

How do you *really* feel?

You may benefit from a Clear Change.

- 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 Clear Change program.

The Clear Change Difference

Unlike juicing or fasting cleanses, the Clear Change Program from Metagenics is clinically tested and can lead to increased 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 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

Experience a
Clear Change
Get re-energized in 10 days



Clear Change™ Program

 **Metagenics**®

Genetic Potential Through Nutrition





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 natural health products designed to complement your daily foundation nutrition program. This 1-month program features AdvaClear™, GlutaClear™, and KD Plus™ natural health products for multidimensional support.

Your healthcare practitioner may also recommend:

UltraFlora® Balance, a blend of high-quality pure probiotic strains that have been scientifically shown to modify gut flora.

OmegaGenics™ Omega Fatty Acids

A line of purity-tested omega fatty acid formulas available in varying concentrations in liquids and softgels to help meet individual preferences and health support needs.

➔ Talk to your healthcare practitioner today about the **Clear Change Program** and **Clear Change Daily Essentials**.

The Clear Change™ Program

Safe and effective program without the hassles

The Clear Change Program is designed to support the body's natural metabolic process and keep your body running and feeling its best.

This clinically designed program includes:

- Targeted support with natural health products 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 these signs?

Over time, the burden of the environment and lifestyle choices can compromise the way your body works, and can even affect your health. The first subtle signs may include a lack of energy or feeling physically or mentally “run down.” You can help by supporting your body to function optimally.