

# OptiCleanse™ GHI Sugar- & Stevia-Free†

Support for Gastrointestinal System, Hepatic Function, and Cytokine Balance†



Available in Vanilla Delight and Creamy Chocolate

†This formula is not a low-calorie dietary supplement. Please see the Supplement Facts panel for more details.

## Discussion

**OptiCleanse™ GHI Sugar- & Stevia-Free†** is now sweetened with a natural, high-potency sweetener extracted from monk fruit. This generally recognized as safe (GRAS) monk-fruit extract offers a high-quality sweetness and flavor without the bitter aftertaste associated with some natural sweeteners.

Like XYMOGEN's other OptiCleanse GHI formulas, OptiCleanse™ GHI Sugar- & Stevia-Free† 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 nitrogen metabolism and helps maintain healthy liver tissue and function.<sup>[1,2]</sup> The amino acid glycine is needed for bile synthesis, phase II detoxification, and glutathione production. Taurine, a derivative of the sulfur-containing amino acid cysteine, is also important for synthesis of bile salts and helps stabilize cell membranes.†

### Gastrointestinal Support

**Ginger root**, included to support healthy digestion such as the release of bile from the gallbladder, acts at several sites to moderate PGE(2) production and support the normal response to inflammation.<sup>[3]</sup> Fiber (from inulin and flaxseeds) supports production of short-chain fatty acids as well as a healthy intestinal flora. **MeadowPure™**, an organic flaxseed complex, possesses excellent oxidative stability, supports antioxidant activity, and provides lignins, soluble fiber, and omega-3 and omega-6 essential fatty acids.<sup>[4]</sup> The flaxseed is extensively milled, which provides a smoother mouthfeel and less grit than earlier versions of OptiCleanse formulas. **Glutamine** plays a key role in healthy intestinal cell proliferation and gut barrier integrity, immune function, and normal tissue healing.<sup>[11,2]</sup>

## Clinical Applications

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

***OptiCleanse™ GHI Sugar- & Stevia-Free†** is a comprehensive, monk-fruit-extract-sweetened, 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; 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 Sugar- and Stevia-Free† 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.<sup>[5,6]</sup> **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 has been found to contain even stronger phase II inducers known as 7-methylsulfinylheptyl and 8-methylsulfinyloctyl isothiocyanates as well.<sup>[7,8]</sup> **Green tea catechins** not only support antioxidant activity but also appear to act as modulators of phase I and phase II detoxification.<sup>[9]</sup> **Choline** is present to support lipid metabolism in the liver and can be converted to betaine, a methyl donor.<sup>[10]</sup>

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 individuals with variations in folate metabolism. In OptiCleanse GHI, 5-MTHF is provided as Quatrefolic® for enhanced stability, solubility, and bioavailability.<sup>[11,12]</sup>

**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.<sup>[11,12]</sup>

### Antioxidant Support and Cytokine Balance

**Bioflavonoids, quercetin, rutin, and curcumin** support antioxidant activity, counter free radicals, and support healthy eicosanoid and cytokine metabolism.<sup>[13,14]</sup> Curcumin has a long history of use for its support of a normal, healthy response to inflammation.<sup>[15]</sup> **N-acetyl-cysteine (NAC)** stimulates glutathione synthesis, enhances glutathione-S-transferase activity, and promotes detoxification.<sup>[16]</sup> **Selenium glycinate** provides support for glutathione metabolism and antioxidant protection.†

†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.

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Antioxidant Activity

Cytokine Balance Support

Detoxification

Gastrointestinal Support

Liver Support

Antioxidant Activity

Cytokine Balance Support

Detoxification

Gastrointestinal Support

Liver Support

## OptiCleanse™ GHI Sugar- & Stevia-Free Vanilla Delight Supplement Facts

Serving Size: 2 Scoops (about 54 g)

Servings Per Container: About 14	
Amount Per Serving	%Daily Value
Calories 220	
Calories from Fat 80	
Total Fat 9 g	14%*
Saturated Fat 3 g	15%*
Total Carbohydrate 11 g	4%*
Dietary Fiber 5 g	20%*
Sugars 0 g	**
Protein 26 g	52%*
Vitamin A (as natural beta-carotene)	2500 IU 50%
Vitamin C (as sodium ascorbate)	250 mg 417%
Thiamin (as thiamine HCl)	15 mg 1000%
Riboflavin (as riboflavin 5'-phosphate sodium)	5 mg 294%
Niacin (as niacinamide and niacin)	40 mg 200%
Vitamin B6 (as pyridoxal 5'-phosphate)	5 mg 250%
Folate (as Quatrefolic® (6S)-5-methyltetrahydrofolate, glucosamine salt)	200 mcg 50%
Vitamin B12 (as methylcobalamin)	50 mcg 833%
Biotin	150 mcg 50%
Pantothenic Acid (as d-calcium pantothenate)	35 mg 350%
Calcium (as DimaCal® di-calcium malate and ingredients with naturally occurring calcium)	240 mg 24%
Iron (naturally occurring)	6 mg 33%
Iodine (as potassium iodide)	60 mcg 40%
Magnesium (as Albion® di-magnesium malate)	140 mg 35%
Zinc (as TRAACS® zinc bisglycinate chelate)	10 mg 67%
Selenium (as Albion® selenium glycinate complex)	100 mcg 143%
Manganese (as TRAACS® manganese bisglycinate chelate)	2 mg 100%
Chromium (as TRAACS® chromium nicotinate glycinate chelate)	60 mcg 50%
Molybdenum (as TRAACS® molybdenum glycinate chelate)	35 mcg 47%
Sodium (naturally occurring)	500 mg 21%
Potassium (naturally occurring)	510 mg 15%
Stabilized Flaxseed	5.6 g **
Alpha-Linolenic Acid	1.28 g **
Linoleic Acid	392 mg **
Pomegranate Extract ( <i>Punica granatum</i> ) (hull) (40% ellagic acid)	400 mg **
Betaine Anhydrous (trimethylglycine)	250 mg **
Lemon Bioflavonoid Complex ( <i>Citrus × limon</i> ) (fruit peel) (25% bioflavonoids)	250 mg **
Quercetin (as quercetin dihydrate from <i>Dimorphandra mollis</i> ) (pod)	250 mg **
Preventium® (potassium d-glucarate)	250 mg **
Rutin (from <i>Sophora japonica</i> ) (bud)	200 mg **
Turmeric Extract ( <i>Curcuma longa</i> ) (rhizome) (95% curcuminoids)	200 mg **
N-Acetyl-L-Cysteine	150 mg **
Ginger ( <i>Zingiber officinale</i> ) (rhizome)	150 mg **
Methylsulfonylmethane (MSM)	120 mg **
Choline (as choline bitartrate)	100 mg **
Sodium Sulfate Anhydrous	100 mg **
Watercress ( <i>Nasturtium officinale</i> ) (herb)	100 mg **
Green Tea Aqueous Extract ( <i>Camellia sinensis</i> ) (leaf) (80% polyphenols, 60% catechins, 30% EGCG, 6% caffeine)	82 mg **

\* 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 concentrate, pea protein isolate, taurine, glycine, rice protein concentrate, and L-glutamine), sunflower oil, natural flavors (no MSG), medium-chain triglyceride oil, tripotassium citrate, cellulose gum, xanthan gum, Aminogen®, monk fruit extract, guar gum, and silica.

**DIRECTIONS:** Blend, shake, or briskly stir 2 level scoops (54 g) into 10-12 ounces of 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 practitioner. 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.**

Albion, DimaCal, TRAACS and the Albion Medallion design are registered trademarks of Albion Laboratories, Inc. Malates covered by US patent 6,706,904.

**Quatrefolic**® Quatrefolic® is a registered trademark of Gnosis S.p.A. Produced under US patent 7,947,662.

Aminogen® is a registered trademark of Triarco Industries. Aminogen® is protected under US patent 5,387,422. Preventium® is a registered trademark of Applied Food Sciences, LLC. (US patents 4,845,123, 5,364,644, 5,561,160).



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Additional references available upon request

### Typical Amino Acid Profile Per Serving:

Alanine	1,129 mg
Arginine	2,260 mg
Aspartic Acid	3,049 mg
Cysteine	248 mg
Glutamic Acid	4,450 mg
Glycine	1,578 mg
Histidine	652 mg
Isoleucine	1,214 mg
Leucine	2,208 mg
Lysine	1,910 mg
Methionine	279 mg
Phenylalanine	1,432 mg
Proline	1,141 mg
Serine	1,404 mg
Taurine	981 mg
Threonine	500 mg
Tryptophan	258 mg
Tyrosine	1,005 mg
Valine	1,317 mg

All XYMOGEN® Formulas Meet or Exceed cGMP Quality Standards.

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