

# Fast & Be Clear

*Natural Support For Fasting and Detoxification\**



Item # 74230  
900 grams powder

---

## **The Possible Benefits of Fast & Be Clear, a Dietary Supplement**

- Provides nutritional support during fasting and detoxification\*
- Provides a variety of nutrients to support the body's antioxidant and xenobiotic detoxification systems\*
- Rice based formulation, free of most common allergens

---

## **Description**

Fast & Be Clear provides nutritional support for detoxification and fasting.\* It contains high levels of vitamins, minerals, and other bioactive food components to maintain the body's antioxidant systems, and helps reduce the oxidative stress from environmental toxins and allergens.\* While providing broad-spectrum nutritional support, Fast & Be Clear is formulated as hypo-allergenic as possible to reduce interference with the activity of detoxification.

Fasting, or abstinence from food, is recognized as an appropriate and effective detoxification therapy that not only provides rest for the digestive system, but also limits the intake of dietary toxins and antigenic food components.\* Fasts can also reduce the levels of leukotrienes and the activity of lymphocytes, as well as offer a respite for the various detoxification systems of the body. This allows the body's detoxification system to effectively proceed without dealing with the continued buildup of toxic and

allergenic dietary components from regular eating.

Fast & Be Clear powdered detoxification formula was designed not only to be free of common dietary allergens, e.g. wheat or dairy, but also to provide those nutrients that support the body's detoxification systems.\* Nutrients such as alpha-lipoic acid, glutathione, carotenoids, bioflavonoids, vitamins C and E, the minerals copper, zinc, selenium, and manganese help improve and maintain the body's antioxidant and xenobiotic detoxification systems.\* This is especially important as fasting can lead to depletion of liver glutathione, and thus reduce the body's capability to quench oxidative free radicals.\* The liver plays a major role as the main organ of detoxification and xenobiotic metabolism. Other nutrients, such as the conditionally essential amino acid glutamine, are important for maintaining optimum efficiency of lymphocytes and macrophages of the gastrointestinal tract.\*

\*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.

Serving Size: 2 Scoops (40 g)

Servings Per Container: 22.5

**Amount Per Serving:**

Calories	150
Calories from Fat	15
Total Fat	2 g
Saturated Fat	0.5 g
Sodium	20 mg
Total Carbohydrate	21 g
Dietary Fiber	4 g
Sugars	11 g
Protein	17 g
Vitamin A (56% as Beta-Carotene, 22% as Vitamin A Palmitate and 22% as Carotenoid Mix)	9000 IU
Vitamin C (as Magnesium Ascorbate)	300 mg
Calcium (as Citrate & Phosphate)	300 mg
Iron (as Ferric Ammonium Citrate)	3 mg
Vitamin D3 (as Cholecalciferol)	130 IU
Vitamin E (as Mixed Tocopherols)	100 IU
Thiamin (as Thiamin Hydrochloride)	15 mg
Riboflavin (as Riboflavin-5-Phosphate)	10 mg
Niacin (as Niacinamide)	15 mg
Vitamin B6 (as Pyridoxine Hydrochloride)	15 mg
Folic Acid	100 µg
Vitamin B12 (Methylcobalamin)	50 µg
Biotin	150 µg
Pantothenic Acid	200 mg
Phosphorus (as Calcium Phosphate and Potassium Phosphate)	142 mg
Iodine (as Potassium Iodide)	25 µg
Magnesium (as Magnesium Citrate)	200 mg
Zinc (as Zinc Picolinate)	10 mg
Selenium (as Selenomethionine)	50 µg
Copper (as Copper Gluconate)	1 mg
Manganese (as Manganese Gluconate)	1.3 mg
Chromium (as Chromium Polynicotinate)	75 mcg
Molybdenum (as Sodium Molybdate)	50 µg
Potassium (as Potassium Iodide & Potassium Phosphate)	120 mg
Boron (as Sodium Borate)	250 µg
Vanadium (as Sodium Vanadate)	100 µg
N-Acetyl-L-Cysteine	50 mg
L-Glutathione (Reduced)	50 mg
Glycine	1800 mg
Taurine	200 mg
L-Glutamine	1000 mg
Alpha-Lipoic Acid	20 mg
MSM (Methylsulfonylmethane)	100 mg
Quercetin	100 mg
Green Tea Extract (standardized to 40% Catechins)	15 mg
Grape Seed & Skin Extract (standardized to 95% polyphenols)	25 mg
<i>Lactobacillus sporogenes</i>	300 Million

Other ingredients: Rice protein concentrate, rice syrup solids, cellulose, natural cherry flavor.

**Suggested Use:** As a dietary supplement, 2 scoops one to three times per day or as directed by a healthcare professional. Mix in 8 oz of liquid.



**Allergy Research Group®**  
2300 North Loop Road, Alameda, CA 94502  
Phone: 800-545-9960 or 510-263-2000  
Fax: 800-688-7426 or 510-263-2100  
www.AllergyResearchGroup.com

\*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.