



Guide for Use - UltraClear Sustain™

Metabolic Food for Gastrointestinal Support



What is UltraClear Sustain?

UltraClear Sustain is a nutritional food supplement designed to support healthy gastrointestinal function by providing nutrients required by the cells that line the digestive tract. These cells play a combined role of absorbing nutrients into the body and providing a barrier to keep out non-nutrient or undesirable molecules. When dysfunctional, the cells that line the digestive tract may not play either role effectively. UltraClear Sustain provides nutrients which support healthy digestive tract function. By using UltraClear Sustain as detailed in this easy-to-use guide you may notice improvements in your overall health and wellbeing over time.

How do I take UltraClear Sustain?

Because of the large and comprehensive range of nutrients, UltraClear Sustain is taken in the form of a convenient shake or drink. Mix 3 scoops (unless advised otherwise by your health care professional) of UltraClear Sustain with approximately 250ml of pure water, diluted fruit juice or vegetable juice and consume within ½ an hour. UltraClear Sustain can also be blended with fruit, or milk alternatives to make a delicious smoothie (see page 4 for recipes).

How can I expect to feel on this programme?

Many people begin to feel better within a few weeks when using UltraClear Sustain, while others take longer to experience improvement. If you experience any mild discomfort or side effects this may mean that your UltraClear Sustain programme needs to be adjusted and you need to contact your health care professional.

Professional care

It is essential to your success that UltraClear Sustain is part of a structured and supervised treatment plan. Please ensure that you maintain an appointment schedule with your health care professional.



The UltraClear Sustain programme

The following step plan will help you to use the product. Begin with the amount suggested by your practitioner and gradually increase.

Step 1

Mix ½ scoop of UltraClear Sustain with approximately 250ml of pure water, diluted non-citrus fruit juice or vegetable juice and consume twice daily.

Average Duration: 1-7 Days

Step 2

Mix 1½ scoops of UltraClear Sustain with approximately 250ml of pure water, diluted non-citrus fruit juice or vegetable juice and consume twice daily.

Average Duration: 1-7 days

Step 3

Mix 1½ scoops of UltraClear Sustain with approximately 250ml of pure water, diluted non-citrus fruit juice or vegetable juice and consume three times daily.

Average Duration: 1-7 days

Step 4

Mix 3 scoops of UltraClear Sustain with approximately 250ml of pure water, diluted non-citrus fruit juice or vegetable juice and consume twice daily. Select foods from the food list on page 6. Remember to rotate or vary the foods you select from the list.

Average Duration: Duration depends upon individual response.

Important note: Your health care practitioner may suggest alternative dietary modifications or further nutritional supplementation whilst on the UltraClear Sustain programme. He or she will make these decisions based upon your health and your response to the programme.

The UltraClear Sustain programme works best when you also follow the UltraClear Sustain food plan on pages 5 & 6



Suggested Product Mixing Instructions

Basic Recipe

Combine 3 scoops of UltraClear Sustain powder with 250ml of liquid (or as directed by your practitioner). Briskly stir or blend the product until mixed.

Drink within ½ hour. You may use UltraClear Sustain as part of your meal, as a snack, or as a meal replacement. Based on the dietary plan you and your practitioner select, UltraClear Sustain may be mixed with a variety of other liquids, fruits or vegetables. See below.

Mixing Variations

Using ½ water and ½ unsweetened fruit juice (eg pineapple, berry, apple, pear or peach) or milk substitute (rice, oat or nut—vanilla, carob or plain), mix with powder in a blender or shaker cup.

Smoothies

For all of the recipes below, mix the ingredients in a blender (if using whole pieces of fruit) or a shaker cup along with 3 scoops of UltraClear Sustain. Add approximately 250ml water or desired liquid and blend or shake to desired consistency. Adjust liquid according to personal taste.

200-250ml water

One of the following: ½ banana or peach,
1-2 slices pineapple or ¼-½ cup berries
2-3 ice cubes

100-125ml water

100-125ml allowable milk substitute
2-3 ice cubes
and fresh fruit as above

100-125ml water

100-125ml juice (pineapple, pineapple-coconut, pineapple-strawberry, apple, pear or boysenberry)
2-3 ice cubes

200-250ml vegetable juice or allowable

milk substitute (plain or flavoured)
2-3 ice cubes or frozen fruit (berries, peaches or bananas)



Your UltraClear Sustain Food Plan

The UltraClear Sustain programme is simple to follow. You should always feel full (not deprived) and should be able to continue your normal activities, including eating away from home or entertaining friends. Just be sure to do the following:

1. Take your UltraClear Sustain daily
2. Avoid the following: • Wheat • Rye • Barley • Oats • Dairy products • Alcohol • Caffeine • High-fat foods • Processed sugar-rich foods • Other gluten containing grains such as amaranth, spelt, kamut. The table over the page provides an easy-to-use summary of foods.
3. Eat regular meals, selecting a variety of foods from the Enjoy Foods in the table on page 6.
4. Avoid any foods to which you have a known or suspected sensitivity. This includes the juices with which you mix your UltraClear Sustain.
5. Choose at least one serving of dark green or orange vegetables (carrot, broccoli, winter squash) and one raw vegetable each day. Remember to rotate and vary your selections just as you do with the other foods in your programme.
6. Try to consume cruciferous vegetables (broccoli, cabbage, cauliflower, Brussels sprouts, kale and turnips) regularly as research suggests that may further support detoxification.

UltraClear Sustain makes a delicious healthy snack - especially when blended with fruit.



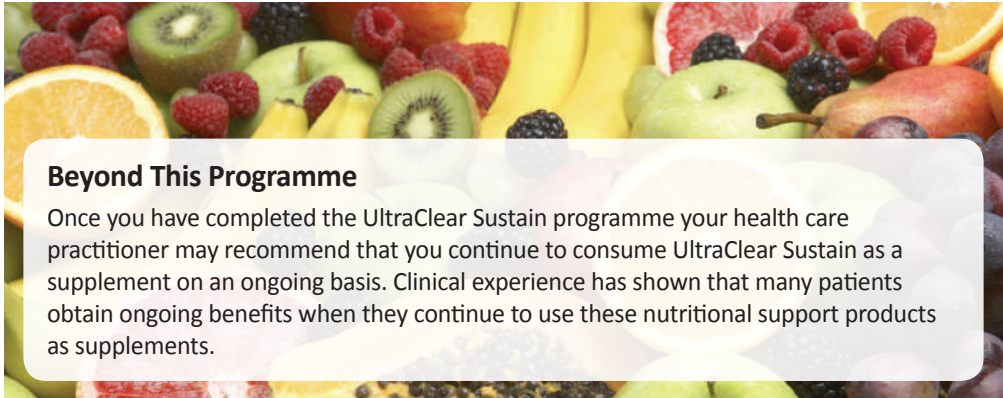
The UltraClear Sustain Food Plan

Food Group	Serving Guide	Enjoy Foods	Avoid Foods
Legumes	At least 1 serving (1 serving = ½ cup)	Beans - chickpeas, pinto, kidney, black, lima, cannellini, navy, mung beans, fat-free refried, green, soy beans, bean soups, hummus, split peas, sweet green peas, garden peas, lentils.	
Category 1 Vegetables	At least 3 servings (1 serving = ½ cup)	Artichokes, asparagus, aubergine, bamboo shoots, bean sprouts, bell or other peppers, broccoli, Brussels sprouts, cabbage (all types), cauliflower, celery, courgettes, chives, onion, leeks, garlic, cucumber, green beans, greens: bok choy, swiss chard, kale, spinach, mustard or beet greens, lettuce/mixed greens: romaine, red and green leaf, endive, spinach, rocket, radicchio, watercress, chicory, mangetout, mushrooms, okra, radishes, salsa (sugar-free), sea vegetables (kelp, etc), sprouts, tomato or mixed vegetable juice, water chestnuts.	
Category 2 Vegetables	Only 1 serving (1 serving = ½ cup)	Beets, butternut squash, carrots, parsnip, pumpkin, sweet potato, swede and turnip.	Potatoes, sweetcorn.
Concentrated protein sources	At least 3 servings (1 serving = 3 oz)	Eggs, fish, poultry: chicken (breast only), turkey, cold meat (lean), lamb (lean), beef (very lean), tofu, tempeh, soy or veggie burger, cottage cheese (non-fat or low-fat), ricotta (low-fat), mozzarella (low-fat).	Shellfish, pork and processed meats.
Fruit	2-3 servings (1 serving = see servings for each fruit)	Apple (1 medium), apricots (3 medium), berries: blackberries, blueberries, raspberries, strawberries (1 handful, approx 80g), cantaloupe (½ medium), cherries (15), fresh figs (2), grapes (15), honeydew melon (¼ small), kiwi (2 medium), mango (½ medium), peaches (2 small), pear (1 medium), plums (2 small), watermelon (chopped, approx 2 handfuls).	Canned sweetened fruits, citrus, dried fruits, banana, pineapple.
Nuts and seeds	1 serving (1 serving = 1 scant handful or 2 tablespoons of nut butter)	Almonds or hazelnuts, walnut or pecan halves, peanuts, pistachios, sunflower, pumpkin or sesame seeds, nut butter.	Cashews, salted and sugar coated nuts.
Oils	At least 4 servings daily (1 serving = 1 teaspoon)	Avocado, flaxseed oil for salads, extra virgin olive oil (preferable) & canola (rapeseed) oil for cooking, mayonnaise (from canola and olive oil), olives.	Any oil that is not cold-pressed and mixed vegetable oil.
Dairy alternatives	Optional, 2-3 servings max (1 serving = approximately 180g/180ml)	Plain unsweetened soy milk, unsweetened rice milk, unsweetened almond milk.	Dairy products (eg milk, cheese, yoghurt, butter).
Grains	1 serving (1 serving = ½ cup cooked or as indicated)	Amaranth or quinoa, basmati or other brown rice, wild rice, buckwheat groats, or millet.	Rye, wheat, kamut, spelt, barley and oats (unless oats are marked as gluten free), replace with other listed grains.
Beverages	Approximately 2 litres or 8 glasses	Decaffeinated, herbal or green tea, water: sparkling, plain or flavoured (unsweetened).	Alcohol, black tea, coffee, soft drinks, cordials.
Condiments	Unlimited	Cinnamon, mustard, tamari soy sauce, vinegar, lime, lemon, flavoured extracts (eg vanilla or almond), fresh or dried herbs, fresh or dried chilli peppers, garlic, ginger and spices.	Table salt, sauces and condiments with added sugars such as sweet chilli, tomato and BBQ sauce.

UltraClear Sustain Programme Tips

Below are some tips that make following the UltraClear Sustain programme easier.

- Foods which are most likely to cause allergic and/or sensitivity reactions are excluded from this diet. Do not make substitutions of foods, except as allowed in these instructions or as recommended by your health care practitioner. You should, of course, avoid any listed foods to which you are intolerant or allergic.
- Be sure to drink ALL of the recommended daily servings of UltraClear Sustain.
- Select fresh foods whenever you can. If possible, choose organically grown fruits and vegetables to eliminate pesticide and chemical residue consumption. Wash fruit and vegetables thoroughly.
- If you select animal sources of protein, look for free-range or organically raised chicken, turkey or lamb. Choose low-fat versions and prepare by baking, stewing, grilling or stir cooking. Cold-water fish (eg salmon, mackerel, halibut) is another excellent source of protein. Avoid shellfish, as it may cause allergic reaction.
- You may continue to take nutritional supplements as recommended by your health care practitioner. In some instances, you may be advised to add fibre or probiotics directly to your UltraClear Sustain to make a healthy shake. As with all supplements it is important to follow the advice of your health care practitioner.
- Use only purified, distilled or mineral water to mix the beverages. Check with your health care practitioner if using fruit juices, as they are high in fructose (fruit sugar) and may not be well tolerated. Diluted organic vegetable juices are generally preferred choices over fruit juices. Avoid fruit drinks, fizzy drinks or cocktail drinks that contain added sugar.
- Remember to drink the recommended amount (at least 2 litres) of pure, filtered water each day.
- Strenuous or prolonged exercise may be reduced during some or all of the programmes. Adequate rest and stress reduction are important to the success of this programme.



Beyond This Programme

Once you have completed the UltraClear Sustain programme your health care practitioner may recommend that you continue to consume UltraClear Sustain as a supplement on an ongoing basis. Clinical experience has shown that many patients obtain ongoing benefits when they continue to use these nutritional support products as supplements.

Frequently Asked Questions

Q. Can I follow this diet if I have a sensitivity to rice?

- A. Possibly. The white rice protein concentrate in UltraClear Sustain has undergone a process to enhance its nutritional properties and remove most common antigenic components. As a result even some rice sensitive individuals can tolerate it. Everyone's reactions are different so you should discuss possible rice sensitivity with your health care practitioner and be alert to any symptoms of a reaction.

Q. Would this programme be helpful for a person who has recently undergone repeat antibiotic therapy?

- A. Yes. Medications like antibiotics may place an added burden on your body and create an unhealthy imbalance of microflora (bacteria and yeast) in the digestive tract. Your health care practitioner may also recommend introducing a source of acidophilus or bifidus culture.

Q. Can I follow this diet if I am diabetic or hypoglycaemic?

- A. Probably, but you should make this decision with the guidance of your health care practitioner.

Q. Can I use canned fish instead of fresh fish?

- A. Yes. The only problem with canned fish is that it might be high in salt, contain additional oil, or be packed in lead-soldered cans. If you are salt-sensitive, select fresh fish or fish packed in spring water.

Q. Can I go on this diet if I am pregnant or breastfeeding?

- A. No. The UltraClear Sustain programme has not been tested in these situations; therefore, it is not recommended for use at these times.

Q. Can I exercise whilst I am on this programme?

- A. Yes. Clinical experience has shown that some people experience reduced energy and stamina on this programme. With that precaution in mind, if you exercise regularly, give yourself permission to ease up on the length and intensity of your workout. In general, if you do not exercise routinely, it may be best to wait until you have finished the programme before adding activities to your lifestyle.

Q. Can I take supplements whilst on this diet?

- A. Because this product contains good levels of carefully selected nutrients to assist the body's gastrointestinal health, and since some supplements may contain allergens that could interfere with this process, we suggest following the recommendations of your health care practitioner.

Q. What is the "grit" in the bottom of the glass of mixed product?

- A. These products are well blended during manufacturing, but a small amount of mineral remains insoluble in the final beverage. It is harmless and well absorbed by the body. Stir to get the insoluble materials into suspension as you finish drinking it.

Q. Is it possible to lose weight on the UltraClear Sustain programme?

- A. It can help slimming or weight control only as part of a calorie controlled diet. You should discuss your calorie needs and weight goals with your health care practitioner.

Q. How often can I use the UltraClear Sustain product and programme?

- A. You may go on the UltraClear Sustain programme as often as every few months, if recommended by your health care practitioner. You may repeat the programme if you know your dietary habits have been less than optimal. The UltraClear Sustain programme is a way to nutritionally support your liver and get yourself back on a healthy track.



Nutri Advanced Ltd, Meridian House, Botany Business Park,
Macclesfield Road, Whaley Bridge, High Peak, SK23 7DQ

Freephone 0800 212 742 www.nutriadvanced.co.uk