



OptiCleanse® GHI Lite

Vanilla Delight
Sugar- & Stevia-Free[‡]

Delivers 50% less calories and fat per serving than original
OptiCleanse GHI® Vanilla Delight Sugar- & Stevia-Free



Dietary Supplement

10-0.93 oz (26.5 g) Single-Serving Packets
NET WT 9.35 oz (265 g)

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ePV:

Supplement Facts

Amount Per Serving		%DV	Amount Per Serving		%DV
Calories	105		Sodium (from ingredients with naturally occurring sodium, sodium sulfate anhydrous, and sodium ascorbate)	280 mg	12%
Total Fat	4 g	5% [†]	Potassium (from tripotassium citrate and ingredients with naturally occurring potassium)	227 mg	5%
Saturated Fat	1 g	5% [†]			
Total Carbohydrate	5 g	2% [†]			
Dietary Fiber	2 g	7%			
Protein (from Pea Protein Isolate and Rice Protein Concentrate)	13 g		Stabilized Flaxseed	2.8 g	**
Vitamin A (as natural beta-carotene)	375 mcg	42%	Typical Alpha-Linolenic Acid	644 mg	**
Vitamin C (as sodium ascorbate)	125 mg	139%	Typical Linoleic Acid	195 mg	**
Thiamin (as thiamine HCl)	7.5 mg	625%	Pomegranate Extract (<i>Punica granatum</i>)(whole fruit)	200 mg	**
Riboflavin (as riboflavin 5'-phosphate sodium)	2.5 mg	192%	(30% punicalagins A+B and punicalins A+B)		
Niacin (as niacinamide and niacin)	20 mg	125%	Betaine Anhydrous (trimethylglycine)	125 mg	**
Vitamin B6 (as pyridoxal 5'-phosphate)	2.5 mg	147%	Lemon Bioflavonoid Complex (<i>Citrus × limon</i>)(fruit peel)	125 mg	**
Folate (as (6S)-5-methyltetrahydrofolate acid, glucosamine salt) ^{††}	170 mcg DFE	43%	Quercetin (as quercetin dihydrate from <i>Dimorphandra mollis</i> (pod))	125 mg	**
Vitamin B12 (as methylcobalamin)	25 mcg	1,042%	Potassium d-glucarate ^{‡‡}	125 mg	**
Biotin	75 mcg	250%	Rutin (from <i>Sophora japonica</i> (bud))	100 mg	**
Pantothenic Acid (as d-calcium pantothenate)	17.5 mg	350%	Turmeric Extract (<i>Curcuma longa</i>)(rhizome)(95% total curcuminoids complex, including curcumin, curcuminoids, and volatile oils)(86% curcuminoids)(65% curcumin) ^{§§}	100 mg	**
Choline (as choline bitartrate)	50 mg	9%	N-Acetyl-L-Cysteine	75 mg	**
Calcium (as dicalcium malate ^{¶¶} and ingredients with naturally occurring calcium)	112 mg	9%	Ginger (<i>Zingiber officinale</i>)(rhizome)	75 mg	**
Iron (naturally occurring)	2.5 mg	14%	Methylsulfonylmethane (MSM)	60 mg	**
Iodine (as potassium iodide)	30 mcg	20%	Sodium Sulfate Anhydrous	50 mg	**
Magnesium (as d-magnesium malate) ^{¶¶}	70 mg	17%	Green Tea Aqueous Extract (<i>Camellia sinensis</i> (leaf))	41 mg	**
Zinc (as zinc bisglycinate chelate) ^{¶¶}	5 mg	45%	(80% polyphenols, 60% catechins, 30% EGCG, 6% caffeine)		
Selenium (as selenium glycinate) ^{¶¶}	50 mcg	91%			
Manganese (as manganese bisglycinate chelate) ^{¶¶}	1 mg	43%			
Chromium (as chromium nicotinate glycinate chelate) ^{¶¶}	30 mcg	86%			
Molybdenum (as molybdenum glycinate chelate) ^{¶¶}	17.5 mcg	39%			

Other Ingredients: Sunflower oil, natural flavors (no MSG), medium-chain triglyceride oil, taurine, glycine, cellulose gum, xanthan gum, fungal proteases,^{§§} L-glutamine, monk fruit extract, guar gum, and silica.

XYMOGEN® Exclusive Professional Formulas
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Typical Amino Acid Profile Per Serving:

Alanine	640 mg	Methionine	165 mg
Arginine	1,290 mg	Phenylalanine	815 mg
Aspartic Acid	1,700 mg	Proline	670 mg
Cysteine	150 mg	Serine	785 mg
Glutamic Acid	2,495 mg	Taurine	250 mg
Glycine	860 mg	Threonine	580 mg
Histidine	370 mg	Tryptophan	150 mg
Isoleucine	665 mg	Tyrosine	565 mg
Leucine	1,245 mg	Valine	745 mg
Lysine	1,060 mg		



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DIRECTIONS: Blend, shake, or briskly stir the contents of one packet (26.5 g) into 5-6 ounces of chilled, pure water (or mix amount for desired thickness) and consume once daily, or use as directed by your healthcare professional.

Consult your healthcare professional prior to use. Individuals taking medication should discuss potential interactions with their healthcare professional.

⚠ WARNING: Reproductive Harm - www.p65warnings.ca.gov

STORAGE: Store in a cool, dry place out of reach of children.

FORMULATED TO EXCLUDE: Wheat, gluten, yeast, soy, animal and dairy products, fish, shellfish, peanuts, tree nuts, egg, sesame, ingredients derived from genetically modified organisms (GMOs), artificial colors, and artificial sweeteners.

‡This formula is not a low-calorie dietary supplement. Please see the Supplement Facts panel for more details.

Original GHI Vanilla: 210 calories & 8 g fat/serv
GHI Lite Vanilla: 105 calories & 4 g fat/serv

Quatrefolic® S1. Quatrefolic® is a registered trademark of Gnosis S.p.A. Produced under U.S. patent 7,947,662.

ALBION S2. Albion® and the Albion Gold Medallion® are registered trademarks of Balchem Corporation or its subsidiaries.

S3. Preventium® is a registered trademark of Applied Food Sciences, LLC.

S4. BCM-95® is an exclusivity licensed registered trademark to Arjuna Natural Pvt Ltd. Protected under U.S. patents 7,883,728, 7,736,679, and 7,879,373.

OptiCleanse® GHI Lite Sugar- and Stevia-Free[‡] delivers 50% less calories and fat per serving than the original OptiCleanse® GHI Vanilla Delight Sugar- & Stevia-Free and is formulated to support the body's natural response to toxic substances by providing high-quality macro- and micronutrients associated with detoxification mechanisms. Many of these nutrients also cooperatively foster gastrointestinal health and balanced cytokine activity—important variables in the body's handling of toxic substances. This advanced formula features VegaPro™, XYMOGEN's proprietary amino acid and pea/rice protein blend; Aminogen® provides proteases, which facilitate protein absorption; activated B vitamins like 5-MTHF and patented mineral amino acid chelates for optimal nutrient bioavailability; and key herbal extracts and phytonutrients. OptiCleanse GHI is a low-allergy-potential, monk fruit-sweetened formula that boasts a superior taste without added sugars or stevia and is suitable for vegans.*

With 13 grams of protein from our proprietary VegaPro per serving, OptiCleanse GHI Lite supports 3 main functions:		
Gastrointestinal* Glutamic Acid (approx. 2.5 g) Quercetin Aminogen® Stabilized Flaxseed Preventium®	Hepatic/Detoxification* Pomegranate Extract NAC Sodium Sulfate	Cytokine Balance* Curcumin Ginger Bioflavonoids Rutin Niacinamide

AMINOGEN S5. AMINOGEN® is a registered trademark of Innophos Nutrition, Inc.

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clean
seas
turn the tide
on plastic

#CleanSeas

XYMOGEN is committed to reducing the amount of plastics used throughout our business, particularly in the packaging of our products. With our participation in the United Nations Environment Programme Clean Seas initiative, we strive to positively decrease our environmental footprint, providing results that can ultimately:

- » Help free the ocean of litter, making it safer for millions of marine animals.
- » Reduce the use of nonrenewable resources.
- » Keep wild-caught seafood healthy and safe to eat.
- » Protect maritime economies, such as organic fishing, tourism, and recreation.

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.