

## Fast & Be Clear

Broad-spectrum nutritional and antioxidant support from vitamins, minerals, and bioactive food components.\* Updated with bioactive coenzyme forms of vitamins B2, B6, B12, and folate, increased D3, iodine, milk thistle, glutathione, selenium, NAC, green tea, and R-lipoic acid. With pea protein and natural vanilla flavoring, for improved dissolvability and taste! Contains less than 1% caffeine.

### Suggested Use

As a dietary supplement, 2 scoops one or two times daily with food or shortly before meals, 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.

 **Quatrefolic**® Quatrefolic® is a registered trademark of Gnosis S.p.A., U.S. Patent No. 7,947,662.

 **EVTeneSol**® is a registered trademark of ExcelVite Inc.

**AllergyResearchGroup**®

# Fast & Be Clear

## Nutritional and Detox Support\*



dietary supplement  
900 grams (31.7 oz.)



Rev. 012.1

## 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)	5 mg 384%	Copper (as Copper Gluconate)	1 mg 111%
Calories from Fat 15	Niacin (as Niacinamide)	5 mgNE 31%	Manganese (as Manganese Gluconate)	1.3 mg 56%
	Vitamin B6 (as Pyridoxine-5-Phosphate)	5 mg 294%	Chromium (as Chromium Picolinate)	80 mcg 228%
	Folate (as 100 of 5-Methyltetrahydrofolate (from 1.85 mcg [6S]-5-methyltetrahydrofolic acid, glucosamine salt))	167 mcgDFE 42%	Molybdenum (as Sodium Molybdate)	75 mcg 166%
	Vitamin B12 (as Methylcobalamin)	200 mcg 8333%	Potassium (as Potassium Iodide and Potassium Phosphate)	120 mg 2%
	Biotin	150 mcg 500%	Boron (as Sodium Borate)	250 mcg †
	Pantothenic Acid (Calcium Pantothenate)	25 mg 500%	N-Acetyl-L-Cysteine	250 mg †
	Calcium (as Calcium Citrate, Calcium Phosphate, and Calcium Pantothenate)	200 mg 15%	L-Glutathione (Reduced)	100 mg †
	Phosphorus (as Calcium Phosphate and Potassium Phosphate)	120 mg 9%	Glycine	500 mg †
	Iodine (as Potassium Iodide)	50mcg 33%	Taurine	200 mg †
	Magnesium (as Magnesium Citrate and Magnesium Ascorbate)	200 mg 47%	L-Glutamine	500 mg †
	Zinc (as Zinc Picolinate)	10 mg 90%	R-Alpha Lipoic Acid	100 mg †
	Selenium (as Selenomethionine)	100mcg 181%	MSM (Methylsulfonylmethane)	100 mg †
Vitamin A [as 3920 IU of Beta-Carotene, 1540 IU of Retinyl Palmitate and 1540 IU of Mixed Carotenoids (EVTeneSol® 3%)]		3285 mcgRAE 365%	Milk Thistle (Seed) Extract (standardized to 80% Silymarin)	100 mg †
Vitamin C (as Magnesium Ascorbate)		300 mg 333%	Green Tea (Leaf) Extract (standardized to 40% Catechins)	100 mg †
Vitamin D3 (as 400 IU of Cholecalciferol)		10 mcg 50%		
Mixed Tocopherols		100 IU †		
Thiamine (as Thiamine Hydrochloride)		5 mg 416%		

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

Other ingredients: Pea protein concentrate, rice bran, microcrystalline cellulose, vanilla flavor, lemon flavor, rice bran oil, guar gum, stevia.

\*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](http://www.P65Warnings.ca.gov/food)

Formulated exclusively for  
**Allergy Research Group**®  
South Salt Lake, UT 84115  
[www.allergyresearchgroup.com](http://www.allergyresearchgroup.com)  
Phone: 800.545.9960