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.*

Suggested Use

As a dietary supplement, 1 or 2 scoops daily, or as directed by a healthcare professional. Mix in 8 oz of liauid.

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.

CALIFORNIA PROPOSITION 65 WARNING: This product contains lead, a chemical known to the State of California to cause birth defects or other reproductive harm.

*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.



Formulated exclusively for Allergy Research Group® Alameda, CA 94502 www.allergyresearchgroup.com Phone: 510.263.2000



Fast & Be Clear

Nutritional and Detox Support*



dietary supplement 900 grams (31.7 oz.)

Supplement Facts

						Servings Fer Container		22
Amount Per Serving			Amount Per Serving	% Do	aily Value	Amount Per Serving	% Daily	Value*
Calories		150	Thiamine (as Thiamine Hydrochloride)	15 mg	1000%	Molybdenum (as Sodium Moly	bdate)	
Calories from Fat		15	Riboflavin (as Riboflavin-5-Phosp	nate)			50 μg	67%
	% Dail	y Value		10 mg	588%	Potassium (as Potassium Iodide	and Potassi	ium
Total Fat	2 g	3%	Niacin (as Niacinamide)	15 mg	75%	Phosphate)	120 mg	3%
Saturated Fat	0.5 g	3%	Vitamin B6 (as Pyridoxine Hydro	chloride)				
Sodium	20 mg	1%		15 mg	750%	Boron (as Sodium Borate)	250 µg	t
Total Carbohydrates	21 g	7%	Folate (as Folic Acid)	100 µg	25%	N-Acetyl-L-Cysteine	50 mg	1
Dietary Fiber	4 g	16%	Vitamin B12 (as Methylcobalamin	50 μg	833%	L-Glutathione (reduced)	50 mg	1
Sugars	11 g	1070	Biotin	150 µg	50%	Glycine	1800 mg	1
Protein	17 g	34%	Pantothenic Acid (Calcium Pantothenate)	200 mg	2000%	Taurine	200 mg	- 1
Vitamin A (56% as Beta-Carotene, 22% as Retinyl			Phosphorus (as Calcium Phosphate and Potassium			L-Glutamine	1000 mg	1
Palmitate and 22% as Mixed Carotenoids)			Phosphate)	120 mg	12%	Alpha-Lipoic Acid	20 mg	1
Tailliac and 2270 as Thines	7000 IU	140%	lodine (as Potassium Iodide)	8 µg	5%	MSM (Methylsulfonylmethane)	100 mg	1
Vitamin C (as Magnesium Ascorbate)			Magnesium (as Magnesium Citrate)			Quercetin	100 mg	1
300 mg 500%				200 mg	50%	Green Tea Extract (standardize	ed to 40%	
Calcium (as Calcium Citrate and Phosphate)			Zinc (as Zinc Picolinate)	10 mg	67%	Catechins)	25 mg	1
300 mg 30%			Selenium (as Selenomethionine)	40 µg	57%	Grape Seed & Skin Extract (sto	andardized to	o 95%
Iron (as Ferric Ammonium		17%	Copper (as Copper Gluconate)	1 mg	50%	Polyphenols)	25 mg	1
10.1 (ac 1 a.m.c 1 a.m.c.m.c.m.c.m.c.m.c) o mg 17 70			Manganese (as Manganese Gluconate)			Lactobacillus sporogenes		
Vitamin D3 (as Cholecalcife	rol) 130 IU	33%		1.3 mg	65%	300 i	million CFU	+
Vitamin E (as Mixed Tocopherols) 100 III 333%			Chromium (as Chromium Picolinate)					

80 µg 67%

Serving Size

Servings Per Container

2 Scoops (40 g)

Rev. 009

Other ingredients: Rice protein concentrate, rice bran, rice syrup solids, microcrystalline cellulose, rice bran oil, natural cherry flavor.

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