Vita Aid®
Professional Nutrition Product

SynerClear

VA-012

Complete Profile of Nutrient Support for the Body during Detoxification

Key Points:

- Using Certified Organic Rice as source of protein and sweetener.
- Derived from whole grain rice - more bio-functional micro-nutrients, fibres, and minerals.
- Supporting GI environment with the inclusion of inulin (FOS), L. acidophilus DDS-1, and L-glutamine.
- Containing high dose of anti-inflammatory curcuminoids.
- Supporting bone and cardiovascular health with the addition of vitamin D3 (1000 IU) and vitamin K2 (45 mcg) (MK-7, isolated from natural source).
- Smooth texture comparable to whey protein.
- Providing both flavoured and unflavoured (sugar-free) options.

Indication:

Medical food for people with chronic fatigue syndrome.

Nutrient support for people undergoing detoxification process.

Description:

SynerClear is a macro- and micro-molecular nutrient support for individuals under chronic stress/fatigue or detoxification program. It covers broad spectrum of nutrients including vitamins, minerals, herbal extracts, as well as essential and non-essential amino acids, to reinforce the body's metabolic processes and activities of hepatic detoxification enzymes.

SynerClear provides both flavoured and unflavoured (sugar-free) options to meet different peoples' needs – such as limited sugar intake for diabetic patients and people on weight control diets, and/or those who simply prefer blending SynerClear with other flavoured drinks.

Certified Organic Ingredients

If any supplements are to accompany a detoxification plan, they should be the ones that put the lowest possible metabolic toxin loadings on the system. The use of certified organic rice protein and syrup in SynerClear helps minimize the risk of toxin intake (eg. pesticides, chemical fertilizers), allowing the detoxifying enzymes in the liver to work in full strengths to eliminate the wastes.

VA-012 Quantity: 595 g (Unflavoured), 609 g (Flavoured) | Dosage Form: Powder

Nutrition Factor (Unflavoured, Sugar-Free) Per Serving (approx. 42.5g):

Total Calories: 148 kcal

Protein	28g
Carbohydrate	4.3g
Fat	3.5g
Dietary Fibre	3.3g

Nutrition Information (Flavoured) Per Serving (approx. 43.5g):

Total Calories: 162 kcal

Protein	22.5g
Carbohydrate	13.5g
Fat	3.5 g
Dietary Fibre	3.3g

Ingredients (per serving):

Vitamin A (1500 mcg RAE) (from vitamin A acetate (2000 IU), mixed carotenoids (3000 IU))	5000 IU
Vitamin B1 (from thiamine mononitrate)	2.4 mg
Vitamin B2 (riboflavin)	3 mg
Niacinamide	10 mg
Pantothenic Acid (from calcium-d-pantothenate)	20 mg
Vitamin B6 (from pyridoxine HCL)	3.5 mg
Vitamin B12 (cyanocobalamin)	100 mcg
Folic Acid	400 mcg
Biotin (d-biotin)	0.2 mg
Vitamin C (ascorbic acid)	200 mg
Vitamin D3 (5 mcg) (cholecalciferol)	1000 IU
Vitamin E (20 mg ATE) (from d-alpha-tocopheryl acetate)	30 IU
Vitamin K2 (menaquinone-7) (from natto *Glycine max*)	45 mcg
Potassium (from potassium citrate)	100 mg
Chromium (from HVP chelate)	100 mcg
Selenium (from HVP chelate)	50 mcg
Calcium (from HVP chelate & citrate)	200 mg
Magnesium (from Mg citrate)	100 mg
Copper (from HVP chelate)	0.9 mg
Manganese (from HVP chelate)	1.8 mg
Zinc (from zinc gluconate)	5 mg
Iodine (from *Lessonia nigrescens*)	120 mcg
L-Lysine	450 mg
L-Glutamine	500mg
L-Glycine	1500 mg
L-Taurine	300 mg
N-Acetyl Cysteine (NAC)	100mg
Choline (from choline bitartrate)	20 mg
MSM (Methylsulfonylmethane)	100 mg
Betaine (TMG) (from betaine HCl)	50 mg
Inositol	20 mg
Turmeric Extract (*Curcuma longa*) (root, rhizome) (95% curcuminoids)	250 mg
Quercetin (from vegetables and fruits)	50 mg
Burdock Root Extract 4:1 (*Arctium lappa*) (root) (equivalent to 400 mg dried burdock root)	100 mg
Rosemary Extract 6:1 (*Rosmarinus officinalis*) (leaf) (6% rosmarinic acid) (equivalent to 270 mg of dried rosemary)	45 mg
Peppermint Extract (*Mentha piperita*) (leaf) (2% essential oil)	60 mg
Green Tea Extract (*Camellia sinensis*) (leaf)	50 mg
Lo Han Guo (*Momordica grosvenori*) (fruit)	350 mg
Bilberry Extract (*Vaccinium myrtillus*) (fruit) (25% anthocyanidines) (36% anthocyanosides)	60 mg
Alpha-Lipoic Acid	10 mg
Lactobacillus acidophilus DDS-1	1 billion cfu
Algae oil (*Schizochytrium sp.*) (life'sDHA™) (12% docosahexaenoic acid)	100 mg

Non-Medicinal Ingredients:

Certified organic rice protein (*Oryza sativa*), inulin, mid-chain triglycerides, [certified organic rice syrup, natural fruit flavour (in flavoured SynerClear)]

Suggested Use:

Adults - Take 8 heaping teaspoons (or 2 heaping tablespoons) a day, or as directed by a health care practitioner. Mix with 240 ml water and stir well before drinking.

Anti-Inflammatory

Most sicknesses and diseases can be traced back to inflammatory responses in the body. Eicosanoids – the inflammatory signaling fatty acids – are synthesized from arachidonic acid, a process catalyzed by cyclooxygenase (COX-1 and COX-2) and lipooxygenase enzymes.

SynerClear provides key ingredients, such as curcumin (turmeric), MSM, quercetin, and omega-3 to reduce the inflammatory status in the body.

Curcumin, a polyphenol derived from the herbal remedy and dietary spice turmeric, possesses strong anti-inflammatory, anti-cancer, and antioxidant activities. Curcumin relieves inflammation by inhibiting the COX-2 enzyme pathway.[1] SynerClear uses the carefully selected source of turmeric extract that contains 95% of the 3 major, and more active, curcuminoids - curcumin, demethoxycurcumin and bisdemethoxycurcumin.

Dietary MSM serves as a metabolically active sulfur donor for the synthesis of numerous organosulfur compounds and proteins in the body. MSM intake, thus, can help normalize immune response.

The omega-3 fatty acid of SynerClear is a vegetarian sourced DHA derived from marine algae (*Schizochytrium sp.*). The intake of DHA can help reduce the activity of prostaglandin during inflammatory process.

Antioxidants

During Phase 1 detoxification, a toxic chemical is converted into a less harmful chemical by reactions such as oxidation, reduction and hydrolysis. Free radicals are produced during these chemical reactions, and if there is an excessive oxidative stress, tissues can be damaged.

SynerClear includes various herbal free-radical scavengers, such as EGCG from green tea, anthrocyanidins from bilberry, and rosemary extract. On top of the herbal antioxidants, SynerClear provides N-Acetyl-Cysteine – a precursor to glutathione. Via working together with the antioxidant vitamins (A, C, E, and beta-carotene) and selenium, they strengthen the body's overall protection against harmful free radical damage.

Detoxification – Conjugation Pathway

Phase 2 Detoxification is called the conjugation pathway, whereby the liver cells conjugate another substance (eg. cysteine, glycine or a sulphur molecule) to a toxic chemical (or drug) to render it less harmful.

SynerClear provides key amino acids – N-acetyl-cysteine (NAC), L-glycine, and L-taurine – to replenish glutathione and support amino acid conjugations of secondary bile acids and certain xenobiotics, increasing their polarity, aqueous solubility and clearance from the body.[2] The elimination process is further enhanced by the addition of Burdock, which is traditionally used as an alterative for diaphoretic and diuretic effects.

In addition, due to the fact that heavy metals, such as mercury and lead, have great affinity to sulfur, it makes the metabolically active sulfur-containing MSM a good chelating agent to help eliminate Hg and Pb in the system.

GI Environment Support

SynerClear contains inulin (FOS) and L. acidophilus DDS-1 to help restore the balance of intestinal flora and improve the function in bowel movement. Regular consumption of FOS has been shown to create a slightly acidic environment in the colon making it inhospitable to potentially harmful bacteria and other microorganisms, such as *E. coli* and *Clostridium species*. SynerClear also includes the carminative peppermint - alleviating GI flatulence or discomfort caused by hi-fiber diet especially.

The information in this guide is for use by health care practitioners as a reference only.

Vitamins & Minerals

Folic acid (400 mcg) is provided to help reduce the serum homocysteine level.

Vitamin D3 (1000 IU) and vitamin K2 from Natto (menaquinone or MK-7) are included to promote bone and cardiovascular health. Based on evidence shown in a number of studies, vitamin K2 as MK-7, due to its long serum half life, is able to accumulate in body to meet DRI levels that may only be reached with much higher doses of either K1 or MK-4.[3] Such difference suggests that MK-7 has a lower risk of interacting with blood coagulation and anticoagulation.

Calcium and trace minerals are supplied in HVP-chelate form allowing better absorption by the body.

Caution:

Consult a health care practitioner prior to use if you are following a low protein diet; if you are taking antiplatelet medication or blood thinner; if you have gallstones; if you have stomach ulcers; if you have diabetes; if you have anemia; if you have a liver disorder or develop symptoms of liver trouble; or if you have an iron deficiency. Do not use if you are allergic to plants of the Asteracea/ Compositae/ Daisy family. Hypersensitivity (e.g. allergy) has been known to occur; in which case, discontinue use. Do not use if you are pregnant or breastfeeding. Do not use if you have a bile duct obstruction. Some people may experience gastroesophageal reflux.

References:

1. Zhang F, Altorki NK, Mestre JR, Subbaramaiah K, and Dannenberg AJ. Curcumin inhibits cyclooxygenase-2 transcription in bile acid- and phorbol ester-treated human gastrointestinal epithelial cells. Carcinogenesis. 1999; 20 (3): 445-451.

2. Luorenco R, Camilo ME. Taurine: a conditionally essential amino acid in humans? An overview in health and disease. Nutr. Hosp. (2002) 152 (6): 262-270.

3. Schurgers LJ, Knapen MHJ, Vermeer C. Vitamin K2 improves bone strength in postmenopausal women. International Congress Series (2007). 1297: 179-187.

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