



UltraInflamTMX
NUTRITIONAL SUPPORT FOR
INFLAMMATION

UltraClear[®] SUSTAIN[®]
NUTRITIONAL SUPPORT FOR
INTESTINAL HEALTH



patient guide

UltraClear SUSTAIN® and UltraInflamX™ are medical foods researched and developed by Metagenics, Inc. Creation of these products was based on published and ongoing research. This Patient Guide represents the integration of experience at the Functional Medicine Research Center—the research arm of Metagenics—and the ongoing feedback we have received from our colleagues in private clinical practice.



Personal Program Notes

Patient name _____ Date _____

Healthcare practitioner _____ Phone _____

INSTRUCTIONS: (To be completed by your healthcare practitioner)

Mixing Instructions

- Mix with water only
- Mix with non-citrus fruit juice
- Mix with vegetable juice
- Mix with other _____
- Mix with rice or nut milk

UltraClear SUSTAIN or UltraInflamX Recommendation

Product	Amount	Frequency	Duration

Additional dietary recommendations _____

Exercise recommendations _____

Rest/relaxation recommendations _____

Additional lifestyle recommendations _____

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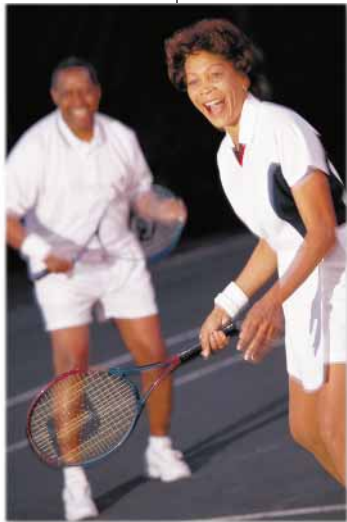
Disclaimer: Metagenics, Inc. makes no representations or warranties, express or implied, regarding the use of UltraClear SUSTAIN, UltraInflamX, or the dietary program. Close instruction and supervision by a physician or other licensed healthcare practitioner is recommended before starting and during the use of this or any other nutritional intervention. Consult your healthcare practitioner immediately should you feel any discomfort or suffer any adverse health effects during the time you are involved in these programs.

This Patient Guide should not be relied upon for personal diagnosis or treatment. Do not use these products without strictly adhering to the diet, menus, and other instructions contained in the Patient Guide unless otherwise instructed by your healthcare practitioner.

INTRODUCTION

Why has your healthcare practitioner recommended this program?

Your healthcare practitioner has determined that some of your health challenges may be related to digestive dysfunction and/or chronic inflammation. He or she has recommended you use UltraInflamX or UltraClear SUSTAIN in conjunction with a specially designed dietary plan outlined in this booklet. UltraInflamX and UltraClear SUSTAIN are both medical foods. They are made up of combinations of select nutrients in amounts that nutritionally support key metabolic (biochemical) functions within your body. UltraClear SUSTAIN was formulated to provide specific vitamins,



minerals, and other food factors (called phytonutrients) that nutritionally support improved gastrointestinal function. UltraInflamX was formulated to provide nutritional support for controlling and modulating inflammatory processes. Your healthcare practitioner will determine which of these two products is best for you.

No two people have exactly the same dietary needs or health problems, and therefore a single program is not suitable for everyone. Your healthcare practitioner may modify this program in certain ways. The more clear and complete your communication, the better he or she will be able to understand your unique circumstances and tailor your program accordingly.

It is vital that you inform your practitioner not only of your complete health history and present problems, but also of

your experiences and responses (positive or negative) as each dietary change or modification is made during your program. Only in this way can you work as a team to accomplish the greatest possible benefits.

These products provide some nutrients in greater concentrations than are found in natural foods or commercial meal replacement products. Therefore, they may have a more beneficial effect on your physiology than traditional over-the-counter products. UltraInflamX and UltraClear SUSTAIN should be used only under the supervision of a physician or other licensed healthcare practitioner who has had training in nutritional science. Consult your healthcare practitioner immediately should you feel any discomfort or suffer any adverse health effects. Do not use this product without adhering to the diet,



menus, and other instructions contained in this Patient Guide, unless otherwise instructed by your healthcare practitioner.

What is a Medical Food?

UltraInflamX and UltraClear SUSTAIN are medical foods delivered as nutritionally fortified, powdered drink mixes. A medical food is made from extracted or combined food components to be consumed under the supervision of a physician or other healthcare practitioner and is intended for the specific dietary management of a disease or condition. UltraClear SUSTAIN is designed to support patients with chronic digestive dysfunction, while UltraInflamX is designed to support patients with chronic inflammatory conditions of the lungs, joints, and/or intestinal tract.

How can I expect to feel on this program?

How you respond to these products and the dietary program will be determined by your uniqueness (your “biochemical individuality”) and the program you and your healthcare practitioner establish. Many people begin to experience benefits within a few weeks and show improvement within a month. Some individuals take longer to notice the improvement.

Some individuals experience transient reactions to the program as their body adapts to the dietary changes. For example, you may experience some initial gas or changes in bowel habits. When such a symptom does occur, it is generally minor and temporary. Sometimes symptoms serve the useful purpose of providing clues to a person’s specific nutritional needs and can be the basis for further individualized adjustment of the program. It is important to maintain a close relationship with your practitioner, who has knowledge and experience in nutritional health care. If you experience any unusual symptoms or unpleasant effects, be sure to contact him or her.



How should I prepare?

While there is no specific preparation necessary—other than willingness to change and the time needed to engage in the process—there are a few things that you may want to keep in mind:

1. Read through the entire program. There may be foods recommended that you will want to stock in your kitchen.
2. If you consume a significant amount of caffeinated beverages or simple sugars, you may experience withdrawal headaches if you discontinue them all at once. We recommend that you gradually decrease your intake of these substances before you start the 25-day program. Discuss this with your healthcare practitioner.
3. While most people have no problem maintaining enough energy on the program (in fact, many people feel more energized), others may need to curtail more strenuous physical activity. Judge for yourself and adjust accordingly.

What if I have additional questions?

Many commonly asked questions are answered in the back of this guide. If you have further

questions about your care or the use of these products, please discuss them with your healthcare practitioner.

The 25-Day Program

The program your healthcare practitioner has recommended includes a powdered medical food and the dietary plan outlined below. The 25-day program may be modified by your healthcare practitioner to meet your individual needs. He or she may also make suggestions for supportive lifestyle changes and/or suggest further nutritional support.

The program is divided into three phases:

Phase 1 (Days 1-7): During Phase 1 you will eliminate potentially allergenic foods while you slowly increase the intake of the medical food your healthcare practitioner has recommended.

Phase 2 (Days 8-25): During Phase 2 you will follow the recommended dietary program along with two servings a day of your medical food.

Phase 3 (Days 26 and beyond): During Phase 3 you will consult with your healthcare practitioner and decide how to continue the program. If you decide to reintroduce foods not on the dietary plan, careful attention should be paid to any reactions you may have. These reactions could be important clues regarding food allergies or intolerances.

General Program Guidelines

- Do not make substitutions for your medical foods or diet except those that are recommended by your healthcare practitioner. You should, of course, avoid any foods to which you know you are intolerant or allergic. Your healthcare practitioner may change the **Dietary Guidelines** based upon your personal health condition and history.

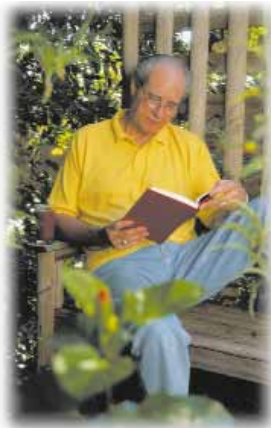


- As mentioned previously, if you normally consume significant amounts of caffeinated beverages or simple sugars, you might experience withdrawal headaches if you discontinue them all at once. We recommend that you gradually decrease these items in your diet before starting the program.
- Be sure to take all of the recommended servings of your medical food. These products contain critical ingredients to nutritionally support your body’s healing responses.
- This program is not intended for weight loss. If weight loss is a goal, work with your healthcare practitioner on specific menus and calorie limits. On the other hand, if you need to gain weight, you may increase the frequency and portion sizes of your meals and snacks using foods or beverages that appear on the lists in this guide.
- Select fresh foods whenever you can. If possible, choose organically grown fruits and vegetables to decrease your intake of pesticide and herbicide residues. The “cleaner” you eat, the better the program will work.
- At certain times in this program you may select animal sources of protein. Look for free-range or organically raised chicken,

- turkey, or lamb. Trim visible fat and prepare by broiling, baking, stewing, grilling, or stir-frying. Cold-water fish (e.g., salmon or mackerel) are an excellent source of protein and omega-3 essential fatty acids, which are important nutrients in this diet. Avoid shellfish, as they may cause an allergic reaction.
- You may continue to take other nutritional products as recommended by your healthcare practitioner. In some instances, you may be advised to add fiber or other supplements directly to your medical food. As with all supplements and medications, follow the advice of your healthcare practitioner.
 - Use purified, distilled, or mineral water to mix your powdered medical food. Check with your healthcare practitioner about using fruit juices. They are high in fructose (fruit sugar) and may not be well tolerated by some individuals. It is always preferable to dilute fruit juice by half with water. Diluted organic vegetable juices may be preferred over fruit juice. Avoid any fruit drinks or cocktail drinks that contain added sugar.
 - Drink at least two quarts (64 oz.) of plain, filtered, distilled, or mineral water each

day. Water flushes the system and carries out toxins, making it a critical component of your program.

- Strenuous or prolonged exercise may be reduced during the program to allow your body to heal and rejuvenate more effectively. Adequate rest and stress reduction are important to the success of this program as well.



Suggested product mixing instructions

UltraInflamX and UltraClear SUSTAIN are intended to be used as part of a comprehensive nutritional and dietary program as determined by your healthcare practitioner. UltraInflamX and UltraClear SUSTAIN may be used as a meal replacement or taken with a meal.

Basic recipe

Due to settling of the powder, shake the container several times before preparing a drink. Using the scoop provided, mix 2 scoops of either UltraInflamX or UltraClear SUSTAIN powder with 8-10 ounces of water or other liquid. Add ice if desired. Briskly stir or blend the product until mixed. Drink slowly. These products may be mixed in a blender with a variety of whole fruits or other liquids. Recipes are provided on page 10. Remember, if you are restricting calories, adding ingredients to your powder adds additional calories as well. A serving of each medical food is 200-220 calories (depending on the medical food) when mixed with water. (During the first few days when you are using less than 2 scoops, remember to adjust added liquids accordingly.)

Variations:

Blend 2 scoops of regular flavored UltraInflamX or UltraClear SUSTAIN with any of the following:

- 1 cup rice, almond, or oat milk
- ½ cup apple or pear juice, ½ cup water, 2 ice cubes
- 1 cup water, 1 slice pineapple or ½ banana, 2 ice cubes
- ½ cup fresh carrot juice, ½ cup water, 2 ice cubes
- Try blending with a variety of fresh fruit. Ice is optional, but gives it the texture of a smoothie.

Blend 2 scoops of Chocolate Orange flavored UltraInflamX with any of the following:

- 1 cup rice, almond, or oat milk and 2 ice cubes
- 1 cup water and 2 ice cubes

Tips for travel and dining out

If you travel or take one of the powdered medical foods to work, you can purchase a small, portable battery-operated mixer (found in many kitchen appliance stores) to use when a blender isn't available. A 2-cup (16 oz.) plastic container with a secure lid works well also. *Note: Do not premix and save. The product should be consumed within 30 minutes of mixing for maximum benefit. It is recommended that any unused portion be discarded.*

If you are going on a trip, you may need to take enough product along for several days, but you may not want to take the entire container. As an alternative, you can pack pre-measured amounts (2 scoops) into small plastic resealable bags. If traveling internationally, it would be wise to keep the product in its original container, as most customs check points will require label and prescription information for all medical products. You can also pack or purchase bottled water to mix with the product.

When traveling, the powders make an excellent breakfast beverage, a simple morning or afternoon snack, or a satisfying bedtime snack.



When you know you will be eating meals away from home, it may be impractical to consume one of the powders as part of your meal. It is best to drink your shake prior to eating out. Many people are not hungry when they get home, or are too tired to eat or drink anything.

Dietary Program at a Glance

Phase 1: Days 1-2

Start the dietary program as outlined below. Begin by mixing ½ scoop UltraInflamX or UltraClear SUSTAIN (whichever has been recommended) with 2 ounces of pure water (or diluted non-citrus fruit juice or vegetable juice) and consume 2 times daily for 2 days. Please refer to the recipe variations on page 10 for mixing ideas.

Days 3-7

Increase to 1 scoop of UltraInflamX or UltraClear SUSTAIN mixed with 4 ounces of your desired liquid and consume 2 times daily. Continue on the dietary plan.

Phase 2: Days 8-25

Increase to 2 scoops of UltraInflamX or UltraClear SUSTAIN mixed with 8 ounces of your desired liquid and consume 2 times daily. Continue on the dietary plan.

Most individuals are able to reach the full dose of 2 scoops 2 times daily within a week. However, each individual is different, so you may find that the adjustment period is longer or shorter. In

general, it is recommended that you slowly increase the product amount you are taking; this gives your body a chance to adjust to UltraInflamX or UltraClear SUSTAIN, and to the lack of the foods your body was “used to” ingesting prior to starting on this program.

Occasionally individuals experience some abdominal discomfort in the form of gas, bloating, or loose stools. This usually eases as your body adjusts. If you experience symptoms as you increase the dosage, you may find it useful to return to the previous dose that was comfortable. Stay there for a few days before trying to increase the dosage again. *Note: Some individuals may find that they do better on more or less of the product than recommended here.*

Additionally, your healthcare practitioner may suggest alternative dietary modifications or further nutritional supplementation. He or she will make these decisions based upon your health and response.

Phase 3: Days 26 and Beyond

At this point you and your healthcare practitioner should discuss your response

to the program. He or she may suggest that you continue on the program, continue the diet or the product alone, or some other combination. If you decide together to begin reintroducing other foods into the program, it is very important that you follow a systematic reintroduction program of gradually adding foods to determine if you have any adverse responses to these foods. We have included a food reintroduction response chart on page 24 for this purpose.

Dietary Guidelines at a Glance

UltraInflamX and UltraClear SUSTAIN have been designed to be used with a dietary program referred to as a modified elimination diet. Research suggests that many common inflammatory and gastrointestinal conditions may involve food allergy or sensitivity reactions, and that removing these foods may result in improvement. This diet is designed to eliminate foods that have significant potential to cause allergic or sensitivity reactions when ingested. Additionally, it has been designed to include foods that may decrease

or modulate some inflammatory reactions. Although UltraInflamX and UltraClear SUSTAIN may be used alone, combining them with an elimination dietary program may result in further health improvements.

The following are basic dietary guidelines. Your healthcare practitioner may change these guidelines based upon your personal health condition and history. Eat only the foods listed below. The **Dietary Guidelines** chart is intended as a quick overview of the dietary plan. If you have a question about a particular food, check to see if it is on the food list. Do not make substitutions, except as allowed in these instructions or as recommended by your healthcare practitioner.



You should, of course, avoid any listed foods to which you know you are intolerant or allergic.

Dietary Guidelines

	Foods to Include	Foods to Exclude
Fruits	Fresh; unsweetened; dried; frozen; or canned, water-packed fruits; fruit juices (except orange)	Oranges, orange juice
Vegetables	All fresh raw, steamed, sautéed, juiced, or roasted vegetables	Corn; any creamed vegetables
Starch	Rice, oats, millet, quinoa, amaranth, teff, tapioca, buckwheat, potatoes	Wheat, corn, barley, spelt, kamut, rye; all gluten-containing products
Bread/Cereal	Products made from rice, oat, buckwheat, millet, potato flour, tapioca, arrowroot, amaranth, or quinoa	Products made from wheat, spelt, kamut, rye, or barley
Legumes (vegetable protein)	All legumes including peas and lentils (except soybeans)	Tofu, tempeh, soybeans, soy milk; other soy products
Nuts and Seeds	Almonds, cashews, walnuts, sesame (tahini), sunflower, pumpkin; nut butters (except peanut)	Peanuts, peanut butter
Meat and Fish (animal protein)	All fresh or frozen fish, chicken, turkey, wild game, lamb; canned, water-packed fish	Beef, pork, cold cuts, frankfurters, sausage, canned meats (other than water-packed fish), shellfish
Dairy Products and Milk Substitutes	Milk substitutes such as rice milk, almond milk, oat milk, coconut milk, or other nut milks; egg substitutes	Milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, non-dairy creamers, soy milk, eggs
Fats	Oils: cold-pressed olive, flaxseed, canola, safflower, sunflower, sesame, walnut, pumpkin, or almond	Margarine, butter, shortening, processed and hydrogenated oils, mayonnaise, spreads
Beverages	Filtered or distilled water, decaffeinated herbal tea, seltzer or mineral water	Soda pop or soft drinks, alcoholic beverages, coffee, tea, other caffeinated beverages
Spices and Condiments	Vinegar; all spices including salt, pepper, cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, rosemary, tarragon, thyme, or turmeric	Chocolate, ketchup, relish, chutney, soy sauce, BBQ sauce, other condiments
Sweeteners	Brown rice syrup, fruit sweeteners, blackstrap molasses, stevia	White or brown refined sugar, honey, maple syrup, corn syrup, high fructose corn syrup

Hidden sources of food allergens or ingredients that may cause a sensitivity reaction:
• corn starch in baking powder and processed foods • corn syrup solids or maltodextrin (corn derivative) used as a sweetener
• grain vinegar in ketchup and mustard • amaranth and millet flake cereals may also contain oats or corn

Shopping List/Food Choices

Proteins

Chicken
Chicken broth
Turkey
Lamb
Fish, fresh or canned:
 Cod
 Halibut
 Mackerel
 Salmon
 Tuna
 Trout
Wild game
Dried beans, all varieties
Canned, organic beans
Dried or frozen peas
Lentils (red or green)

Grains

Rice
Rice bread
Rice pancakes
Rice cakes
Rice pasta
Rice milk
Cream of rice cereal
Puffed rice or crispy rice
Tapioca
Amaranth
Millet
Teff
Quinoa
Buckwheat/Kasha
Potato flour or starch



Vegetables

Alfalfa sprouts
Artichoke
Asparagus
Avocado
Beets
Bok choy
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Cucumber
Daikon radish
Endive
Escarole
Garlic
Green or yellow beans
Greens (mustard, turnip, chard, watercress)
Jicama
Kale
Kohlrabi
Leeks
Lettuce, all types
Mung beans
Okra
Onions and leeks
Parsnips
Peas, all types
Peppers, all varieties
Potatoes (white and red)
Radishes
Rutabaga
Sea vegetables (seaweed, kelp)
Spinach
Squash (green and yellow)
Summer squash
Sweet potatoes
Taro
Tomatoes
Turnips

Water chestnuts
Winter squash, all types
Yams

Sweeteners

Brown rice syrup
Fruit sweetener
Molasses
Stevia

Fruits

Apples and apple butter
Applesauce, unsweetened
Apricots
Avocado
Bananas
Berries, all types
Cherries
Kiwi
Lemon
Mango
Melon, all varieties
Nectarines
Papaya
Peaches
Pears
Pineapple
Plums
Prunes
Raisins and other dried fruits (unsweetened)



Nuts, Seeds, and Oils

Almonds and almond oil
Canola oil
Cashews
Flaxseeds and flaxseed oil

Hazelnuts
Olives and olive oil
Pecans
Pumpkin oil and seeds
Safflower oil
Sesame oil and seeds
Sunflower oil and seeds
Walnuts and walnut oil
Nut butters from above nuts

Spices/Condiments

Anise
Baking powder
Baking soda
Basil
Bay leaf
Cardamom
Celery seed
Cinnamon
Coriander
Cumin
Dill
Dry mustard
Egg substitute*
Fennel
Garlic
Ginger
Oregano
Parsley
Rosemary
Savory
Tarragon
Thyme
Turmeric
Vinegar, all types (except grain vinegar)

**There are commercial products made from potato starch and other ingredients that can be purchased in your health food store. Or you may use a combination of 1 Tbsp. flaxseed meal and 1/2 cup water to equal 1 egg.*

Day 1

Breakfast Whole grain oatmeal or quinoa flakes with almond, rice, or oat milk, cooked with raisins or diced apples, or sweetened with mashed banana or applesauce, and sprinkled with cinnamon and ground flaxseeds
Herbal tea

Snack 2 scoops UltraInflamX or UltraClear SUSTAIN, mixed as desired

Lunch *Quick and Easy Rice 'n Beans with Chicken* (page 16)*
1 cup steamed broccoli or kale topped with flaxseed or olive oil
Fresh peach or plums
Vegetarian Option:
Beans and Greens Soup (page 16)*
Kasha (page 16)*

Snack 2 scoops UltraInflamX or UltraClear SUSTAIN, mixed as desired

Dinner Broiled or poached salmon or cod
Steamed fresh asparagus, green beans, or Brussels sprouts
Baked red potatoes
Fresh spinach salad with *Basic Salad and Veggie Dressing**
Baked Apple (page 16)*

Vegetarian option:
Vegetable Dal Curry (page 16)*

*Recipe included for * menu items in italics*

Day-by-Day Dietary Guidelines

7 days of menus and recipes

The following sample menus are designed for you to see the dietary plan in a typical week. Consult your healthcare practitioner for other specific instructions.

Note: Be sure to include 2 servings of the UltraInflamX or UltraClear SUSTAIN product each day.

Basic Salad and Veggie Dressing (6 servings)

Mix well in a shaker jar (store any leftovers in refrigerator):

1/4 cup each flaxseed and olive oils	1 tsp. dry mustard (optional, but delicious), whisked into liquid
3-4 Tbsp. vinegar (apple cider, tarragon, rice, red wine, balsamic, ume plum)	Garlic, whole cloves or minced, oregano, basil, or other herbs of choice
1 Tbsp. water	

Keep a jar in the refrigerator at work and one at home for convenience. Dressing will solidify in the refrigerator.

Beans and Greens Soup (4-5 servings)

2 Tbsp. olive oil
1 large onion, chopped
2 medium cloves garlic, crushed
1 bay leaf
1-2 stalks celery, diced
1-2 medium carrots, diced
1 tsp. salt

Black pepper to taste
5 cups water or vegetable broth
2 cups cooked white beans
½ lb. fresh chopped mixed greens: kale, collards, spinach, and escarole
Freshly grated nutmeg

In a saucepan, add oil and sauté the onions and garlic over low heat. When onions are soft, add celery, carrot, salt, and pepper. Stir and sauté another 5 minutes. Add broth or water and bay leaf. Cover and simmer about 20 minutes. Add cooked beans and greens. Cover and continue to simmer, over very low heat, another 15-20 minutes. Garnish as desired with grated nutmeg.

Vegetable Dal Curry (2 servings)

Heat 1 tsp. olive oil and add ¼ cup onion, 1 tsp. turmeric powder, ¼ tsp. coriander powder, and a dash of cumin. Sauté. Add 1 sliced carrot and 1 cup of cauliflower pieces, stir to coat. Add ½ cup red lentils and 1 cup of water. Bring to a boil, reduce heat and simmer about 40 minutes. Salt to taste.

Quick and Easy Rice 'n Beans with Chicken (1 serving)

4 oz. (½ cup) kidney or black beans mixed with ½ cup cooked brown rice and 3 oz. chicken breast, topped with Basic Salad and Veggie Dressing* (page 15).

Kasha (2 servings)

1 tsp. olive oil
¼ cup chopped onion
1 celery stick, diced

½ cup uncooked kasha (buckwheat groats)
1 cup water
Salt and pepper to taste

Sauté onion and celery in oil. Add buckwheat and water and bring to a boil. Reduce heat and simmer 20 minutes. Season with salt and pepper as desired.

Baked Apple (1 serving)

Core apple and peel top third only. Blend a few tablespoons of water with 1 tsp. brown rice syrup and drizzle the combination into center and over the apple, sprinkle with cinnamon. Bake at 350° for approximately 20 minutes, or until tender.

Day 2

Breakfast

1 cup cream of rice cereal topped with raisins or 1 tsp. brown rice syrup and almond, rice, or oat milk
1 peach
Herbal tea

Snack

2 scoops UltraInflamX or UltraClear SUSTAIN, mixed as desired

Lunch

Tuna/Garbanzo Bean Salad*
Leftover Vegetable Dal Curry* (page 16) and rice cakes
Vegetarian Option:
Beans and Greens Soup* (page 16)
Kasha* (page 16)

Snack

2 scoops UltraInflamX or UltraClear SUSTAIN, mixed as desired

Dinner

Roasted organic chicken breast or broiled rainbow trout (omit for vegetarians)
Rice pasta, topped with Ratatouille*
Mixed greens, topped with white cannellini beans and tossed with Basic Salad and Veggie Dressing* (page 15)

Tuna/Garbanzo Bean Salad (2 servings)

¼ cup each of: green peas, shredded carrot, shredded cabbage, mung bean sprouts, and chopped parsley or basil
½ cup cooked garbanzo beans
½ cup water-packed tuna (or leftover cooked tuna)
Toss with Basic Salad and Veggie Dressing* (page 15)

Ratatouille (6 servings)

½ cup olive oil
2 large onions, sliced
3 garlic cloves, minced
1 medium eggplant, cut into 1" cubes
2 green peppers, chopped
3 zucchini, cut into ½" slices

1 28-oz. can tomatoes, drained
1 tsp. salt
¼ tsp. pepper
1 tsp. oregano
½ tsp. thyme

In a 6-quart pot, sauté onion and garlic in oil for 3 minutes. Add eggplant and stir-fry for 5 minutes. Add peppers and cook 5 minutes. After adding zucchini, cook for 5 more minutes. Add seasonings and tomatoes. Cover and simmer for 30 minutes.

Day 3

- Breakfast** *Rice/Oat Pancakes** topped with unsweetened, cinnamon applesauce or apples sautéed in apple juice and cinnamon

1/2 grapefruit or mixed berries

Herbal tea
- Snack** 2 scoops UltraInflamX or UltraClear SUSTAIN, mixed as desired
- Lunch** Leftover *Beans 'n Greens Soup** (page 16)

Sliced tomato and roasted red pepper with watercress, basil leaves, and slivers of fresh garlic, drizzled with a combination of olive and flaxseed oils

Rice cakes
- Snack** 2 scoops UltraInflamX or UltraClear SUSTAIN, mixed as desired
- Dinner** Roast leg of lamb with *Mint Sauce**

Quinoa, cooked according to package

Steamed broccoli with herbs and flaxseed oil

*Baked Apple** (page 16)

Vegetarian option:

Quinoa topped with leftover *Ratatouille** (page 17)

Mint Sauce
(4 servings)

- 3 Tbsp. mint leaves

1/3 cup plus 1 Tbsp. water

1 Tbsp. brown rice syrup
- 1 tsp. arrowroot

Vitamin C crystals

(optional)

Combine mint leaves and water in small saucepan. Simmer for 10 minutes. Strain and return liquid to pan. Stir in brown rice syrup. Dissolve arrowroot in 1 Tbsp. water and stir into saucepan. Cook over medium heat until sauce thickens. For a tangy flavor, add a few vitamin C crystals. Serve warm over slices of lamb and quinoa.

Rice/Oat Pancakes
(4-5 servings)

- 1 1/2 cups rice milk

1 1/2 Tbsp. lemon juice

1 1/2 cups rice flour

1/2 cup oat flour

1/2 tsp. salt

2 tsp. baking powder
- 1/2 tsp. baking soda

1 Tbsp. apple butter

1 Tbsp. cold pressed safflower oil

Egg substitute to equal 2 eggs

Mix rice milk and lemon juice together and allow to sit for 5 minutes until curds form. Mix dry ingredients together and set aside. In large mixing bowl, beat apple butter, oil, egg, and milk mixture. Add dry mixture and stir gently. Be careful not to over-mix. Makes approximately 14 (4-inch) pancakes.

Day 4

- Breakfast** Rice cakes with hummus, sliced cucumber, and avocado OR

Cold cereal such as crispy brown rice or puffed millet, with blueberries or raisins, and your choice of substitute milk

Cantaloupe and honeydew melon balls

Herbal tea
- Snack** 2 scoops UltraInflamX or UltraClear SUSTAIN, mixed as desired
- Lunch** *Simple Rice Burger**

*Cauliflower Salad**

Rice cakes
- Snack** 2 scoops UltraInflamX or UltraClear SUSTAIN, mixed as desired
- Dinner** Grilled or broiled tuna, sea bass, flounder, sole, or cod

Brown rice tossed with 1 tsp. flaxseed oil

Steamed and diced beets or steamed green beans, topped with flaxseed oil and slivered almonds

Mixed green salad with cherry tomatoes, sliced cucumber, and cauliflower florets tossed with *Basic Salad and Veggie Dressing** (page 15)

Vegetarian Option:

*Lentil Salad**

Lentil Salad
(4 servings)

- 2/3 cup uncooked lentils, well rinsed

2 cups water

1 bay leaf

1 Tbsp. chopped fresh basil or 1 tsp. dried basil
- 1/4 cup finely diced red or green onions

1 whole carrot, grated

1/4 cup finely chopped black olives

1/4 cup raisins or currants

Simmer lentils and bay leaf in water for about 25 minutes or until tender. Drain and discard bay leaf. In a large bowl, gently toss lentils with basil, onions, grated carrot, chopped olives, and raisins or currants. Mix in *Basic Salad and Veggie Dressing** (page 15) to taste. Gently toss and serve slightly chilled or at room temperature.

Simple Rice Burger
(1 serving)

Mix together: 3/4 cup cooked brown rice, add 2 tsp. tahini, 1/2 tsp. basil, 1/2 tsp. vegetable broth powder, 1-2 Tbsp. chopped parsley, a dash of oregano, chopped onion, garlic and salt to taste. Lightly spray a skillet and brown the patty.

Cauliflower Salad
(10-12 servings)

- 1 small head of cauliflower

3-4 cloves garlic, minced

1/2 cup chopped pecans

1 Tbsp. olive oil (for sautéing)

2 Tbsp. olive oil (for dressing)

2 Tbsp. flaxseed oil
- 2 Tbsp. vinegar

2 Tbsp. each freshly snipped parsley and chives

Salt and pepper to taste

1 pint cherry tomatoes

Lightly steam cauliflower florets. Meanwhile, sauté garlic and pecans in 1 Tbsp. olive oil over very low heat until slightly brown. Mix with remaining oils, vinegar, and seasonings. In a large bowl, mix vegetables together and toss with garlic-pecan mixture. Add salt and pepper to taste. Flavor is enhanced the longer this salad sits.

Day 5

- Breakfast** *Oat Bran Muffin**
*Peach Melba Smoothie**
Herbal tea
- Snack** 2 scoops UltraInflamX or UltraClear SUSTAIN, mixed as desired
- Lunch** *Split Pea Soup**
Leftover *Cauliflower Salad** (page 19)
- Snack** 2 scoops UltraInflamX or UltraClear SUSTAIN, mixed as desired
- Dinner** 3 oz. oven roasted turkey breast
*Mashed Potatoes**
Baked acorn squash, topped with 1 tsp. brown rice syrup and a dash of cinnamon
*Baked Apple** (page 16)

Split Pea Soup
(6 servings)

- | | |
|-------------------------|-------------------------------------|
| 3 cups dry split peas | 3 stalks celery, diced |
| 2 quarts water | 2 medium carrots, sliced |
| 1 bay leaf | Salt and black pepper to taste |
| 2 onions, chopped fine | 3 Tbsp. apple cider or rice vinegar |
| 4 cloves garlic, minced | |

Place ingredients in Dutch oven. Bring to boil and lower heat to simmer partially covered for about 60 minutes, stirring occasionally. Add more water as needed. Add pepper, salt and vinegar to taste.

Mashed Potatoes
(1 medium potato per serving)

Boil potatoes and mash with your choice of milk substitute and olive or flaxseed oil. Add salt and pepper to taste. (Amount of milk substitute and oil will vary according to your taste.)

Oat Bran Muffins
(yield 8 muffins)

- | | |
|----------------------|----------------------------------|
| ¾ cup almond milk | ¼ tsp. salt |
| 1 Tbsp. lemon juice | ¼ cup chopped walnuts or almonds |
| ½ cup oat bran | ¾ cup unsweetened applesauce |
| 1¾ cups whole oats | ½ cup dates or dried apples |
| 1 tsp. baking powder | |
| ½ tsp. baking soda | |

Preheat oven to 400°. Spray muffin cups with oil and set aside. Combine almond milk and lemon juice in a cup and allow to sit about 10 minutes or until curdles form. Combine dry ingredients in a large bowl. Add almond milk/lemon juice combination and applesauce, mixing gently with a spoon until completely moistened. Stir in dried fruit but do not over-mix. Spoon into prepared muffin tin, filling about ¾ full. Bake 20-25 minutes until lightly browned. Allow to cool for 10 minutes before removing from pan.

Peach Melba Smoothie
(1 serving)

In a blender, blend 6-8 oz. rice, oat, or almond milk with a peach, ½ cup raspberries, and 1-2 ice cubes. Use a variety of fruit for different flavors.

Day 6

- Breakfast** Rice cakes topped with either smoked salmon or almond butter
Sliced pears
Herbal tea
- Snack** 2 scoops UltraInflamX or UltraClear SUSTAIN, mixed as desired
- Lunch** *Quinoa Vegetable Soup**
*Millet Paté** spread on rice cakes with raw carrots and celery
- Snack** 2 scoops UltraInflamX or UltraClear SUSTAIN, mixed as desired
- Dinner** *Stir-Fry Vegetables and Chicken**
*Pecan Rice**
Spinach salad with walnuts and fresh strawberries, topped with ground flaxseed meal and tossed with *Basic Salad and Veggie Dressing** (page 15)
Vegetarian option:
*Sassy Beans** (page 22)

Stir Fry Vegetables and Chicken
(2 servings)

- | | |
|---|--|
| 1 tsp. sesame oil | ½ cup chopped broccoli and/or cauliflower |
| 2 tsp. grated fresh ginger, | ½ cup snow peas |
| Any combination of the following veggies: | ¼ cup mung bean sprouts |
| 2 carrots, diced | 3 oz. boneless organic chicken, cut into strips or cubes |
| 1 stalk celery, diced | 1 tsp. flaxseed oil |
| 1 cup bok choy, chopped | |
| ½ cup diced onion | |

Heat sesame oil and ginger in a wok and stir-fry your choice of vegetables for about 5 minutes. Add chicken pieces and continue to stir-fry until cooked through. *Optional:* Just before removing from heat, add freshly chopped basil. Add 1 tsp. flaxseed oil upon completion of cooking. Serve with *Pecan Rice**.

Millet Paté
(4 servings)

- | | |
|------------------------------|------------------------------------|
| ½ cup cooked millet | 1½ Tbsp. light yellow miso |
| ½ cup silken extra firm tofu | 3 Tbsp. nutritional yeast |
| ¼ cup grated carrot | ⅛ tsp. each celery seed and savory |
| 1 Tbsp. tahini | |

Place all ingredients in a bowl and mix well. Serve as a spread on rice cakes.

Quinoa Vegetable Soup
(4-6 servings)

- | | |
|----------------------------|--------------------------|
| 4 cups water | 2 cloves garlic, chopped |
| ¼ cup quinoa (well rinsed) | 1 tsp. olive oil |
| ½ cup carrots, diced | ½ cup tomatoes, chopped |
| ¼ cup celery, diced | ½ cup cabbage, chopped |
| 2 Tbsp. onion, chopped | 1 tsp. salt |
| ¼ cup green pepper, diced | Parsley, chopped |

Sauté quinoa, carrots, celery, onions, green pepper, and garlic in oil until golden brown. Add water, tomatoes, and cabbage and bring to a boil. Simmer 20 to 30 minutes or until tender. Season to taste and garnish with parsley.

For variations, try adding some of your other favorite vegetables, chopped and sautéed.

Pecan Rice
(4 servings)

- | | |
|-------------------------------|----------------------------|
| 1 cup wild and brown rice mix | 2 Tbsp. chopped pecans |
| 2½ cups water | 1 tsp. walnut or olive oil |

Bring water to boil and add rice, stirring to mix well. Cover and simmer rice for about 45 minutes or until all liquid has been absorbed. Do not stir while cooking. While rice is cooking, saute pecans in oil over low heat until lightly browned. Toss pecan mixture with cooked rice and serve immediately.

Day 7

- Breakfast** Leftover *Oat Bran Muffin** (page 20)
Melon slices
Herbal tea
- Snack** 2 scoops UltraInflamX or UltraClear SUSTAIN, mixed as desired
- Lunch** Leftover *Stir-Fry Vegetables and Chicken** (page 21) and/or *Split Pea Soup** (page 20)
Vegetarian option:
Leftover *Sassy Beans** OR
Pasta 'n "Cheese" topped with 1 cup steamed and diced asparagus
- Snack** 2 scoops UltraInflamX or UltraClear SUSTAIN, mixed as desired
- Dinner** Baked or broiled halibut, or filet of sole, red snapper, or cod
Baked sweet potato
Steamed collards or kale
Vegetarian option:
*Semi-Greek Salad**

Pasta 'n "Cheese"
(1 serving)

Add 1 tsp. flaxseed oil to 1½ cups cooked brown rice pasta, and sprinkle with nutritional yeast.

Semi-Greek Salad
(1 serving)

3 cups mixed greens, tossed with ½ cup shredded carrot, cabbage, and green onion. Toss in a few sliced black olives and a few red onion ringlets. Add 1 cup cooked garbanzo beans. Mix *Basic Salad and Veggie Dressing** (page 15), making sure to add dry mustard, and toss with greens and veggies.

Sassy Beans
(1 serving)

1 tsp. olive oil
1 Tbsp. chopped scallions
1 clove garlic, minced
½ cup chopped onion
½ cup of vegetarian refried beans

¼ cup cilantro, chopped
Chopped black olives
¼ of an avocado

Sauté scallions, garlic, and onion in olive oil. Add refried beans. Remove from heat and garnish with optional: cilantro, black olives, and avocado. Serve with *Pecan Rice** (page 21).

Reintroducing Foods

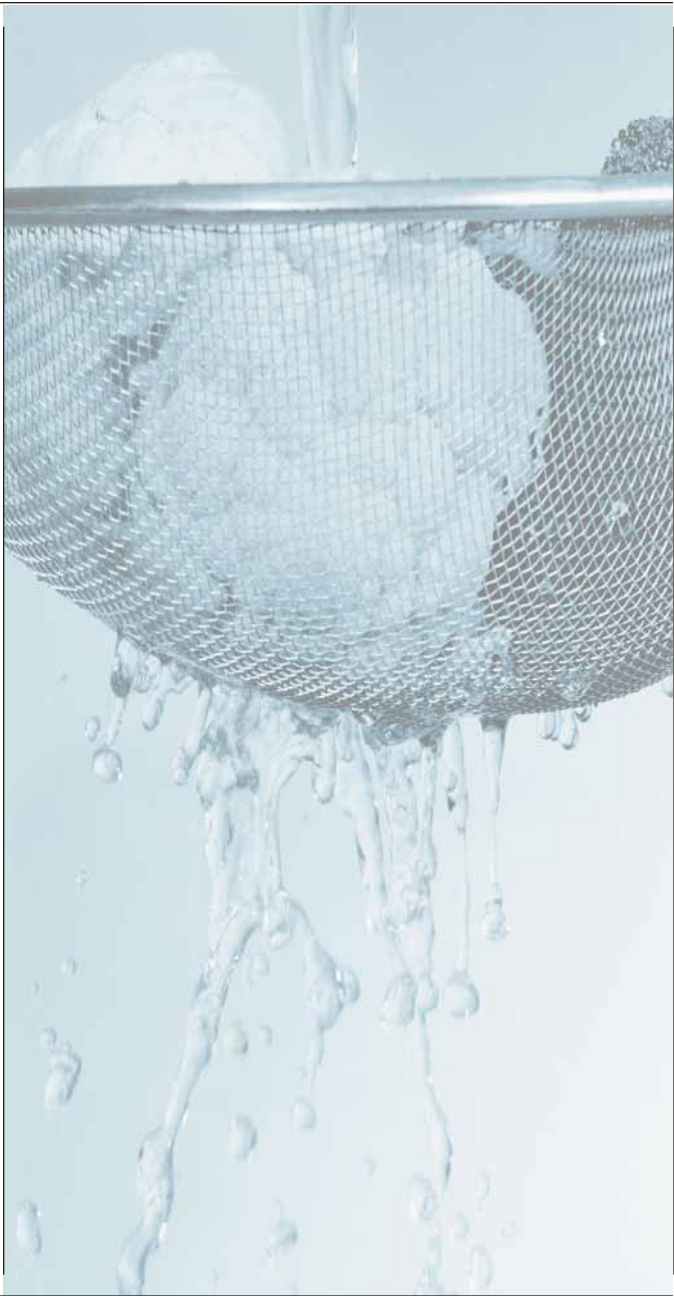
Your healthcare practitioner will advise you when to begin reintroducing the foods you eliminated from your diet. In order to assess any reactions to those foods, the following is the suggested reintroduction procedure:

Ingest the food you are reintroducing 2 to 3 times in the same day. Continue to eat the other foods on your diet. Do not introduce any other new foods over the next 2 days and monitor any reactions you experience over that time period.

Record your responses as outlined in the chart on page 24. (You may use different headings to correspond with whatever signs and symptoms you experience.)

Introduce only one new food at a time. Wait at least 2 additional days before reintroducing another food you have been eliminating. If you are unsure if you had a reaction, retest the same food in the same manner.

Discuss your responses with your healthcare practitioner. He or she may suggest rotation or elimination of that food based upon your reactions and history.



Food Reintroduction Response Chart

Symtoms	Day:	Day:	Day:	Day:	Day:	Day:	Day:
	Food:	Food:	Food:	Food:	Food:	Food:	Food:
	Time:	Time:	Time:	Time:	Time:	Time:	Time:
Digestion/ Bowel Function							
Headache							
Nasal or Chest Congestion							
Skin							
Energy Level							
Joint/Muscle Pain							
	Day:	Day:	Day:	Day:	Day:	Day:	Day:
	Food:	Food:	Food:	Food:	Food:	Food:	Food:
	Time:	Time:	Time:	Time:	Time:	Time:	Time:
Digestion/ Bowel Function							
Headache							
Nasal or Chest Congestion							
Skin							
Energy Level							
Joint/Muscle Pain							

Q & A Answers to Commonly Asked Questions

1. What is unique about UltraInflamX and UltraClear SUSTAIN?

UltraInflamX and UltraClear SUSTAIN are medical foods designed to nutritionally modulate a disease or condition, and both are supported by published research. These powdered products utilize high quality, low-allergy-potential rice protein and contain specific amounts and types of proteins, carbohydrates, and fats that are easily absorbed and utilized. Furthermore, specific nutrients and phytonutrients are added to UltraInflamX and UltraClear SUSTAIN to support important activities involved in inflammation management and gastrointestinal function, respectively.

2. What is the difference between UltraInflamX and UltraClear SUSTAIN?

UltraInflamX was formulated to nutritionally modulate inflammatory conditions. UltraClear SUSTAIN was developed to nutritionally support patients with gastrointestinal problems. Your healthcare practitioner will determine which of these two medical foods is best for you, or if you should take them in combination.

3. Can I substitute other medical foods for UltraInflamX or UltraClear SUSTAIN in this program?

No. UltraInflamX and UltraClear SUSTAIN are medical food products with specific nutrient levels that provide the body with essential carbohydrate, protein, fat, vitamins, minerals, and other phytonutrients. While other products may exist, UltraInflamX and UltraClear SUSTAIN are made from an exclusive, patented rice protein concentrate that is carefully selected and blended to ensure the highest quality medical food product possible. Because UltraInflamX and UltraClear SUSTAIN are unique and supported by clinical and research experience, recommendations in this guide apply only to these products.

4. How are these medical foods different from the UltraClear medical foods?

Each medical food is designed to target a specific condition or disease process by the combination of particular ingredients. Although UltraInflamX and UltraClear SUSTAIN are made from the same high quality, patented rice protein concentrate as UltraClear and UltraClear PLUS, they

contain different nutrient profiles and are designed to support the body differently. Your healthcare practitioner chose the medical food he or she recommended to you based on your individual, underlying problems.

5. Can I use UltraInflamX or UltraClear SUSTAIN at the same time as UltraClear or UltraClear Plus?

Possibly. Your healthcare practitioner will determine which products and programs are best suited to your individual needs.

6. Could I be allergic or intolerant to this medical food?

Any drug, nutritional supplement, additive, medical food, or food product has the potential to cause an allergic reaction. If you know you are allergic to any of the ingredients contained in either of these products, you should not consume that product.

7. Do I have to mix UltraInflamX or UltraClear SUSTAIN with water?

These medical foods are designed to be mixed with water. However, your healthcare practitioner may suggest other mixing instructions, such as the recipes we have provided.

8. There seems to be some “grit” at the bottom of the glass when I consume this product. Is that all right?

UltraInflamX and UltraClear SUSTAIN are well blended during manufacturing, but the minerals and phytonutrients may not stay in suspension when you mix the product with liquid. Please be sure to consume the entire serving.

9. What gives UltraInflamX its distinctive color?

UltraInflamX contains significant levels of phytonutrients (plant nutrients), including turmeric, ginger, and specific bioflavonoids to nutritionally support you during the program. These plant compounds provide the deep yellow pigment that contributes to the overall color and flavor of the product.

10. Can I just eat my regular diet while taking the medical food recommended by my doctor?

Your healthcare practitioner has determined that some of your health challenges are associated with issues involving digestive imbalances or inflammatory processes. The diet in this guide eliminates foods that may potentially be an underlying cause of these problems. Our experience suggests that following the diet in combination with the

targeted nutritional support provided by UltraInflamX or UltraClear SUSTAIN is more effective than using the diet or a medical food separately.

11. Can I take these products if I have a sensitivity to rice?

Possibly. The white rice protein concentrate in the products has undergone a process to enhance its nutritional properties and remove the most common allergy-causing components. The result is a highly nutritious rice protein that many rice-sensitive individuals can tolerate. However, everyone’s level of sensitivity is different. Discuss possible rice sensitivity with your healthcare practitioner, and be alert to any symptoms that may arise from this sensitivity.

12. Can I use this program if I am gluten- and dairy-sensitive?

Yes. All the products in the program are gluten- and dairy-free.

13. I’ve been told to stay away from nightshade vegetables. Why?

Some individuals with osteoarthritis appear to react to the nightshade family of vegetables. If you and your healthcare practitioner decide that you want to avoid these vegetables, you should avoid tomatoes, cayenne, eggplant, potatoes, and green and red peppers.

14. Can I drink coffee and tea?

Regular coffee and caffeinated tea have been eliminated from the dietary program, as significant amounts of caffeine can have a negative impact on certain individuals. Decaffeinated coffee still has a small amount of caffeine, so consuming this is a decision best left up to you and your healthcare practitioner. Many herbal teas are naturally decaffeinated and can add variety and flavor to your program.

15. Do any of these products contain caffeine or other stimulants?

The original version of UltraInflamX and UltraClear SUSTAIN contain no caffeine. UltraInflamX Chocolate Orange contains a small amount of caffeine in the natural chocolate flavoring. Each serving of UltraInflamX Chocolate Orange contains less than a seventh of the amount of caffeine that you would typically find in a regular cup of brewed coffee (or slightly more than you would find in a cup of decaf). So, consuming this particular flavor is a decision best left up to you and your healthcare practitioner.

16. My healthcare practitioner said I might get a headache from discontinuing caffeine while on this program. What should I do?

Discuss the issue with your practitioner. He or she may suggest a natural way to alleviate the pain. Also, be sure to drink plenty of water. If you have any reactions to the products or program, discuss them with your healthcare practitioner.

17. What can I use as a sweetener?

Stevia is a natural, herbal dietary supplement often used as a sweetener that appears to have no negative effects on blood sugar regulation. It is many times sweeter than table sugar. Stevia is found in most health food stores and is available as a white powder or a liquid. It can be used in cooking or added directly to foods. However, if you normally crave sweet foods, you should avoid all sweeteners including stevia in order to give your taste buds a chance to appreciate naturally sweet foods, such as fruits, carrots, tomatoes, etc.

18. Can I use canned vegetables instead of fresh vegetables with this diet?

Fresh and frozen vegetables retain more of their vitamins and generally have less added salt. If they are unavailable, purchase canned vegetables without added salt or fat. Canned beans and legumes are generally acceptable.

19. What is the best way to wash fruits and vegetables to eliminate pesticide or herbicide residue?

Washing produce in a *diluted* solution of dish soap and rinsing thoroughly works well for some fruits and vegetables. There are also residue-cleaning solutions that can be found in many health food stores.

20. I notice there are legumes in this dietary program. My digestive system doesn't handle legumes very well. What can I do?

Legumes are desirable because they are high in protein and fiber but low in fat. Here are a few suggestions that may increase your tolerance:

1. Increase your intake slowly over the course of 2-3 weeks.
2. Try soaking the beans for half an hour before cooking them and discard the water.
3. Experiment—you may find that certain legumes work better for you than others (lentils, for example, are often easy for many people to tolerate).
4. Your practitioner can recommend an enzymatic aid to take with your meal to support healthy digestion.

21. What if I experience a change in bowel habits?

On a nutritional program that involves liquid supplementation, some individuals may experience a change in bowel habits. Clinical experience has shown that, for some people, an additional fiber supplement may reduce symptoms of diarrhea or constipation. Your healthcare practitioner may recommend a low-allergy-potential fiber supplement, such as Herbulk® or MetaFiber™.

22. Can I use salt while I am on this diet?

Generally, we over-salt our food. Try to use salt sparingly, or not at all. If you have been advised to restrict your salt intake, look for salt-free products whenever you use canned or processed foods in your diet. There are many good salt-free seasonings on the market. Your local health food store offers a variety of these products.

23. What additional spices or flavorings can I use?

Seasonings can enhance the natural flavors of food without added butter, margarine, or salt. There is an abundant array of herbs and spices that can add flavor and variety to foods. They have practically no calories and can be used in endless combinations. Ask your healthcare practitioner for suggestions,

or experiment yourself with the list of herbs and spices we have provided on the **Foods to Include** list (see page 13).

24. Is it possible to lose weight on this program?

Yes, especially if you mix your powdered medical food in water and eat the minimum amounts of the other listed foods. Some individuals may lose 2 to 5 pounds of fluid weight during their first few days on the program. Since these products are not intended to be used as part of a weight loss or weight management program, you should discuss your calorie needs and weight goals with your healthcare practitioner.

25. Will I be hungry on this program?

Depending on what weight goals you and your healthcare practitioner decide upon, some caloric restriction may be part of your program. Your healthcare practitioner may also decide to place you on the program without any calorie restrictions. Even on the lower calorie program, many people experience no increase in hunger. If you experience extreme hunger, discuss possible adjustments in your program with your practitioner.

26. How long do I need to remain on this program?

Clinical experience suggests that patients usually experience benefit within 4 weeks of following the program. Your healthcare practitioner may, on further assessment, suggest that you continue to follow the program longer to obtain or sustain these benefits.

27. How many canisters of UltraInflamX or UltraClear SUSTAIN will be needed to complete the 25-day program?

3 canisters.

28. These products seem expensive. Why is this?

UltraInflamX and UltraClear SUSTAIN are made from the highest quality ingredients and manufactured with exacting standards. These products are guaranteed for freshness and potency. Although they may seem expensive, because they can be used as a meal replacement, many people actually find their grocery bills decrease substantially while on the program.

29. Can I follow this program if I am diabetic or hypoglycemic?

Probably, but you should make this decision with the guidance of your healthcare practitioner. Together, you can discuss

integrating this program into your diet and lifestyle.

30. Can I go on this diet if I am pregnant or if I am nursing my baby?

No. UltraInflamX and UltraClear SUSTAIN have not been tested in these situations; therefore, it is not recommended for use at these times.

31. Is this an appropriate program for children?

No. These medical food products should not be given to infants or children under the age of 12. Their nutritional content is based on adult recommended daily intakes (RDIs), and testing in children has not been performed. However, under the supervision of a healthcare practitioner, the products may be appropriate as a meal supplement for children or adolescents. Your practitioner must help you decide if and how the products may be used with your child.

32. Can I exercise while I'm on this program?

Yes. However, some people find they get better results when strenuous or prolonged exercise is reduced. Such a reduction in strenuous activity may allow the body to heal more effectively without the physical stress

imposed by exercise. Adequate rest and stress reduction is also important to the success of this program.

33. Can I take supplements while on this diet?

Because these products contain therapeutic levels of carefully selected nutrients to nutritionally support the body, and since some supplements may contain allergens that could interfere with the program's effectiveness, we suggest following the recommendations of your healthcare practitioner.

34. Should I discontinue prescription medications while on this program?

No. Medications should be carefully monitored by your healthcare practitioner. Only in conjunction with him or her should you make a decision to change a prescriptive medication.

35. What do I do after I've completed the 25-day program?

You and your healthcare practitioner should reassess your program and progress. Together you should determine the next step, whether that is taking other supplements or medical foods, making other dietary changes, or continuing to use these products.

Notes



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