

Clear Change™ Frequently Asked Questions

What is metabolic detoxification?

Metabolic detoxification is the body's natural set of processes to eliminate toxins and other potentially harmful substances from the body that have accumulated from environmental exposure, foods, beverages, drugs, and waste products generated from ongoing normal daily cellular processes. Your liver is the principal player in detoxification. Science-based metabolic detoxification programs are often recommended as a first approach to help relieve associated symptoms, such as fatigue. Think of it as cleaning out the environmental “junk” that may be affecting how you feel. The Clear Change program typically features the support of a Metagenics nutritional beverage and AdvaClear® dietary supplement that are designed to support the detoxification process.*

How can I benefit from a detoxification program?

We're exposed to chemicals, heavy metals, and other potentially harmful substances in food, water, and air. Our body also produces toxins during digestion, elimination, stress, and even health defense. Some people produce additional toxins as the result of food allergy or “sensitivity” reactions. These various internal and external exposures can build up and overburden our detoxification systems, leading to a variety of bothersome symptoms and increased storage of these unwanted compounds in body fat. The nutrient composition of the Metagenics nutritional beverage, nutritional supplements (such as AdvaClear®), and the modified elimination diet are designed to give your body nutritional support for metabolic detoxification processes and energy metabolism.* The diet is also designed to help “take a load off” and help your body get back up to speed by removing many dietary sources of chemicals, potentially harmful compounds, and common irritants.

Is this an appropriate program for children?

Based on the typical nutritional supplement recommendations, this program should not be used for infants or children under the age of 18. Your health care provider must help you decide if/how these nutritional products and/or the dietary guidelines may be used with children.

Can I follow this diet if I am diabetic or hypoglycemic?

Probably, but you should make this decision with the guidance of your health care provider to see if/how a detoxification program may be integrated with other dietary guidelines for blood sugar management.

Can I go on this program if I am pregnant or nursing?

The nutritional products typically recommended for this program have not been tested in these situations, and are therefore not recommended for use at these times.

Should I discontinue prescription medications while on this program?

Your health care provider should carefully monitor medications. Only in conjunction with him or her should you make a decision to change a prescription medication. Also remember to discuss any supplements and over-the-counter products you take on a regular or daily basis with your health care provider.

Can I take additional supplements while on this program?

The nutritional products typically recommended for this program contain strategic levels of carefully selected nutrients, including many foundation nutrients found in a daily multivitamin/mineral. Since some other supplements may contain ingredients that could interfere with the program—or lead to excess consumption of foundation nutrients—only follow the recommendations of your health care provider. Remember to discuss any supplements, prescription medications, and over-the-counter products you take on a regular or daily basis with your health care provider.

* 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.



Genetic Potential Through Nutrition

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Can I exercise while I'm on this program?

Yes. However, strenuous or prolonged exercise may be reduced during this program if you're restricting calories or notice a decline in energy. You may continue with your regular exercise routine, but you may wish to decrease the intensity slightly to preserve your energy for important detoxification activities. You can gain benefit from an exercise program as simple as 30 minutes of walking 3 times a week, but you should follow the specific instructions of your health care provider. Adequate rest and stress reduction is also important to the success of this program, so now is a good time to make an effort to get some extra sleep and replete your energy stores.

Can I substitute other detoxification supplements for this program?

Please use only metabolic detoxification supplements recommended by your health care provider specifically for this program. Not all detoxification products are supported by reputable science or contain ingredients supported by a long history of use. The body's natural detoxification process demands energy, so it relies on macronutrients (protein, carbs, fats) and other nutrients that may be missing in some products or dietary recommendations. Plus, not all products are manufactured to exceptional quality standards. Metagenics metabolic detoxification formulas contain carefully selected, natural ingredients that are manufactured in a triple-GMP certified facility to assure a safer approach.

And the Metagenics nutritional beverage formula contains a scientifically designed blend of targeted nutrients—including quality rice protein, carbohydrates, and fats—to support energy metabolism and balanced activities in both phases of the body's detoxification process. This product has been clinically reviewed at the Functional Medicine Research Center®, the clinical research arm of Metagenics, Inc.

Will I be hungry on this program?

This program is typically recommended without caloric restrictions, which enables you to consume appropriate energy intake. Some people may notice an increase in hunger as the food choices become more limited, but that tends to dissipate. If you're getting light-headed or excessively fatigued, you may be experiencing low blood sugar or simply not eating enough. Unless your health care provider recommends otherwise, there are no serving or caloric restrictions on the approved foods (but remember to eat a variety of foods rich in phytonutrients). Small meals eaten at regular intervals during the day also help manage hunger.

Can I use canned vegetables instead of fresh vegetables with this program?

Fresh and frozen vegetables retain more of their vitamins and generally have less added salt. If unavailable, purchase canned vegetables without added salt or fat. Canned beans and legumes are generally acceptable.

What is the best way to wash fruits and vegetables to eliminate potentially harmful ingredients?

Even organically grown fruits and vegetables (raised without chemicals or pesticides) may still be exposed to heavy metals or other potential contaminants in the soil, in transit, or in the produce bins at the store. In addition to produce washes available in many supermarkets, you can also wash many fruits and vegetables in a dilute solution of dish soap and rinse thoroughly.

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My digestive system doesn't handle legumes very well. What can I do?

Legumes are desirable because they are high in protein and fiber but low in fat. (Note that on some days legumes are recommended only as an alternative protein source to fish and may not be a part of your recommended dietary guidelines for more than just a few days.) Here are a few suggestions that may increase your tolerance of legumes during or after the program:

- Try soaking beans for half an hour before cooking and then discarding the water.
- Experiment—you may find that certain legumes work better for you than others. Lentils, for instance, are often easy for many people to tolerate.
- Try an enzymatic aid such as SpectraZyme®, which may reduce discomfort associated with beans and other gas-producing vegetables.
- Increase your intake slowly.

Can I use salt on this program?

The dietary guidelines typically recommend salt sparingly or not at all. If you've been advised to restrict your salt intake, look for salt-free products whenever purchasing canned or processed foods. There are many good salt-free seasonings at your local health food store or supermarket. Note that some packaged and bottled seasonings may contain additives or ingredients that are recommended for elimination during the program.

What additional spices or flavorings can I use?

Seasonings can enhance the natural flavors of food without added butter, margarine, or salt. There is an abundant array of herbs and spices that can add flavor and variety to foods, such as cayenne, cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, rosemary, tarragon, thyme, and turmeric. They have practically no calories and can be used in endless combinations. Note that some packaged and bottled seasonings may contain artificial ingredients, dairy, sugar, corn, gluten, or other potential irritants, such as monosodium glutamate (MSG).

What if I need additional fiber?

On a nutritional program that involves liquid supplementation, some patients may experience a change in bowel habits. Clinical experience has shown that for some people, an additional fiber supplement— such as MetaFiber®—may help. Ask your health care professional.

Can I take the Metagenics nutritional beverage if I have a sensitivity to rice?

Rice protein has a lower allergenic potential than many common animal or vegetable protein sources. Discuss possible rice sensitivity with your health care provider, and be alert to any possible related symptoms.

Can I follow this program if I'm gluten and/or dairy sensitive?

Yes. The Metagenics nutritional products typically recommended in this program have been formulated to exclude gluten and dairy. The dietary guidelines also suggest the eliminating gluten and dairy.

Can I eat instant rice or oatmeal on this program?

No. Appropriate alternatives are frozen rice and whole grain, gluten-free oatmeal. If you have a suspected sensitivity to rice or oats, discuss with your health care provider.

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