

# OptiCleansz GHI



## Clinical Applications

- Supports Natural Detoxification Mechanisms\*
- Supports Gastrointestinal Health\*
- Supports a Balanced Cytokine Profile\*

*OptiCleansz GHI is a comprehensive, fructose-free, low-allergy–potential functional food designed to provide “optimal cleansing.” It features Vegan Protein Blend, IP Formulas’s proprietary pea/rice protein blend, Aminogen® to facilitate protein absorption, and Quatrefolic®† for optimal folate utilization. In conjunction with a modified elimination diet, OptiCleansz GHI targets patients in need of gastrointestinal, hepatic, and healthy eicosanoid and cytokine metabolism support. This formula is suitable for vegans.\**

All IP Formulas Formulas Meet or Exceed cGMP Quality Standards

## Discussion

**OptiCleansz 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 co-factors support mitochondrial energy production needed for biotransformation. This formula’s ingredients inhibit phase I detoxification, up-regulate and support each phase II pathway, and provide antioxidant support.

**Vegan Protein Blend** is IP Formulas’s proprietary blend of pea protein isolate and rice protein concentrate, L-glutamine, L-glycine, taurine, and Aminogen®. The latter is a patented, natural, plant-derived enzyme system clinically proven to increase protein digestibility and amino acid absorption. Generation of glutathione and sulfation co-factors that are vital for phase II conjugation requires an array of amino acids. The combination of pea protein and rice protein achieves an amino acid score of 100%.

**L-glutamine**, crucial in nitrogen metabolism, is hepatoprotective, supports intestinal cell proliferation, and plays a key role in the preservation of gut barrier function.<sup>[1]</sup> Glycine, a building block for other amino acids, is needed for bile synthesis. Taurine, a derivative of sulfur-containing cysteine, is also important for synthesis of bile salts and helps stabilize cell membranes.

**Ginger root**, included to support the release of bile from the gallbladder, also acts at several sites to inhibit PGE(2) production.<sup>[2]</sup> **Fiber blend (inulin from non-GMO chicory, beta glucans, oat fiber, corn bran)** provides fibers that favorably impact intestinal flora and the formation of short-chain fatty acids. Beta glucans and lignins impact the binding of bile acids. **MeadowPure™** organic flax seeds, which possess excellent oxidative stability, provide lignins and soluble fiber, as well as antioxidants, omega-3s, and alpha linolenic acid.<sup>[3]</sup>

**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>[4]</sup> **Watercress** combines PEITC (a phase I enzyme inhibitor) with at least three phase II enzyme inducers: PEITC, 7-methylsulfinylheptyl ITC, and 8-methylsulfinyloctyl ITC.<sup>[5]</sup> **Green Tea catechins** are not only antioxidants, but also appear to act as modulators of phase I and phase II detoxification.<sup>[6]</sup>

**5-methyltetrahydrofolate (provided as Quatrefolic), methylcobalamin, betaine, and methylsulfonylmethane** are present to support methylation. **Preventium®**, a patented form of potassium hydrogen d-glucarate, supports glucuronidation. Sulfation is supported by methylsulfonylmethane, alpha lipoic acid, and sodium sulfate. Acetylation is supported by **d-calcium pantothenate, pyridoxal-5’-phosphate, and magnesium**. Pyridoxal-5’-phosphate—along with folic acid, methylcobalamin, and glycine—all support amino acid conjugation and are vital for the detoxification of xenobiotic chemicals.

**Bioflavonoids, quercetin, rutin, and curcumin** reduce damaging free radicals and support healthy eicosanoid and cytokine metabolism.<sup>[7,8]</sup> **N-acetyl cysteine**, yet another antioxidant, stimulates glutathione synthesis, enhances glutathione-S-transferase activity, and promotes detoxification.

This formula is designed to be used as part of a step approach cleanse in conjunction with a modified elimination plan.

**\*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.**

IP Formulas  
3392 Magic Oak Lane  
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OptiCleansz GHI




# OptiCleansz GHI Vanilla


## Supplement Facts

Serving Size: 2 Scoops (58 g)  
Servings Per Container: 14

Amount Per Serving			Amount Per Serving			%Daily Value*		
<b>Calories 210</b>								
<b>Calories from Fat 50</b>								
<b>Total Fat</b>	5 g				8%			
Saturated Fat	0 g				0%			
Trans Fat	0 g							
Polyunsaturated Fat	0.5 g							
Monounsaturated Fat	2 g							
<b>Cholesterol</b>	0 mg				0%			
<b>Total Carbohydrate</b>	16 g				5%			
Dietary Fiber	3 g				12%			
Soluble Fiber	3 g							
Sugars	7 g							
Other Carbohydrate	4 g							
<b>Protein</b>	26 g							
Vitamin A (as mixed carotenoids)	2500 IU	50%	Iodine (as potassium iodide)	60 mcg	40%			
Vitamin C (as sodium ascorbate)	250 mg	417%	Magnesium (as Di-Magnesium Malate)	140 mg	35%			
Thiamin (as thiamin HCl)	15 mg	1000%	Zinc (TRAACS® Zinc Glycinate Chelate)	10 mg	67%			
Riboflavin (as riboflavin 5' phosphate)	5 mg	294%	Selenium (as Selenium Glycinate Complex)	100 mcg	143%			
Niacin (as niacinamide and niacin)	40 mg	200%	Manganese (TRAACS® Manganese Glycinate Chelate)	2 mg	100%			
Vitamin B6 (as pyridoxal 5' phosphate)	5 mg	250%	Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)	60 mcg	50%			
Folate (as 5-methyltetrahydrofolate <sup>†</sup> )	200 mcg	50%	Molybdenum (TRAACS® Molybdenum Glycinate Chelate)	35 mcg	47%			
Vitamin B12 (as methylcobalamin)	50 mcg	833%	Sodium	230 mg	9%			
Biotin	150 mcg	50%	Potassium	330 mg	10%			
Pantothenic Acid (as d-calcium pantothenate)	35 mg	350%	Ellagic Acid (as pomegranate extract)	250 mg	**			
Calcium (DimaCal® Di-Calcium Malate)	200 mg	20%	Choline (as choline bitartrate)	100 mg	**			
Phosphorus (as potassium phosphate)	125 mg	12%	Green Tea Extract (40% catechins)	82 mg	**			
MeadowPure™ (organic stabilized flaxseed complex)	5.6 g	**	Preventium® (as potassium d-glucarate)	250 mg	**			
Betaine (as trimethylglycine)	250 mg	**	* Percent Daily Values are based on a 2,000 calorie diet.					
Lemon Bioflavonoids	250 mg	**	** Daily Value not established.					
Quercetin	250 mg	**						
Rutin	200 mg	**						
Curcumin	200 mg	**						
N-Acetyl-Cysteine	150 mg	**						
Ginger Root Powder	150 mg	**						
Methylsulfonylmethane	120 mg	**						
Sodium Sulfate	100 mg	**						
Watercress Herb Powder	100 mg	**						

**Other Ingredients:** Vegan Protein Blend (Proprietary Blend of Rice Protein Concentrate and Pea Protein Isolate, Aminogen®, L-Glutamine, Glycine, and Taurine), Evaporated Cane Juice, Brown Rice Syrup Solids, Sunflower Oil, Natural Flavors, Medium Chain Triglycerides, Inulin Fiber (from Chicory), Sodium Chloride, Xanthan Gum, Guar Gum, Carrageenan, Potassium Citrate, Sodium Citrate, Stevia Leaf Extract.

 DimaCal, TRAACS and the Albion Medallion design are registered trademarks of Albion Laboratories, Inc. Malates covered by U.S. Patent 6,706,904 and patents pending

 Quatrefolic™ is a registered trademark of Gnosis S.p.A. Patents Pending.

## Dosage

Blend, shake, or briskly stir 2 level scoops (58 grams) of OptiCleansz GHI into 8-12 ounces chilled, pure water, or amount for desired thickness, or as directed by your healthcare practitioner.

Consult your healthcare practitioner before use. Keep out of reach of children. Avoid if allergic to any ingredient.

### Typical Amino Acid Profile Per Serving:

Taurine	500 mg	Serine	1378 mg
Glycine	1181 mg	Aspartic Acid	2990 mg
Lysine	1872 mg	Phenylalanine	1430 mg
Valine	1453 mg	Tryptophan	107 mg
Leucine	2184 mg	Proline	1170 mg
Isoleucine	1170 mg	Methionine	286 mg
Cysteine	260 mg	Histidine	650 mg
Threonine	1014 mg	Arginine	2262 mg
Tyrosine	988 mg	Glutamine	4483 mg

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REV. 01/31/12



# OptiCleansz GHI Chocolate

## Supplement Facts

Serving Size: 2 Scoops (64 g)  
Servings Per Container: 14

Amount Per Serving		
<b>Calories 230</b>		
Calories from Fat 60		
	Amount Per Serving	%Daily Value*
<b>Total Fat</b>	6 g	9%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Polyunsaturated Fat	0.5 g	
Monounsaturated Fat	2.2 g	
<b>Cholesterol</b>	0 mg	0%
<b>Total Carbohydrate</b>	19 g	6%
Dietary Fiber	4 g	16%
Soluble Fiber	3 g	
Sugars	8 g	
Other Carbohydrate	6 g	
<b>Protein</b>	26 g	
Vitamin A (as mixed carotenoids)	2500 IU	50%
Vitamin C (as sodium ascorbate)	250 mg	417%
Thiamin (as thiamin HCl)	15 mg	1000%
Riboflavin (as riboflavin 5' phosphate)	5 mg	294%
Niacin (as niacinamide and niacin)	40 mg	200%
Vitamin B6 (as pyridoxal 5' phosphate)	5 mg	250%
Folate (as 5-methyltetrahydrofolate <sup>1</sup> )	200 mcg	50%
Vitamin B12 (as methylcobalamin)	50 mcg	833%
Biotin	150 mcg	50%
Pantothenic Acid (as d-calcium pantothenate)	35 mg	350%
Calcium (DimaCal <sup>®</sup> Di-Calcium Malate)	200 mg	20%
Phosphorus (as potassium phosphate)	130 mg	13%
MeadowPure™ (organic stabilized flaxseed complex)	5.6 g	**
Betaine (as trimethylglycine)	250 mg	**
Lemon Bioflavonoids	250 mg	**
Quercetin	250 mg	**
Rutin	200 mg	**
Curcumin	200 mg	**
N-Acetyl-Cysteine	150 mg	**
Ginger Root Powder	150 mg	**
Methylsulfonylmethane	120 mg	**
Sodium Sulfate	100 mg	**
Watercress Herb Powder	100 mg	**
Iodine (as potassium iodide)	60 mcg	40%
Magnesium (as Di-Magnesium Malate)	150 mg	38%
Zinc (TRAACS <sup>®</sup> Zinc Glycinate Chelate)	10 mg	67%
Selenium (as Selenium Glycinate Complex)	100 mcg	143%
Manganese (TRAACS <sup>®</sup> Manganese Glycinate Chelate)	2 mg	100%
Chromium (TRAACS <sup>®</sup> Chromium Nicotinate Glycinate Chelate)	60 mcg	50%
Molybdenum (TRAACS <sup>®</sup> Molybdenum Glycinate Chelate)	35 mcg	47%
Sodium	270 mg	11%
Potassium	600 mg	17%
Ellagic Acid (as pomegranate extract)	250 mg	**
Choline (as choline bitartrate)	100 mg	**
Green Tea Extract (40% catechins)	82 mg	**
Preventium <sup>®</sup> (as potassium d-glucarate)	250 mg	**

**Other Ingredients:** Vegan Protein Blend (Proprietary Blend of Rice Protein Concentrate and Pea Protein Isolate, Aminogen<sup>®</sup> L-Glutamine, Glycine, and Taurine), Evaporated Cane Juice, Cocoa Powder, Natural Flavors, Brown Rice Syrup Solids, Sunflower Oil, Medium Chain Triglycerides, Inulin Fiber (from Chicory), Sodium Chloride, Xanthan Gum, Guar Gum, Carrageenan, Potassium Citrate, Sodium Citrate, Stevia Leaf Extract.

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Cysteine	260 mg	Histidine	650 mg
Threonine	1014 mg	Arginine	2262 mg
Tyrosine	988 mg	Glutamine	4483 mg

## References

1. Wang H, Song CZ, Meng QH, et al. Effect of glutamine on intestinal mucosal barrier function in rats with acute hepatic injury [in Chinese]. *Zhonghua Shi Yan He Lin Chuang Bing Du Xue Za Zhi*. 2009 Feb;23(1):53-55. [PMID: 19799019]
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7. Amália PM, Possa MN, Augusto MC, et al. Quercetin prevents oxidative stress in cirrhotic rats. *Dig Dis Sci*. 2007 Oct;52(10):2616-21. [PMID: 17431769]

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