

# Are Toxins Making You Sick?

Did you know that research now connects many chronic health issues to the buildup of toxins in the body? Heart disease, diabetes, autoimmune disorders, neurological diseases, depression and anxiety are just a few of the diseases linked to toxicity. Even weight gain has been associated with chronic exposure to a common insecticide.

Rarely do we consider how clean we are internally. Unless we've been diagnosed with a life-changing illness, we might not change. However, if we understand the seriousness of toxin burden, and how simple it can be to clean it up, we can take the next critical steps to improve our health.

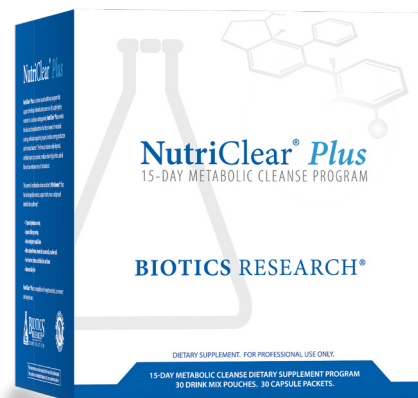
## Where Are These Toxins?

Toxins come in many forms. The most obvious are the chemicals that have been added to our air, food and water supplies. In 2000 alone, more than 4 billion pounds of chemicals were released into the ground, and over 206 million pounds of chemicals were discharged into lakes and rivers, making fish unsafe to eat and water unsafe to drink or swim in. There are approximately 80,000 different chemicals we know of, with 2,300 new ones being added each year. According to the Environmental Protection Agency (EPA), more than 1,000,000 Americans drink water laced with pesticides.

In addition to chemical toxins, there are biological toxins, such as viral agents; physical toxins, such as radiation or trauma; and psychological toxins, which include chronic stress or emotional trauma. Our bodies also create toxins through metabolic pathways such as having too much insulin or uric acid in the body. Finally, there are hypersensitivity toxins from food and seasonal allergies, such as peanuts and pollen.

This statement had not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

*Delicious | Safe | Convenient | Easy-to-Follow*



The **NutriClear® Plus 15-Day Metabolic Cleanse Program** is packaged for convenience and contains:

- 30 pouches of **NutriClear® Plus** powder
- 30 **NutriClear® Plus** supplement packets, which include 5 capsules supplying the active constituents from **Bromelain Plus CLA™**, **Beta-TCP™**, **Livotrit Plus®**, **BioProtect™**, and **MCS-2™**
- 1 Shaker Cup
- 1 Guidebook

***Ask your healthcare professional today for more information!***



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# NutriClear® Plus

15-DAY METABOLIC  
CLEANSE PROGRAM



## Common Signs of Toxin Buildup

- Fatigue
- Allergies
- Joint Pain
- Headaches
- Constipation
- Mood Swings
- Abdominal Pain
- Skin Conditions
- Sinus Congestion
- Chronic Backache
- Immune Weakness
- Hormonal Imbalance
- Blood Sugar Problems
- Difficulty Concentrating

### How Does a Metabolic Cleanse Work?

Our bodies are designed to flush out toxins, primarily through the liver, but also through other elimination routes such as the kidneys, skin, lungs and gut/bile. The liver is the key player where detoxification happens in two phases. In phase I, the body's enzymes activate the toxic substances to make them more accessible for phase II. In phase II, specific enzymes convert toxins into water-soluble and harmless molecules that are then eliminated. With the proper nutrition, which includes specific vitamins, enzymes and minerals, the toxins can be eliminated, allowing the metabolism to run optimally.

### Do I Need a Special Program?

In an ideal world, we can detoxify toxins in small doses with no issue. However, due to the excess of toxins in our world today, we cannot eliminate these pollutants without dietary modification and added nutritional support.

When our bodies lack the essential nutritional components for detoxification, the toxins get stored in our tissues and fat cells, and can contribute to many chronic illnesses. Scientists from both the World Health Organization (WHO) and the National Cancer Institute (NCI) indicate that the chemicals in our air, food and water cause between 60-80% of all cancers. Long-term exposure to pollution can result in genetic changes that affect growth, health and behavior, and contribute to susceptibility to disease.

### What is NutriClear® Plus?

**NutriClear® Plus** is a science-based metabolic cleanse program that supports the body's detoxification processes. By supplying key nutrients in a delicious-tasting powder, **NutriClear® Plus** provides the ideal nutritional foundation for those in need of metabolic clearing, while also supporting hepatic function, energy production and intestinal balance. The formula includes easily digested, certified organic, pea protein, medium chain triglycerides, added fiber and an extensive array of antioxidants. This powerful combination of micronutrients, **NitroGreens®**, fiber, fruit and vegetable extracts supports safe and effective detoxification to start you on a path of lifelong health.

