

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.

Formulated exclusively for Allergy Research Group®
South Salt Lake, UT 84115
www.allergyresearchgroup.com
Phone: 800.545.9960

Not labeled for sale in California.



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	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Calories 150	Vitamin B6 (as Pyridoxine Hydrochloride) 15 mg	882%	Molybdenum (as Sodium Molybdate) 50 µg	111%
Calories from Fat 15	Folate (as 100 µg of 5-Methyltetrahydrofolate (from 185 µg [6S]-5-methyltetrahydrofolic acid, glucosamine salt)) 167 µgDFE	42%	Potassium (as Potassium Iodide and Dipotassium Phosphate) 120 mg	3%
% Daily Value*	Vitamin B12 (as Methylcobalamin) 50 µg	2083%	Boron (as Sodium Tetraborate) 250 µg	†
Total Fat 2 g	Biotin 150 µg	500%	N-Acetyl-L-Cysteine 50 mg	†
Saturated Fat 0.5 g	Pantothenic Acid (Calcium Pantothenate) 200 mg	4000%	L-Glutathione (reduced) 50 mg	†
Sodium 20 mg	Calcium (as Calcium Citrate, Calcium Phosphate, and Calcium Pantothenate) 300 mg	23%	Glycine 1.8 g	†
Total Carbohydrates 21 g	Iron (as Ferric Ammonium Citrate) 3 mg	38%	Taurine 200 mg	†
Dietary Fiber 4 g	Phosphorus (as Calcium Phosphate and Potassium Phosphate) 120 mg	10%	L-Glutamine 1 g	†
Sugars 11 g	Iodine (as Potassium Iodide) 8 µg	5%	Alpha-Lipoic Acid 20 mg	†
Protein 17 g	Magnesium (as Magnesium Citrate and Magnesium Ascorbate) 200 mg	48%	MSM (Methylsulfonylmethane) 100 mg	†
Vitamin A (as 3920 IU of Beta-Carotene, 1540 IU of Retinyl Palmitate and 1540 IU of Mixed Carotenoids) 3285 µgRAE	Zinc (as Zinc Picolinate) 10 mg	91%	Quercetin Dihydrate 100 mg	†
365%	Selenium (as Selenomethionine) 40 µg	73%	Green Tea (Leaf) Extract (standardized to 80% Catechins) 25 mg	†
Vitamin C (as Magnesium Ascorbate) 300 mg	Copper (as Copper Gluconate) 1 mg	111%	Grape (Seed) Extract (standardized to 95% Oligomeric Proanthocyanidins) 25 mg	†
333%	Manganese (as Manganese Gluconate) 1.3 mg	57%	Grape (Skin) Extract (standardized to 50% Polyphenols) 15 mg	†
Vitamin D3 (as 130 IU of Cholecalciferol) 3.5 µg	Chromium (as Chromium Picolinate) 80 µg	229%	LactoSpore® (Bacillus coagulans MTCC 5856) 300 Million CFUs**	†
16%				
Mixed Tocopherols 100 IU				
†				
Thiamine (as Thiamine Hydrochloride) 15 mg				
1250%				
Riboflavin (as Riboflavin-5-Phosphate) 10 mg				
769%				
Niacin (as Niacinamide) 15 mg				
94%				

* 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.

LactoSpore® LactoSpore® is a registered trademark of Sabinsa Corporation.

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*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.