

FirstLine Therapy® Clear Change™ Program

Safe and Effective Metabolic Support Program

Chemical substances are everywhere—in air, soil, water, products, and food—and can enter the body through ingestion, inhalation, and skin contact. Canadians are exposed to a variety of chemicals, both naturally occurring and human-made, throughout their daily lives.¹ In 2015, Health Canada’s Third Report on Human Biomonitoring of Environmental Chemicals tested 231 chemicals and metabolites and found all to be in the blood and urine of most Canadians.¹ The sheer volume to which Canadians are exposed to these chemicals on a daily basis can overburden the body’s natural metabolic process. Long-term exposure may pose more serious health risks.¹

Research has shown that certain ingredients including hops extract, broccoli, isomalto-oligosaccharides, green tea catechins, ellagic acid, N-acetyl-L-cysteine, L-ornithine, and zinc can support the liver function and help facilitate the removal of undesirable compounds from the body.²⁻¹¹

The Clear Change Program—which includes these targeted ingredients—is designed to support liver function while providing antioxidant protection to help reduce free radicals and lipid oxidation in body tissues. Metagenics offers value-priced bundles for the 10-day program that include a low-allergy-potential menu plan, targeted nutritional support, moderate exercise recommendations, and tips for stress management.

Why Clear Change?

- Choice of UltraClear™ RENEW nutritional protein powder mix in Berry, Chai, or Vanilla flavour which helps build and repair body tissues
- UltraClear RENEW provides liver support and antioxidants that help to fight, protect, and reduce the cell damage caused by free radicals
- UltraClear RENEW also helps maintain normal acid-base metabolism
- UltraClear RENEW formula is designed to complement a diet that is strategically structured to reduce the impact of processed foods and excess simple sugar by providing an array of nutrients



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Scientific Rationale

The liver plays a key role in the body's natural metabolic process (Figure 1). In the first step, Cytochrome P450 enzymes in the liver break down harmful substances, generating highly reactive molecules and free radicals. In the second step, large molecules are conjugated with newly modified substances, producing more water-soluble, less harmful substances. In the last step, protein transporters export conjugated substances from the cell for eventual elimination. Foreign and often harmful substances are mainly eliminated from the body via urine, feces, and sweat.

The impact of harmful exposures on the body can be exaggerated or mitigated by the person's nutritional status.¹²

It is important to promote the endogenous mechanisms of elimination to promote health. Many nutritional ingredients have been shown to support liver function and protect against free radicals generated during the metabolic process (Figure 2).

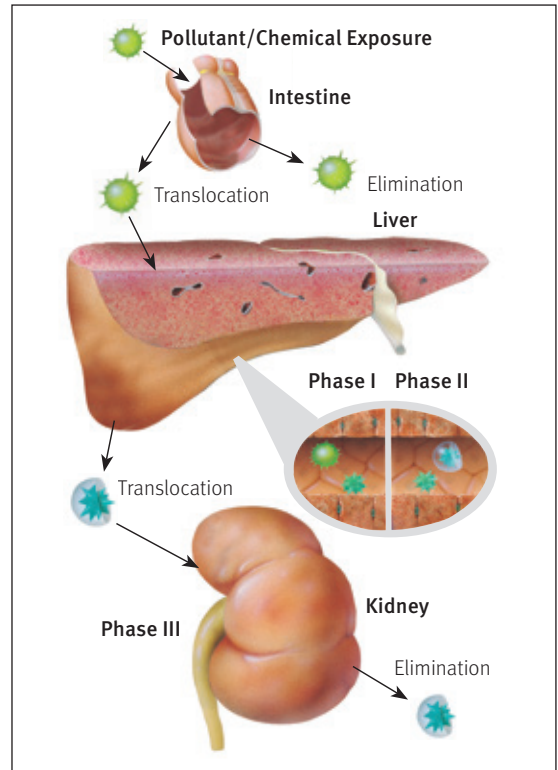


Figure 1. The Liver Plays a Key Role in the Body's Natural Metabolic Process

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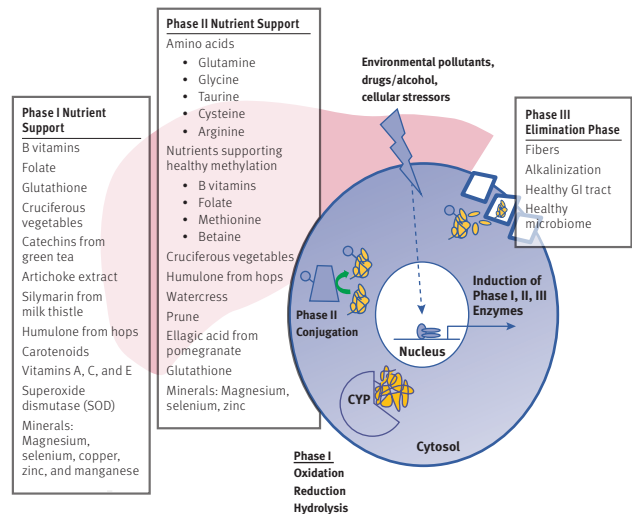


Figure 2. Associated Nutrients and Foods That Support the Metabolic Process



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