

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.

Contains: **Soy.**

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

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	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			Potassium (as Potassium Iodide and Dipotassium Phosphate) 120 mg	3%
	% Daily Value*			
Total Fat 2 g	3%	Folate (as 100 µg of 5-Methyltetrahydrofolate (from 185 µg [6S]-5-methyltetrahydrofolic acid, glucosamine salt)) 167 µgDFE	42%	
Saturated Fat 0.5 g	3%	Vitamin B12 (as Methylcobalamin) 50 µg	2083%	
Sodium 20 mg	1%	Biotin 150 µg	500%	
Total Carbohydrates 21 g	7%	Pantothenic Acid (Calcium Pantothenate) 200 mg	4000%	
Dietary Fiber 4 g	16%	Calcium (as Calcium Citrate, Calcium Phosphate, and Calcium Pantothenate) 300 mg	23%	
Sugars 11 g		Iron (as Ferric Ammonium Citrate) 3 mg	38%	
Protein 17 g	34%	Phosphorus (as Calcium Phosphate and Potassium Phosphate) 120 mg	10%	
		Iodine (as Potassium Iodide) 8 µg	5%	
Vitamin A (as 3920 IU of Beta-Carotene, 1540 IU of Retinyl Palmitate and 1540 IU of Mixed Carotenoids) 3285 µgRAE	365%	Magnesium (as Magnesium Citrate and Magnesium Ascorbate) 200 mg	48%	
Vitamin C (as Magnesium Ascorbate) 300 mg	333%	Zinc (as Zinc Picolinate) 10 mg	91%	
		Selenium (as Selenomethionine) 40 µg	73%	
Vitamin D3 (as 130 IU of Cholecalciferol) 3.5 µg	16%	Copper (as Copper Gluconate) 1 mg	111%	
Mixed Tocopherols 100 IU	†	Manganese (as Manganese Gluconate) 1.3 mg	57%	
Thiamine (as Thiamine Hydrochloride) 15 mg	1250%	Chromium (as Chromium Picolinate) 80 µg	229%	
Riboflavin (as Riboflavin-5-Phosphate) 10 mg	769%			
Niacin (as Niacinamide) 15 mgNE	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.

*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.



LactoSpore® is a registered trademark of Sabinsa Corporation.

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