate) 2 mg | 87% |
Chromium (as TRAACS® chromium nicotinate glycine chelate) 60 mg | 171% |
Molybdenum (as TRAACS® molybdenum glycinate chelate) 35 mcg | 75% |
Sodium (from ingredients with naturally occurring sodium, sodium sulfate anhydrous, and sodium ascorbate) 560 mg | 24% |
Potassium (from tripotassium citrate and ingredients with naturally occurring potassium) 455 mg | 10% |
Stabilized Flavoured Typical Alpha-Linolenic Acid Content 5.6 g | ** |
Typical Linoleic Acid Content 1.32 g | ** |
Pomegranate Extract (Punica granatum)(null)(40% ellagic acid) 400 mg | ** |
Betaine Anhydrous (trimethylglycine) 250 mg | ** |
Lemon Bioflavonoid Complex (Citrus × limon)(fruit peel)(25% bioflavonoids) 250 mg | ** |
Curcumin (as curcumin hydrolysate from Dimorphandra mollis)(bud) 250 mg | ** |
Preventum® (potassium d-glucarate) 250 mg | ** |
Rubin (from Sophora japonica)(bud) 200 mg | ** |
BCM-95® Turmeric Extract (Curcuma longa)(rhizome)(95% total curcuminoids complex, including curcumin, curcuminoids, and volatile oils)(86% curcuminoids)(65% curcumin) 200 mg | ** |
N-Acetyl-L-Cysteine 150 mg | ** |
Ginger (Zingiber officinale)(rhizome) 150 mg | ** |
Methylsulfonylmethane (MSM) 120 mg | ** |
Sodium Sulfate Anhydrous 100 mg | ** |
Watercress (Nasturtium officinale)(herb)(40% ellagic acid) 100 mg | ** |
Green Tea Aqueous Extract (Camellia sinensis)(leaf)(80% polyphenols, 66% catechins, 30% EGCG, 6% caffeine) 82 mg | ** |

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.
** Daily Value not established.

Other Ingredients: VegPro® (XYMOGEN’s proprietary blend of pea protein isolate, taurine, glycine, rice protein concentrate, and L-glutamine), dried cane syrup, sunflower oil, natural flavors (no MSG), medium-chain triglyceride oil, cellulose gum, xanthan gum, Aminogen® fungal proteases, stevia leaf extract, guar gum, and silica.

DIRECTIONS: Blend, shake, or briskly stir 2 level scoops (57 g) into 12-10 ounces chilled, pure water (or mix amount for desired thickness) and consume once daily, or use as directed by your healthcare practitioner.

Consult your healthcare practitioner prior to use. Individuals taking medication should discuss potential interactions with their healthcare provider. Do not use if tamper seal is damaged.

STORAGE: Keep closed in a cool, dry place out of reach of children.

DOES NOT CONTAIN: Wheat, gluten, yeast, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives.

Also available in Creamy Chocolate, Chai, & Chocolate Mint.

References
11. Quatrefolic® is a registered trademark of Gnosis S.r.l. Protected under US patents 6,706,904; 7,811,183; and 7,883,728.
12. VegaPro® is a registered trademark of Applied Food Sciences, LLC. (US patents 6,610,772, 7,219,202, 7,957,831). This product is not intended to diagnose, treat, cure, or prevent any disease.

Additional references available upon request.

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

Typical Amino Acid Profile Per Serving:

<table>
<thead>
<tr>
<th>Amino Acid</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alanine</td>
<td>1,280 mg</td>
</tr>
<tr>
<td>Arginine</td>
<td>2,580 mg</td>
</tr>
<tr>
<td>Aspartic Acid</td>
<td>3,400 mg</td>
</tr>
<tr>
<td>Cysteine</td>
<td>300 mg</td>
</tr>
<tr>
<td>Glutamic Acid</td>
<td>4,990 mg</td>
</tr>
<tr>
<td>Glutamine</td>
<td>1,720 mg</td>
</tr>
<tr>
<td>Histidine</td>
<td>740 mg</td>
</tr>
<tr>
<td>Isoleucine</td>
<td>1,330 mg</td>
</tr>
<tr>
<td>Leucine</td>
<td>2,490 mg</td>
</tr>
<tr>
<td>Lysine</td>
<td>2,120 mg</td>
</tr>
<tr>
<td>Methionine</td>
<td>330 mg</td>
</tr>
<tr>
<td>Phenylalanine</td>
<td>1,630 mg</td>
</tr>
<tr>
<td>Proline</td>
<td>1,340 mg</td>
</tr>
<tr>
<td>Serine</td>
<td>1,570 mg</td>
</tr>
<tr>
<td>Taurine</td>
<td>1,150 mg</td>
</tr>
<tr>
<td>Threonine</td>
<td>500 mg</td>
</tr>
<tr>
<td>Tryptophan</td>
<td>300 mg</td>
</tr>
<tr>
<td>Tyrosine</td>
<td>1,130 mg</td>
</tr>
<tr>
<td>Valine</td>
<td>1,490 mg</td>
</tr>
</tbody>
</table>

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