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.*

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.

LactoSpore® is a registered trademark of Sabinsa Corporation.

Formulated exclusively for Allergy Research Group®
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AllergyResearchGroup®

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		% Daily Value
Calories	150	
Calories from Fat	15	
		% Daily Value
Total Fat	2 g	3%
Saturated Fat	0.5 g	3%
Sodium	20 mg	1%
Total Carbohydrates	21 g	7%
Dietary Fiber	4 g	16%
Sugars	11 g	
Protein	17 g	34%
Vitamin A (56% as Beta-Carotene, 22% as Retinyl Palmitate and 22% as Mixed Carotenoids)	7000 IU	140%
Vitamin C (as Magnesium Ascorbate)	300 mg	500%
Calcium (as Calcium Citrate, Calcium Phosphate, and Calcium Pantothenate)	300 mg	30%
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%
Riboflavin (as Riboflavin-5-Phosphate)	10 mg	588%
Niacin (as Niacinamide)	15 mg	75%
Vitamin B6 (as Pyridoxine Hydrochloride)	15 mg	750%
5-Methyltetrahydrofolate (from 185 µg [6S]-5-methyltetrahydrofolic acid, glucosamine salt)	100 µg	25%
Vitamin B12 (as Methylcobalamin)	50 µg	833%
Biotin	150 µg	50%
Pantothenic Acid (Calcium Pantothenate)	200 mg	2000%
Phosphorus (as Calcium Phosphate and Potassium Phosphate)	120 mg	12%
Iodine (as Potassium Iodide)	8 µg	5%
Magnesium (as Magnesium Citrate and Magnesium Ascorbate)	200 mg	50%
Zinc (as Zinc Picolinate)	10 mg	67%
Selenium (as Selenomethionine)	40 µg	57%
Copper (as Copper Gluconate)	1 mg	50%
Manganese (as Manganese Gluconate)	1.3 mg	65%
Chromium (as Chromium Picolinate)	80 µg	67%
Molybdenum (as Sodium Molybdate)	50 µg	67%
Potassium (as Potassium Iodide and Dipotassium Phosphate)	120 mg	3%
Boron (as Sodium Tetraborate)	250 µg	†
N-Acetyl-L-Cysteine	50 mg	†
L-Glutathione (reduced)	50 mg	†
Glycine	1.8 g	†
Taurine	200 mg	†
L-Glutamine	1 g	†
Alpha-Lipoic Acid	20 mg	†
MSM (Methylsulfonylmethane)	100 mg	†
Quercetin Dihydrate	100 mg	†
Green Tea (Leaf) Extract (standardized to 80% Catechins)	25 mg	†
Grape (Seed) Extract (standardized to 95% Oligomeric Proanthocyanidins)	25 mg	†
Grape (Skin) Extract (standardized to 50% Polyphenols)	15 mg	†
LactoSpore® (*Bacillus coagulans* MTCC 5856)	300 Million CFUs**	†

* 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.

Rev. 010.1

*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.

WARNING: Consuming this product can expose you to lead which is known to the State of California to cause birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food