



**Presents for your consideration:**

## **BioCleanse™**

**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. Consider it a functional food. 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, 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 to 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".

<b>BioCleanse™ Powder</b>	<b>Amounts per serving</b>
Serving size	45.5 g. (2 scoops)
Number of servings per container	21
Calories	170
Total Carbohydrates	17 g.
Complex	12 g.
Simple	5 g.
Dietary Fiber	1.5 g.
Protein	14 g.
Total Fat	5.5 g.
Cholesterol	0 mg
<b>Vitamins</b>	
Vitamin A (as Betatene mixed carotenoids and Palmitate)	5000 IU
Vitamin D3 (cholecalciferol)	80 IU
Vitamin C (sodium ascorbate)	300 mg.
Vitamin E (d-alpha tocopherol)	80 IU
Vitamin B1 (thiamin hydrochloride)	2 mg.
Vitamin B2 (riboflavin 5'phosphate)	2 mg
Vitamin B3a (niacinamide)	7 mg.
Pantothenic Acid (calcium pantothenate)	36 mg.
Vitamin B6 (pyridoxal 5'phosphate)	3.4 mg.
Vitamin B12 (cyanocobalamin)	3.6 mg.
Biotin	135 mg.
Folate (Folic Acid)	80 mcg.
<b>Minerals</b>	
Sodium	120 mg.
Potassium (dipotassium phosphate and rice protein)	440 mg.
Calcium (citrate and rice protein)	225 mg.
Magnesium (glycinate)	200 mg.
Iron (glycinate and rice protein)	4.6 mg.
Phosphorus (rice protein and dipotassium phosphate)	235 mg.
Iodine (potassium iodide)	53 mcg.
Zinc (glycinate)	10 mg.
Copper (glycinate)	1 mg.
Manganese (glycinate)	1 mg.
Chromium (nicotinate)	50 mcg.
Selenium (selenomethionine)	40 mcg.
<b>Specialty Nutrients</b>	
L-Glycine	1500 mg.
L-Lysine	540 mg.
L-Threonine	540 mg.
N-acetyl cysteine (NAC)	50 mg.
L-cysteine	10 mg.
Taurine	150 mg.
Sodium sulfate	75 mg.
MSM (methylsulfonmethane)	100 mg.
Calcium D-Glucarate	200 mg.
Silymarin (Milk thistle)	200 mg.
<b>Caloric Distribution:</b>	
Carbohydrate	40% of calories
Protein	30% of calories
Fat	30% of calories

**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. 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 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.

**Taurine** assists the liver in Phase 2 detoxification by contributing to conjugation and 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 Methylsulfonylmethane (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.

**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 pharmacotherapy 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, rice syrup solids, safflower oil, medium chain triglycerides, magnesium glycinate, natural flavors, calcium glycinate, glycine, dipotassium phosphate, sodium ascorbate, milk thistle extract, calcium d-glucarate, taurine, L-lysine, methyl sulfonyl methane, d-alpha tocopherol, sodium sulfate, L-threonine, N-acetylcysteine, calcium panthothenate, zinc glycinate, beta carotene, iron glycinate, L-cysteine HCl, copper glycinate, L-selenomethionine, niacinamide, pyridoxal 5 phosphate, manganese glycinate, riboflavin 5 phosphate, thiamin HCl, vitamin A palmitate, cholecalciferol, chromium nicotinate, biotin, folic acid, potassium iodide, Cyanocobalamin

**Option 1: (cleansing)**

**BioCleanse™ medical food powder +BioCleanse™ diet**

**Option 2: (strong “extra support” cleansing) BioCleanse™ medical food powder +BioCleanse™ capsules + BioCleanse™ diet**

**Option 3: (cleansing where medical food powder is inconvenient)**

◆ **BioCleanse™ capsules + UltraGenesis™ multivitamin/mineral capsules (without iron) + BioCleanse™ diet**

*BioCleanse™ is designed to support persons with impaired detoxification pathways and who may be chemically intolerant.*

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*Quality and Value without Compromise*



*Is the logical choice!*

***Presents for your consideration:  
BioCleanse™ capsules:***

**In addition to our BioCleanse™ functional food powder, BioGenesis offers BioCleanse™ capsules.**

These capsules can be used where a more intense cleansing is desired. In a powdered beverage, there is a limit to the amount of phase 1 and phase 2 detoxification support nutrients and anti-inflammatory specialty nutrients that can be included in a product and still produce a palatable beverage that patients will consume. We have overcome this objection, by producing a complementary product -BioCleanse™ capsules. Here only the specialty nutrients are included. This allows your doctor to “beef up” 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 the BioCleanse™ diet.*

Another reason for using BioCleanse™ capsules is for patients who simply do not wish to use a medical food powder. In this situation, we recommend that BioCleanse™ capsules be taken along with UltraGenesis™ 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 provided in a convenient manner.

<b>BioCleanse™ capsules</b>	<b>Amounts per serving</b>
Serving size	4 capsules
Number of servings per container	30
Sodium sulfate	100 mg.
L-cysteine	20 mg.
Methylsulfonylmethane (MSM)	500 mg.
N-acetyl-L-cysteine	250 mg.
Calcium D-glucarate	300 mg.
Silymarin (Milk Thistle)	250 mg.
Taurine	400 mg.
Glycine	1000 mg.
Broccoli extract (7% sulfur)	100 mg.
<b>Suggested Dose:</b> Take 1-2 capsules, three times per day or as directed by your health care practitioner. Maintenance therapy (if desired or under conditions where continued exposure to toxins is expected): 4 capsules once per day or in divided doses.	

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# BioCleanse™ Diet:

**Safe foods: *Encouraged. Eat these foods regularly.***

## **Low Fat Meat, Fish, Poultry**

Chicken, turkey, lamb, salmon, cod, halibut, mackerel, trout, tuna (fresh or water packed) orange roughy and other cold water fish. Consume hormone-free, organic meats when possible.

## **Legumes**

All beans (including soy), peas and lentils

## **Eggs**

Egg Replacer (potato starch), arrowroot starch, tapioca

## **Dairy**

Rice milk (calcium fortified), Soy milk (calcium fortified), almond or cashew milk

## **Grain**

Rice, quinoa, amaranth, buckwheat, teff, millet

## **Vegetables**

All vegetables – fresh, steamed, or frozen

All fresh vegetable juices

Consume organic vegetables.

## **Fruit**

Fresh, frozen, fresh juiced, water packed in own juice (unsweetened)

Consume organic fruits.

## **Fluids**

Filtered or fresh pure water, herbal teas, fresh vegetable juices

## **Fats**

Organic cold processed oils such as: olive, canola, flax, walnut, pumpkin, sesame, and fish oils.

## **Nuts/Seeds**

Almonds, filberts, cashews, brazils, walnuts, pecans, pumpkin, sesame, sunflower, undyed pistachios  
Nut/seed butters made from above nuts/seeds

## **Sweeteners**

Stevia, Brown rice syrup, fruit sweeteners

## **Questionable foods (possible allergic/intolerant foods):**

***Discouraged. Avoid regular consumption and excessive amounts.***

- *Beef, processed meats (bologna, sausage, canned meats, hot dogs)*
- *Eggs, Mayonnaise, Egg Substitute (egg white).*
- *All dairy products (milk, cheeses, yogurt, ice cream, cream, non-dairy creamers, cottage cheese)*
- *All gluten grains (wheat, rye, oats, barley, spelt, kamut). White flour, refined flour. All corn products*
- *(Popcorn, corn flour, corn, corn chips, corn meal, etc.*
- *All citrus fruits (lemon, lime, orange, grapefruit, tangerine), fruit drinks, ades, cocktails, strawberries. Sulfites*
- *Coffee, black/green tea, cocoa, postum, alcohol, soda pop, citrus drinks, sweetened beverages, milk*
- *Margarine, shortening, butter, refined oils, salad dressing, and spreads*
- *Peanuts, peanut butter, red (dyed) pistachios*
- *White sugar, Brown sugar, Turbinado sugar, honey, molasses, maple syrup, fructose, corn syrup*

## **BioCleanse™ Powder: (mix in water or in juice)**

### ***Step 1 (First 3 days):***

**Day 1:** Consume ½ scoop of BioCleanse™ two times per day along with three meals from the safe food list (BioCleanse™ Diet).

**Day 2:** Consume 1 scoop of BioCleanse™ two times per day along with three meals from the safe food list (BioCleanse™ Diet).

**Day 3:** Consume 2 scoops of BioCleanse™ two times per day along with three meals from the safe food list (BioCleanse™ Diet).

**Step 1 Optional 4 days:** Consume 2 scoops of BioCleanse™ two times per day along with three meals from safe food list (BioCleanse™ Diet).

**Step 2 (7-14 days):** Consume 2 scoops of BioCleanse™ three times per day along with three meals from the safe food list (BioCleanse™ Diet).

**Step 3 (3-5 days):** Consume 2 scoops of BioCleanse™ five times per day along with three meals from the safe food list (BioCleanse™ Diet), OR you and your health care provider may elect to fast from the BioCleanse™ Diet during these 3-5 days.

**Step 4 (4-7 days):** Consume 2 scoops of BioCleanse™ three times per day along with three meals from the safe food list (BioCleanse™ Diet).

## **Reintroduction of 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 intolerance's). Therefore, now is a good time to have your health care provider allergy test you or enter 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 health care provider will have a difficult time determining the culprit. Rather introduce foods in their pure forms. Eat only one new food per week. Keep a diary of your symptoms, 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 you gained from the detox.

## **Continuation of BioCleanse™: Special needs patients**

Discuss the need to maintain on BioCleanse™ (1-2 servings per day) with your health care provider, if you work in a toxic environment, or if you have chronic health issues in which ongoing support with a well-balanced food such as BioCleanse™ would be advantageous.

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