

SynerClear

Complete Profile of Nutrient Support for the Body during Detoxification

Key Features:

- Utilizes protein isolate from **Certified Organic sprouted whole grain rice**, which is pre-digested and rich in naturally occurring B-vitamins and hydrolyzed proteins.
- Supplies the **bio-active forms of B-vitamins** and other micro-nutrients help to support the body during convalescence and detoxification.
- **Anti-inflammatory phyto-nutrients** (eg. curcumin, quercetin, rosemary, peppermint, bilberry) to protect against free radicals produced during Phase I detoxification.
- **Key amino acids** required in activities of the hepatic detoxification enzymes (ie. conjugation of the Phase II detox).
- All minerals included are **amino acid chelates to ensure optimal absorption** and avoid toxicity

Indications:

Medical food for patients with systemic inflammation.
Nutrient support for people undergoing detoxification process.

Description:

SynerClear is a macro- and micro-molecular nutrient support for individuals under chronic stress/fatigue or detoxification program. It covers broad spectrum of nutrients including vitamins, minerals, herbal extracts, as well as essential and non-essential amino acids, to reinforce the body's metabolic processes and activities of hepatic detoxification enzymes.



SynerClear provides both flavoured and unflavoured (no added sugar) options to meet different peoples' needs – such as limited sugar intake for diabetic patients and people on weight control diets, and/or those who simply prefer blending SynerClear with other flavoured drinks.

Certified Organic Ingredients If any supplements are to accompany a detoxification plan, they should be the ones that put the lowest possible metabolic toxin loadings on the system. The use of certified organic rice protein and syrup in SynerClear helps minimize the risk of toxin intake (eg. pesticides, chemical fertilizers), allowing the detoxifying enzymes in the liver to work in full strengths to eliminate the wastes.

Quantity: 14 Servings (28 scoops)

Ingredients (per serving):

Vitamin A (from vitamin A palmitate) (600 mcg RAE).....	2,000 IU
Vitamin C (ascorbic acid).....	200 mg
Vitamin D3 (5 mcg) (cholecalciferol).....	200 IU
Vitamin E (from d-alpha-tocopheryl acetate) (20 mg ATE).....	30 IU
Vitamin K2 (all trans-menaquinone-7).....	22.5 mcg
Vitamin B1 (from thiamine hydrochloride).....	2.4 mg
Vitamin B2 (from riboflavin-5-phosphate (sodium salt)).....	1.3 mg
Vitamin B3 (niacinamide).....	10 mg
Vitamin B6 (from pyridoxal-5-phosphate).....	3.5 mg
Folate (from 6S-L-5-methylfolate (calcium salt)).....	400 mcg
Vitamin B12 (methylcobalamin).....	100 mcg
Biotin.....	200 mcg
Vitamin B5 (from calcium d-pantothenate).....	20 mg
Calcium (from calcium bisglycinate & citrate).....	200 mg
Iodine (from potassium iodide).....	120 mcg
Magnesium (from magnesium citrate).....	100 mg
Zinc (from zinc gluconate).....	5 mg
Selenium (from selenium bisglycinate).....	50 mcg
Copper (from copper bisglycinate).....	0.6 mg
Manganese (from manganese bisglycinate).....	1.8 mg
Chromium (from chromium nicotinate glycinate).....	100 mcg
Molybdenum (from molybdenum bisglycinate).....	25 mcg
Mixed Carotenoids (from Elaeis guineensis).....	900 mcg
L-Lysine.....	450 mg
L-Glutamine.....	500 mg
L-Glycine.....	1,500 mg
L-Taurine.....	300 mg
N-Acetyl Cysteine (NAC).....	100 mg
Betaine.....	40 mg
Choline (from choline bitartrate).....	40 mg
Methylsulfonylmethane (MSM).....	100 mg
Inositol.....	50 mg
Curcumin (C3-Complex®) (from Curcuma longa) (root).....	250 mg
Quercetin (from Sophora japnoica flower) (isolate).....	50 mg
Burdock Extract (15:1).....	100 mg
(Arctium lappa) (root) (1,500 mg DHE ⁺⁺)	
Rosemary Extract (Rosmarinus officinalis).....	15 mg
(10:1) (leaf) (150 mg DHE ⁺⁺)	
Peppermint Extract (20:1) (Mentha piperita).....	60 mg
(leaf) (1,200 mg DHE ⁺⁺)	
Bilberry Extract (Vaccinium myrtillus) (100:1).....	60 mg
(25% anthocyanidins;36% anthocyanosides) (6,000 mg DHE ⁺⁺)	
Alpha-Lipoic Acid.....	10 mg
Rice Protein Concentrate (Oryza sativa).....	24,500 mg

Non-medicinal Ingredients: Medium chain triglycerides (MCT), certified organic rice syrup powder, natural flavour, monk fruit extract, maltodextrin (tapioca), cellulose gum

Suggested Use: Adults - Take 2 level scoops a day, or as directed by a health care practitioner. Avoid taking at bedtime. Mix with 240 ml water or other cold beverages and stir well before drinking.

⁺⁺DHE - dried herb equivalent

Amount Per Serving	Amount	DV%*
Total Calories	200 kcal	10%
Total Fats	4.6 g	**
Total Carbohydrates	15.4 g	**
Sugar	4 g	8%
Added Sugar	4 g	8%
Protein	24.6 g	**
Sodium		<1%
Potassium (from potassium citrate)	100 mg	2%
Dietary Fibre	4.9 g	19%
*% Daily Values (DV) are based on Reference Daily Intake and 2,000 kcal. **Daily value not established.		

Anti-Inflammatory

Most sicknesses and diseases can be traced back to inflammatory responses in the body.

SynerClear provides key ingredients, such as curcumin (turmeric), MSM, quercetin, and bilberry, to reduce the inflammatory status in the body.

Curcumin, a polyphenol derived from the herbal remedy and dietary spice turmeric, possesses strong anti-inflammatory, anti-cancer, and antioxidant activities. Curcumin relieves inflammation by inhibiting the COX-2 enzyme pathway.^[1]

SynerClear uses the carefully selected source of turmeric extract that contains 95% of the 3 major, and more active, curcuminoids - curcumin, demethoxycurcumin and bisdemethoxycurcumin.

Dietary MSM serves as a metabolically active sulfur donor for the synthesis of numerous organosulfur compounds and proteins in the body. MSM intake, thus, can help normalize immune response.

Phase I Detoxification - Neutralizing Toxic Metabolites

During Phase 1 detoxification, a toxic chemical is converted into a less harmful chemical by reactions such as oxidation, reduction and hydrolysis. Free radicals are produced during these chemical reactions, and if there is an excessive oxidative stress, tissues can be damaged.

SynerClear includes various herbal free-radical scavengers, such as anthocyanidins from bilberry, vitamin A/C/E, quercetin, and rosemary extract. On top of the herbal antioxidants, SynerClear provides N-Acetyl-Cysteine – a precursor to glutathione.

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Via working together with the antioxidant vitamins (A, C, E, and beta-carotene) and selenium, they strengthen the body's overall protection against harmful free radical damage.

Phase II Detoxification – Conjugation Pathway

Phase 2 Detoxification is called the conjugation pathway, whereby the liver cells conjugate another substance (eg. cysteine, glycine or a sulphur molecule) to a toxic chemical (or drug) to render it less harmful.

SynerClear provides key amino acids – N-acetyl-cysteine (NAC), L-glycine, and L-taurine – to replenish glutathione and support amino acid conjugations of secondary bile acids and certain xenobiotics, increasing their polarity, aqueous solubility and clearance from the body.² The elimination process is further enhanced by the addition of Burdock, which is traditionally used as an alterative for diaphoretic and diuretic effects.

In addition, due to the fact that heavy metals, such as mercury and lead, have great affinity to sulfur, it makes the metabolically active sulfur-containing MSM and alpha-lipoic acid, good chelating agents to help eliminate Hg and Pb in the system.

Reference:

1. Zhang F, Altorki NK, Mestre JR, Subbaramaiah K, and Dannenberg AJ. Curcumin inhibits cyclooxygenase-2 transcription in bile acid- and phorbol ester-treated human gastrointestinal epithelial cells. *Carcinogenesis*. 1999; 20 (3):445-451.
2. Luorenco R, Camilo ME. Taurine: a conditionally essential amino acid in humans? An overview in health and disease. *Nutr. Hosp.* (2002) 152 (6):262-270.
3. Schurgers LJ, Knapen MHJ, Vermeer C. Vitamin K2 improves bone strength in postmenopausal women. *International Congress Series* (2007). 1297: 179-187. *Nutrition* 2001;17:381-4.