

## How do you *really* feel?

You may benefit from a metabolic detoxification program.

- Do you often feel tired or have a lack of energy?
- Do you have sore muscles for no apparent reason?
- Do you have difficulty concentrating?
- Are you easily irritated or feel moody?
- Do you have trouble sleeping?
- Do you wake up feeling unrefreshed?
- Do you feel bloated or gain weight easily?
- Do you have digestive or intestinal discomfort?
- Do you feel like you're not as healthy as other people your age?

If you answered "yes" to any of the questions above, then ask your healthcare provider about the potential benefits of a metabolic detoxification program.

## The Clear Change Difference

Unlike juicing or fasting cleanses, the Clear Change Program from Metagenics provides clinically tested detoxification support. Healthy detoxification can help to increase energy levels and overall wellness to help you feel your best.\*

	Clear Change Program	Leading Competitors
More than 20 years of worldwide clinical use with thousands of satisfied customers.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Scientifically formulated program containing nutritional supplementation and food plan.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Easy-to-follow, 10-day detoxification program.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Comprehensive patient support, including a daily menu guide, recipes, and online tools.	<input checked="" type="checkbox"/>	<input type="checkbox"/>

➔ Learn more at [ClearChangeProgram.com](http://ClearChangeProgram.com)

\* 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.

Experience a  
**Clear Change**  
Get re-energized in 10 days



**Clear Change® Program**  
Metabolic Detoxification Through Nutrition





# The Clear Change® Program

Safe and effective metabolic detoxification program without the hassles or hunger\*

The Clear Change Program was designed to support the body’s natural process of metabolic detoxification—helping to remove unwanted compounds to keep your body running and feeling its best.\*

## This clinically designed program includes:

- Targeted support with a nutritional supplement, powdered nutritional product, and shaker cup
- Program guide with easy-to-follow instructions, menu plans, and recipes
- Low-allergy-potential food plan with a wide range of choices and no calorie restrictions
- Online support, including FAQs and helpful lifestyle tips

## A smart routine for long-term wellness

It takes just 10 days to do something great for your health and energy metabolism. Make it a regular part of your plan for more vibrant living as you age. Think of it as a “Spring cleaning” or tune-up to clear out some of the junk and get your body back to its peak cleansing performance again. It’s a habit that may benefit long-term wellness and help keep you feeling your best.\*

## Are you feeling the signs of “environmental overload”?

Over time, the buildup of unhealthy chemicals from the environment and lifestyle choices may compromise the way your body works, and can even affect your health. The first subtle signs of environmental burden may include a lack of energy or feeling physically or mentally “run down.” You can help by supporting your body’s ability to remove unwanted and potentially harmful compounds.\*

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## Not all detoxification programs are “healthy”

While many people are familiar with the idea of detoxification, there is a great deal of confusion about how to do it safely. Trendy water or juice fasting may cause muscle wasting and an increased feeling of fatigue. The body needs macronutrients (e.g., quality protein and carbohydrates) to support healthy liver function—plus specific micronutrients (e.g., vitamins, minerals) and phytonutrients that provide targeted support for individual detoxification activities.

## A better plan for metabolic detoxification

The Clear Change Program enhances the body’s natural metabolic detoxification process while providing adequate fuel for both cleansing and other daily activities, supporting energy metabolism and overall well-being. It includes science-based nutritional recommendations for balanced metabolic detoxification support, along with a simple eating plan that removes common foods that can increase internal burden. Best of all, you can still enjoy a variety of solid foods without going hungry.\*

## Stay feeling your best after the program

After you’ve finished the program, follow up with Clear Change® Daily Essentials—convenient, once-daily nutritional support packets. Clear Change Daily Essentials features 3 premium nutritional supplements designed to complement your daily foundation nutrition program and support metabolic detoxification maintenance. This 1-month program features AdvaClear®, GlutaClear®, and Renagen™ DTX supplements for multidimensional detoxification support.\*

➔ Talk to your healthcare provider today or visit [ClearChangeProgram.com](http://ClearChangeProgram.com) to learn more about the **Clear Change Program** and **Clear Change Daily Essentials**.