



# METABOLIC LIFESTYLE MEDICINE

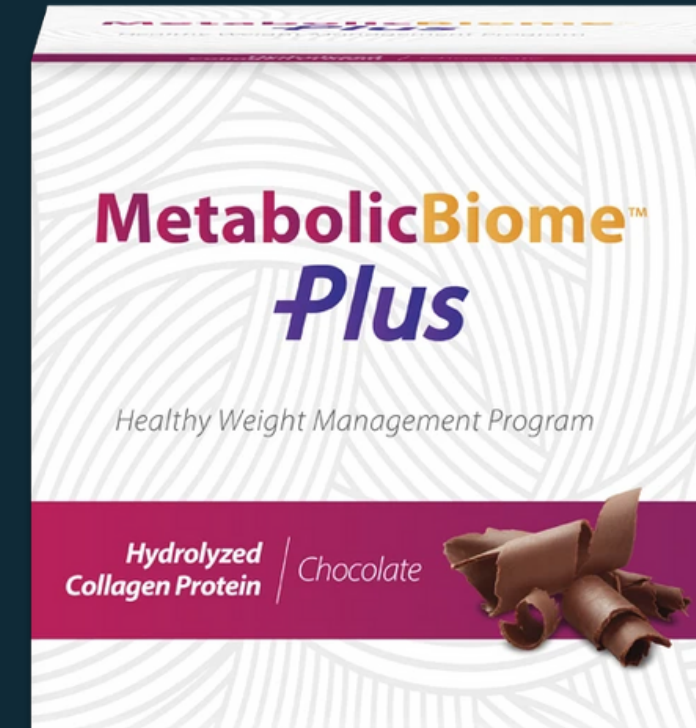
6 Week Program

[OptimalSelfMD.com](https://OptimalSelfMD.com)



## WEEKS 1-2

**Nutriclear Plus** is a comprehensive, science-based cleanse, designed to revitalize the body's natural detoxification capabilities; reducing systematic inflammation & toxic load



## WEEKS 3-6

MetabolicBiome Plus is a revolutionary weight management program with targeted nutrients to help optimize the gut microbiome, blood sugar health and metabolism.

# 6 WEEK PROTOCOL

## WEEK ONE

Nutriclear Plus  
(1 Kit)

## WEEK TWO

Nutriclear Plus  
(Continued)

## WEEK THREE

MetabolicBiome  
Plus (1 Kit)

## WEEK FOUR

MetabolicBiome  
Plus (1 Kit)

## WEEK FIVE

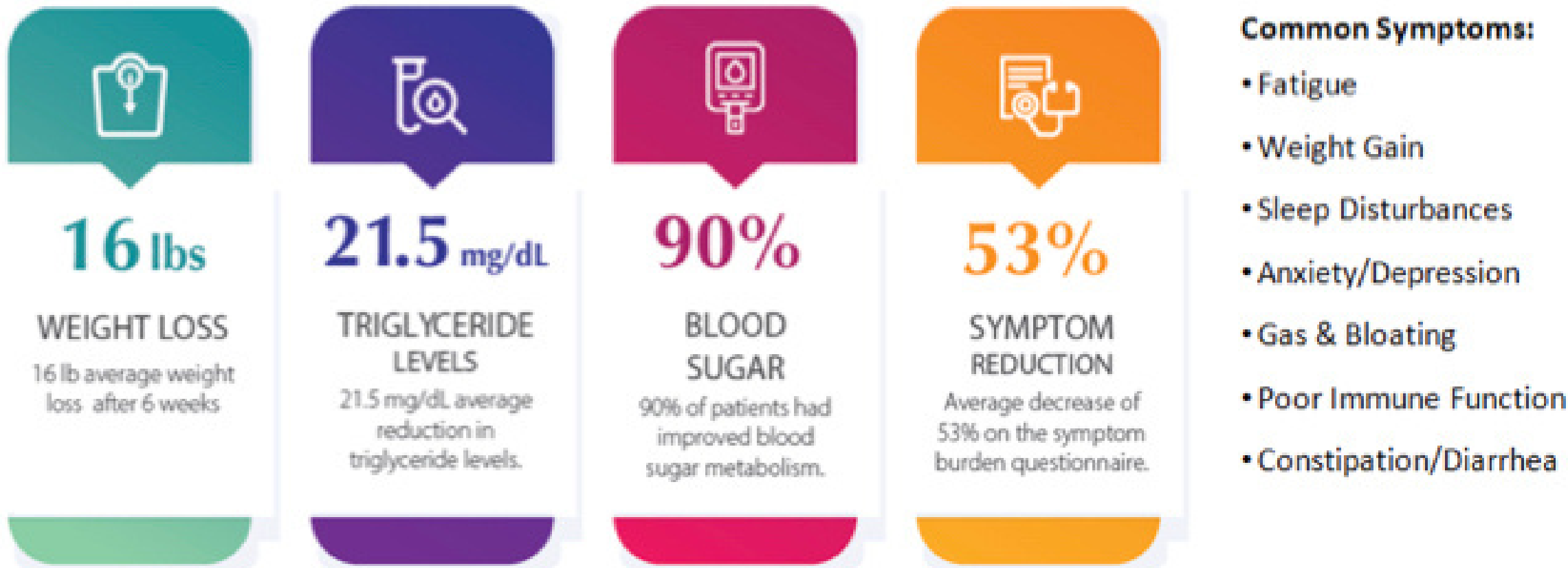
MetabolicBiome  
Plus (1 Kit)

## WEEK SIX

MetabolicBiome  
Plus (1 Kit)

# CHECK OUT THIS *METABOLIC LIFESTYLE MEDICINE* CLINICAL STUDY

Shown to yield improvements in overall health in just **6 weeks**



## Key Benefits

- Healthier Weight/Body Composition
- Increased Energy
- Improved Blood Chemistry
- Better Mental Clarity & Mood
- Improved Digestion & GI Health
- Metabolism Support

# WHO CAN BENEFIT?

Improve overall health!

- Chronic Health Challenges
- Weight Loss Resistance
- Optimize Metabolic Function
- Improve Body Composition
- Increase Energy, Better Mood
- Better Sleep
- Improve GI Health
- Healthy Eating & Lifestyle Habits



**NUTRITIONAL SUPPORT (WEEK 1-2)**

# NUTRICLEAR® PLUS

## A Science-based Metabolic Cleanse Program

Revitalize the body's natural detoxification capabilities  
Includes nutrients targeted for digestive and liver support  
Designed for efficacy and convenience.



# BENEFITS OF NUTRICLEAR® PLUS

- Supports body's detoxification pathways
- Provides nutritional support for bile production and biliary status
- Supports digestive function
- Provides support for healthy inflammatory processes
- Addresses the needs of the GI tract



# NUTRICLEAR® PLUS

## 15-Day Metabolic Cleanse Program Kit Includes

- 30 Packets of **NutriClear® Plus** powder
- 30 **NutriClear® Plus** supplement packets, which include 5 capsules supporting liver, gallbladder and digestive health
- 1 Shaker Cup
- 1 Guidebook





# Supplement Facts

Serving Size: 38 g  
Servings Per Container: 30

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Calories	120		Iodine (as potassium iodide)	38 mcg	25%
Total Fat	2 g	3%†	Magnesium (as magnesium citrate malate)	105 mg	25%
Saturated Fat	<1 g	5%†	Zinc (as zinc picolinate)	8 mg	73%
Total Carbohydrates	8 g	3%†	Selenium (as selenium aspartate)	30 mcg	55%
Dietary Fiber	6 g	21%†	Copper (as copper gluconate)	0.75 mg	83%
Total Sugars	1 g		Manganese (as manganese gluconate)	1 mg	43%
Includes 0 g Added Sugars			Chromium (as chromium picolinate)	38 mcg	109%
Protein	17 g	34%†	Molybdenum (as molybdenum aspartate)	90 mcg	200%
Vitamin A (as natural mixed carotenoids and NitroGreens®)	210 mcg RAE	23%	Sodium (from pea)	239 mg	10%
Vitamin C (as calcium ascorbate and NitroGreens®)	240 mg	267%	Potassium (as potassium citrate)	315 mg	7%
Vitamin D (D3) (as cholecalciferol)	15 mcg	75%			
Vitamin E (as d-alpha-tocopheryl acetate and natural mixed tocopherols)	40 mg	267%	Medium chain triglycerides	380 mg	*
Vitamin K (as phytonadione)	60 mcg	50%	L-Glutamine	375 mg	*
Thiamine (as cocarboxylase chloride)	1.5 mg	125%	Trimethylglycine	250 mg	*
Riboflavin (as riboflavin-5-phosphate)	1.5 mg	115%	Acai berry extract	50 mg	*
Niacin (as niacinamide)	5 mg	31%	Blueberry	50 mg	*
Vitamin B6 (as pyridoxal-5-phosphate)	5 mg	294%	N-Acetyl-L-Cysteine	38 mg	*
Folate (as 5-methyltetrahydrofolic acid glucosamine salt)	150 mcg DFE	38%	Quercetin	19 mg	*
Vitamin B12 (as methylcobalamin)	5 mcg	208%	L-Glutathione	7.5 mg	*
Biotin	112 mcg	373%	L-Threonine	7.5 mg	*
Pantothenic acid (as calcium pantothenate)	7.5 mg	150%	L-Lysine HCl	7.5 mg	*
Calcium (as calcium magnesium citrate, calcium ascorbate and NitroGreens®)	165 mg	13%	Proprietary NitroGreens® Organic Blend	2 g	
Iron (from pea and NitroGreens®)	5 mg	28%	Organic barley grass juice*, organic wheat grass juice*, organic oat grass juice*, organic alfalfa grass juice*, organic acerola berry extract*, organic kamut grass juice*, organic broccoli sprout concentrate*, organic cauliflower sprout concentrate*, organic beet juice*, organic carrot juice*, organic peppermint leaf* and organic kale sprout concentrate*		
Phosphorus (from pea)	165 mg	13%			

Other ingredients: Organic pea protein concentrate, chicory root inulin, tapioca oligosaccharides, natural flavors and stevia leaf extract.

This product is gluten and dairy free.

Product # C01075 Rev. 09/17

# Supplement Facts

Serving Size: 1 Pack  
Servings Per Container: 30

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Vitamin A (as natural mixed carotenoids)	800 mcg RAE	89%	Cellulase (fungal)	20 mg	*
Vitamin C (as ascorbic acid)	310 mg	344%	Lipase (fungal)	20 mg	*
Vitamin E (as d-alpha-tocopheryl acetate and mixed tocopherols)	34 mg	227%	Amylase (fungal)	20 mg	*
Thiamin (B1) (as thiamin mononitrate)	1 mg	83%	Ficin	20 mg	*
Riboflavin	1 mg	77%	Parotid tissue (bovine)	10 mg	*
Niacin (as niacinamide)	8 mg	50%	Inositol	20 mg	*
Vitamin B6 (as pyridoxal-5-phosphate, pyridoxine hydrochloride)	1 mg	59%	Taurine	385 mg	*
Folate (as calcium folinate)	100 mcg DFE	25%	L-Methionine	135 mg	*
Vitamin B12 (as methylcobalamin)	20 mcg	833%	N-Acetyl-L-Cysteine	95 mg	*
Pantothenic acid (as calcium pantothenate)	5 mg	100%	L-Glutathione (reduced)	30 mg	*
Choline (as choline bitartrate)	20 mg	4%	Alpha-Lipoic Acid	20 mg	*
Zinc (as zinc gluconate)	9 mg	82%	Cysteine (as L-Cysteine HCl)	10 mg	*
Selenium (from vegetable culture)	45 mcg	82%	Coenzyme Q10 (emulsified)	1 mg	*
Copper (as copper gluconate)	0.1 mg	11%	Superoxide Dismutase (from vegetable culture)	90 mcg	*
Molybdenum (as sodium molybdate)	75 mcg	167%	Catalase (from vegetable culture)	90 mcg	*
Organic Beet Concentrate (Beta vulgaris) (whole)	300 mg	*	Proprietary Blend	455 mg	
Pancrelipase (porcine)	150 mg	*	Milk Thistle (root & aerial part) (extract)*, Lycium Berry (extract)*, Cleavers (aerial part)*, Dandelion (Taraxacum officinale) (root) (extract)*, Burdock (Arctium lappa) (root) (extract)*, Red Clover (flower)*, Indian tinospora (stem) (extract)*, Boerhavia (Boerhavia diffusa) (root & aerial part) (extract)*, Andrographis (leaf & stem) (extract)*, Eclipta (root & aerial part) (extract)*, Picrorhiza kurrooa (root) (extract)*, Indian Barberry (stem) (extract)* and Sugarcane (shoot) (extract)*		
Bromelain (2,500 MCU/g) (from pineapple)	200 mg	*			
Papain	20 mg	*			

Other ingredients: Cellulose, capsule shell (gelatin, glycerin and water), stearic acid (vegetable source), magnesium stearate (vegetable source) and potassium sorbate.

This product is gluten and dairy free.

Product # CP1075 Rev. 10/17

## NUTRITIONAL SUPPORT (WEEK 3-6)

# METABOLICBIOME PLUS™

is a revolutionary weight management program with targeted nutrients to help optimize the gut microbiome, blood sugar health and metabolism.



# BENEFITS OF METABOLICBIOME PLUS™

- Up-regulates Gut Microbiome
- Optimizes Metabolism
- Supports Healthy Glucose & Insulin Levels
- Assists Weight Management
- Simultaneously Address Gut Health & Metabolism



# METABOLICBIOME PLUS™

## Kit Includes

- 14 Packets of **MetabolicBiome Plus™** powder
- 14 **MetabolicBiome Plus™** supplement packets, which include 5 capsules supporting blood sugar, metabolism, and digestive health.
- 1 Guidebook



# *HIGHLIGHTS OF* METABOLICBIOME PLUS™

- 20 grams of whey, hydrolyzed collagen protein, or organic pea protein (3 protein options)
- 9 grams of fiber
- 9 grams healthy fats
- Organic greens & high antioxidant berries
- High in polyphenols

Mimics the Effects of a Diversified Plant-based Diet



# METABOLICBIOME PLUS™ POWDER



## Nutrition Facts

1 Serving Per Pouch  
Serving Size 52g (approx. 1 pouch)

Amount Per Serving  
**Calories 210**

	% Daily Value†
<b>Total Fat</b> 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 3.5g	
<b>Sodium</b> 34mg	<2%
<b>Total Carbohydrates</b> 11g	4%
Dietary Fiber 9g	32%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 20g	40%
<b>Calcium</b> 91mg	7%

Not a significant source of cholesterol, vitamin D, calcium, iron and potassium.

† The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Whey protein isolate, avocado oil, coconut oil, natural vanilla flavors, acacia gum, non-GM sugar beet fiber, inulin, apple fiber, fenugreek fiber, bamboo fiber, pea protein isolate, organic flax seed, apple pectin, chia seed, sunflower lecithin, acai berry extract, blueberry, silicon dioxide, mixed tocopherols, rosemary extract, sunflower oil, sodium citrate, tricalcium phosphate, xanthan gum, organic broccoli sprout, organic kale sprout, carrot, organic cauliflower sprout, and luo han guo extract.

**This product is gluten free.**



# SUPPLEMENT PACKET INFO

### Supplement Facts

Serving Size: 1 Pack

	Amount Per Serving	% Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1g	2%†
Saturated Fat	<0.5 g	<3%†
Vitamin A (as retinol acetate)	750 mcg RAE	83%
Vitamin C (as calcium ascorbate and ascorbic acid)	250 mg	278%
Vitamin D (as cholecalciferol)	10 mcg	50%
Vitamin E (as d-alpha tocopheryl acetate and mixed tocopherols)	135 mg	900%
Thiamin (as cocarboxylase chloride and thiamin mononitrate)	12.5 mg	1,042%
Riboflavin (as riboflavin-5-phosphate)	10 mg	769%
Niacin (as niacinamide and niacin)	75 mg	469%
Vitamin B6 (as pyridoxal-5-phosphate)	10 mg	588%
Folate (as calcium folinate)	400 mcg DFE	100%
Vitamin B12 (as methylcobalamin)	25 mcg	1,042%
Biotin	1,500 mcg	5,000%
Pantothenic acid (as d-calcium pantothenate)	50 mg	1,000%
Zinc (as zinc picolinate and zinc citrate)	15 mg	136%
Selenium (as selenomethionine)	55 mcg	100%
Copper (as copper gluconate)	1 mg	111%
Manganese (as manganese citrate)	5 mg	217%
Chromium (as chromium aspartate)	500 mcg	1,429%
Potassium (as potassium aspartate)	49.5 mg	<1%
Omega-3 fatty acids	800 mg	*
EPA (Eicosapentaenoic acid)	400 mg	*

	Amount Per Serving	% Daily Value
DHA (Docosahexaenoic acid)	300 mg	*
Additional Omega-3 fatty acids	100 mg	*
Alpha-Lipoic Acid	125 mg	*
Taurine	100 mg	*
Pomegranate seed extract	100 mg	*
Protease (fungal)	100 mg (200 SAPU)	*
Bromelain (from pineapple)	100 mg (14 GDU)	*
Berberine hydrochloride	50 mg	*
Green Tea (leaf)(extract)(50% EGCG)	50 mg	*
Acetyl-L-Carnitine HCl	25 mg	*
Coenzyme Q10 (emulsified)	25 mg	*
N-Acetyl-L-Cysteine	25 mg	*
Forskohlii (Coleus forskohlii)(rhizome)(extract)	25 mg	*
Cellulase (fungal)	20 mg (80 CU)	*
Lipase (fungal)	20 mg (1,600 LU)	*
Amylase (fungal)	20 mg (2,180 SAPU)	*
Baikal Skullcap (Scutellaria baicalensis)(root)(extract)	15 mg	*
Grape Seed (Vitis vinifera) (extract)(95% OPCs)	15 mg	*
Quercetin	12.5 mg	*
Papain (from papaya)	2 mg (70,000 PU)	*
Phytolens® (Lens esculenta)(extract)(husk)	1.5 mg	*
Vanadium (as vanadium aspartate)	50 mcg	*

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

**Other Ingredients:** Capsule shell (gelatin, water, glycerin and lycopene), cellulose, stearic acid and magnesium stearate.

**CAUTION:** Avoid if pregnant or lactating, have polycystic kidney disease, or taking blood thinners or blood pressure medication.

Contains ingredients derived from Anchovy. This product is gluten and dairy free.

# BLOOD SUGAR & METABOLISM

## Key Nutrients Shown to Help:

- Burn fat
- Improve metabolism
- Break down sugars
- Act as an antioxidant
- Facilitate oxygen delivery
- Aid in weight loss
- Help reduce inflammation
- Improve heart health
- Shrink body fat stores in the belly region
- Lower blood sugar and lipid levels

# *Let's get started!*

4 Week Program Fee: \$295

Extra week: \$99 each

**SAVE over \$100!**

*Offer Valid Through March 31st*



**OptimalSelf<sub>MD</sub>**

Medical Wellness, Plastic Surgery, & Aesthetics

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