

OptiCleanse® GHI

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



Available in Vanilla Delight, Creamy Chocolate, and Chai

Discussion

OptiCleanse® 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 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 concentrates, 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.^[1-3] 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 including the release of bile from the gallbladder, acts at several sites to moderate PGE₂ production and support the normal response to inflammation.^[4] 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.^[5] **Glutamine** plays a key role in healthy intestinal cell proliferation and gut barrier integrity, immune function, and normal tissue healing.^[6-8]

Detoxification Support

Green tea catechins not only support antioxidant activity but also appear to act as modulators of phase I and phase II detoxification.^[9] **Choline** is present to support lipid metabolism in the liver and can be converted to betaine, a methyl donor.^[10]

Clinical Applications

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

***OptiCleanse® GHI** is a comprehensive, fructose-free, 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 addresses GI and hepatic function as well as eicosanoid balance and cytokine metabolism. This formula is suitable for vegans.**

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 xenoeestrogens. 5-methyltetrahydrofolate (5-MTHF), methylcobalamin, betaine, and **methylsulfoniylmethane (MSM)** are present to support methylation and detoxification. 5-MTHF supports healthy folate nutrition, especially in those with variations in folate metabolism. In OptiCleanse GHI, 5-MTHF is provided as Quatrefolic® for enhanced stability, solubility, and bioavailability.^[11]

Preventium®, a patented form of potassium hydrogen d-glucanate, 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 TRACs® mineral amino acid chelates for enhanced gastrointestinal absorption and bioavailability.^[12]

Antioxidant Support and Cytokine Balance

Bioflavonoids, **quercetin**, **rutin**, and **curcumin** support antioxidant activity, counter free radicals, and support healthy eicosanoid and cytokine metabolism.^[13-15] Curcumin has a long history of use for its support of a normal, healthy response to inflammation.^[16] **N-acetyl-cysteine (NAC)** stimulates glutathione synthesis, enhances glutathione-S-transferase activity, and promotes detoxification.^[17] **Selenium glycinate** provides support for glutathione metabolism and antioxidant protection.*

OptiCleanse GHI provides an array of nutrients that supports gastrointestinal health; detoxification and antioxidant mechanisms; and a normal, healthy response to inflammation and cytokine balance. This formula is designed to be used as part of a step-approach cleanse in conjunction with a modified elimination plan.*

Opticleanse Patient Guide

Susan Ashley MD



Opticleanse Patient Guide:

Truckers Guide to Health and Longevity Susan Ashley MD,2018-06-28 This book is designed to help improve the life of a long forgotten yet vital segment of our societythe truck drivers Truck driving is one of the most dangerous occupations in the country and drivers suffer a greater risk of heart disease diabetes sleep apnea stroke and other illnesses mostly related to obesity and inactivity But it doesnt have to be this way In this book you will learn how to reverse disease lose weight exercise on the road and eat right The advice will not be the standard advice found in other health care books but from an integrative medicine standpoint This includes optimizing hormones to slow the aging process and improve stamina which supplements are the best for prevention and reversal of disease and the best exercise regimen to reduce fat gain muscle and improve metabolism And in doing so Ill show you how to pass your DOT every time year after year **The Detox Prescription**

Woodson Merrell,Mary Beth Augustine,Hillari Dowdle,2013-12-24 The human body has an extraordinary ability to detoxify itself We rely on this system when we wait for a hangover to lift or recover from a bout of food poisoning However cutting edge science is revealing how toxic exposures can actually affect our genes and lead to conditions such as obesity diabetes arthritis mood disorders energy allergies fertility and heart disease all of which are on the rise The good news is that each of us can optimize this natural cleansing system for better health greater energy and efficient weight loss In The Detox Prescription Dr Merrell draws on new research to help readers assess their own toxic risk factors and health deficiencies Next he and Mary Beth Augustine RD offer more than 75 delicious and nutrient rich recipes incorporating juices and whole foods broken into 3 7 and 21 day cleanses Dr Merrell s holistic approach also relies on light yoga practices basic self care beginning meditation and sleep hygiene to reset body mind and spiritand take control of our genetic destiny **Healing Arthritis**

Susan Blum,Michele Bender,2017-10-24 Featuring detailed case studies including Dr Blums own inspiring personal story Healing Arthritis offers a revolutionary way to heal your gut repair your immune system control inflammation and live a happier healthier lifeearthritis free **Companies and Their Brands** ,1990 **Brands and Their Companies** ,2000 **A Patient's Guide to Myopia and Myopia Treatment** Gerard Chuah,2004

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