

Fast & Be Clear

Provides high levels of vitamins and minerals and bioactive food components for broad-spectrum nutritional support.* Formulated as hypoallergenic as possible to support detoxification.*

Now with 5-MTHF, Methylcobalamin, and LactoSpore®.

Suggested Use

As a dietary supplement, 1 or 2 scoops daily, or as directed by a healthcare professional. Mix in 8 oz of liquid.

Variations in product color may occur. Keep in a cool, dry place, tightly capped. Product is sold by weight not by volume. Some settling may occur.

Not labeled for sale in California.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Formulated exclusively for
Allergy Research Group®
Alameda, CA 94502
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LactoSpore® is a registered
trademark of Solstice Corporation.

Allergy Research Group®

Fast & Be Clear

Nutritional and Detox Support*



dietary supplement
900 grams (31.7 oz.)

Supplement Facts

Serving Size 2 Scoops (40 g)
Servings Per Container 22

Amount Per Serving	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value*
Calories 150	Riboflavin (as Riboflavin-5-Phosphate)	10 mg 588%	Molybdenum (as Sodium Molybdate)	50 µg 67%
Calories from Fat 15	Niacin (as Niacinamide)	15 mg 75%	Potassium (as Potassium Iodide and Dipotassium Phosphate)	120 mg 3%
	Vitamin B6 (as Pyridoxine Hydrochloride)	15 mg 750%		
Total Fat 2 g 3%	5-Methyltetrahydrofolate (from 185 µg (S)-5-methyltetrahydrofolic acid, glucosamine salt)	100 µg 25%	Boron (as Sodium Tetraborate)	250 µg †
Saturated Fat 0.5 g 3%	Vitamin B12 (as Methylcobalamin)	50 µg 833%	N-Acetyl-L-Cysteine	50 mg †
Sodium 20 mg 1%	Biotin	150 µg 50%	L-Glutathione (reduced)	50 mg †
Total Carbohydrates 21 g 7%	Pantothenic Acid (Calcium Pantothenate)	200 mg 2000%	Glycine	1.8 g †
Dietary Fiber 4 g 16%	Phosphorus (as Calcium Phosphate and Potassium Phosphate)	120 mg 12%	Taurine	200 mg †
Sugars 11 g	Iodine (as Potassium Iodide)	8 µg 5%	L-Glutamine	1 g †
Protein 17 g 34%	Magnesium (as Magnesium Citrate and Magnesium Ascorbate)	200 mg 50%	Alpha-Lipoic Acid	20 mg †
Vitamin A (56% as Beta-Carotene, 22% as Retinyl Palmitate and 22% as Mixed Carotenoids)	Zinc (as Zinc Picolinate)	10 mg 67%	MSM (Methylsulfonylmethane)	100 mg †
7000 IU 140%	Selenium (as Selenomethionine)	40 µg 57%	Quercetin Dihydrate	100 mg †
Vitamin C (as Magnesium Ascorbate)	Copper (as Copper Gluconate)	1 mg 50%	Green Tea (leaf) Extract (standardized to 80% Catechins)	25 mg †
300 mg 500%	Manganese (as Manganese Gluconate)	1.3 mg 65%	Grape (Seed) Extract (standardized to 95% Oligomeric Proanthocyanidins)	25 mg †
Calcium (as Calcium Citrate, Calcium Phosphate, and Calcium Pantothenate)	Chromium (as Chromium Picolinate)	80 µg 67%	Grape (Skin) Extract (standardized to 50% Polyphenols)	15 mg †
300 mg 30%			LactoSpore® (Bacillus coagulans ATCC 3856)	300 Million CFUs** †
Iron (as Ferric Ammonium Citrate)				
3 mg 17%				
Vitamin D3 (as Cholecalciferol)				
130 IU 33%				
Vitamin E (as Mixed Tocopherols)				
100 IU 333%				
Thiamine (as Thiamine Hydrochloride)				
15 mg 1000%				

* Percent Daily Values are based on a 2,000 calorie diet. † Daily Value not established. ** Viable cell count at the time of manufacture.

Other ingredients: Rice protein concentrate, rice bran, rice syrup solids, microcrystalline cellulose, rice bran oil, natural cherry flavor.

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