

Fast & Be Clear

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

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.

*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
www.allergyresearchgroup.com

AllergyResearchGroup®

Fast & Be Clear



dietary supplement
900 grams (31.7 oz)

Supplement Facts

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

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories 150		Thiamine (as Thiamine Hydrochloride) 15 mg	1000%	Molybdenum (as Sodium Molybdate) 50 mcg	67%
Calories from Fat 15		Riboflavin (as Riboflavin-5-Phosphate) 10 mg	588%	Potassium (as Potassium Iodide and Potassium Phosphate) 120 mg	3%
	% Daily Value	Niacin (as Nicotinamide) 15 mg	75%		
Total Fat 2 g	3%	Vitamin B6 (as Pyridoxine Hydrochloride) 15 mg	750%	Boron (as Sodium Borate) 250 mcg	†
Saturated Fat 0.5 g	3%	Folate (as Folic Acid) 100 mcg	25%	N-Acetyl-L-Cysteine 50 mg	†
Sodium 20 mg	1%	Vitamin B12 (as Methylcobalamin) 50 mcg	833%	L-Glutathione (reduced) 50 mg	†
Total Carbohydrates 21 g	7%	Biotin 150 mcg	50%	Glycine 1800 mg	†
Dietary Fiber 4 g	16%	Pantoic Acid (Calcium Pantothenate) 200 mg	2000%	Isoinine 200 mg	†
Sugars 11 g		Phosphorus (as Calcium Phosphate and Potassium Phosphate) 120 mg	12%	L-Glutamine 1000 mg	†
Protein 17 g	34%	Iodine (as Potassium Iodide) 8 mcg	5%	Alpha-Lipoic Acid 20 mg	†
Vitamin A (50% as Beta-Carotene, 22% as Retinyl Palmitate and 22% as Mixed Carotenoids) 7000 IU	140%	Magnesium (as Magnesium Citrate) 200 mg	50%	MSM (Methylsulfonylmethane) 100 mg	†
Vitamin C (as Magnesium Ascorbate) 300 mg	500%	Zinc (as Zinc Picolinate) 10 mg	67%	Quercetin 100 mg	†
Calcium (as Calcium Citrate and Phosphate) 300 mg	30%	Selenium (as Selenomethionine) 40 mcg	57%	Green Tea Extract (standardized to 40% Catechins) 25 mg	†
Iron (as Ferric Ammonium Citrate) 3 mg	17%	Copper (as Copper Gluconate) 1 mg	50%	Grape Seed & Skin Extract (standardized to 95% Polyphenols) 25 mg	†
Vitamin D3 (as Cholecalciferol) 120 IU	33%	Manganese (as Manganese Gluconate) 1.3 mg	65%	Lactobacillus sporogenes (15 billion cfu/g)	†
Vitamin E (as Mixed Tocopherols) 100 IU	333%	Chromium (as Chromium Picolinate) 80 mcg	67%		

* Percent Daily Values are based on a 2,000 calorie diet. † Daily Value not established.

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

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