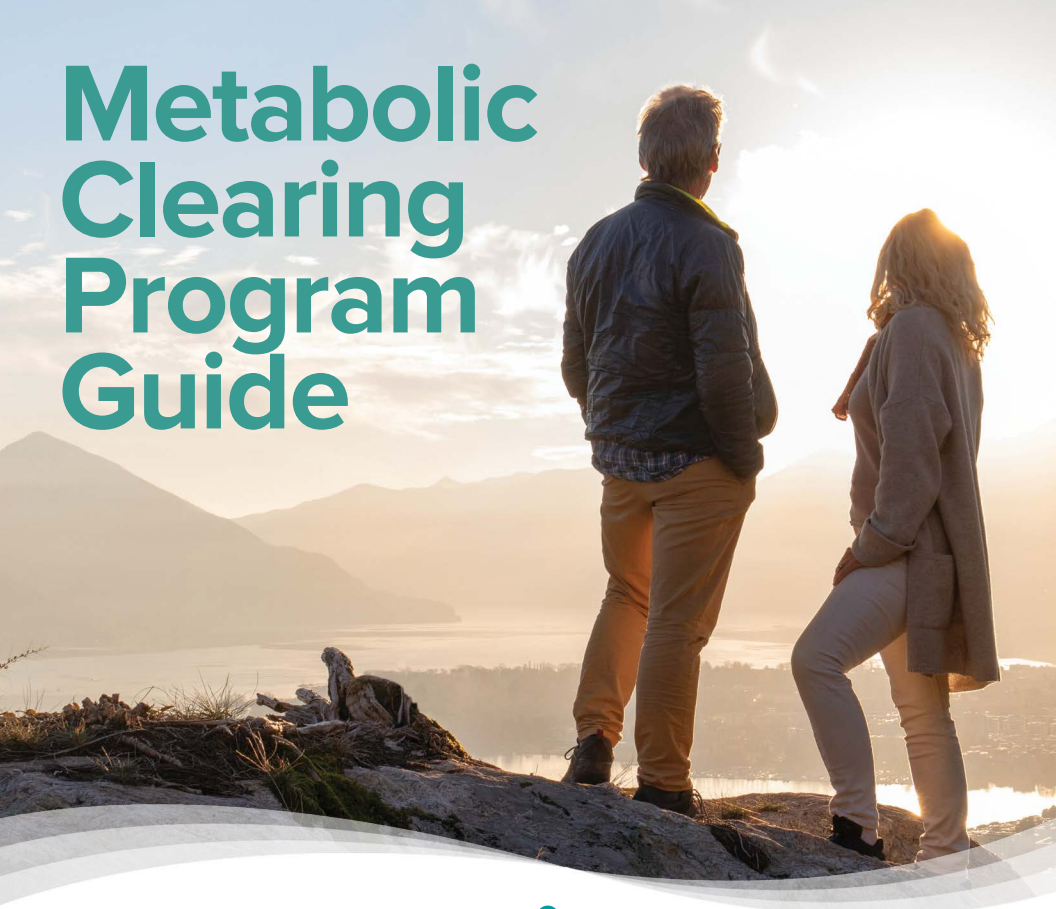


Metabolic Clearing Program Guide



Biogenetix™
Nutrition Uncompromised





Table of Contents

The Purpose of the Metabolic Clearing Program . . .	3
The 3 Phases of Detoxification	4
The Products in the Program	5
Walk-through Video Link & QR Code	6
How to Take Your Biogenetix Products	7
Sample 21-Day Dosage Strategy	8
Foods to Eat	12
Foods to Avoid	13
The Wedge Approach	14
Anti-inflammatory Meal Recipes	15
Sample Protocols for Stand-Alone Kits	26
Protocol Add-Ons	27

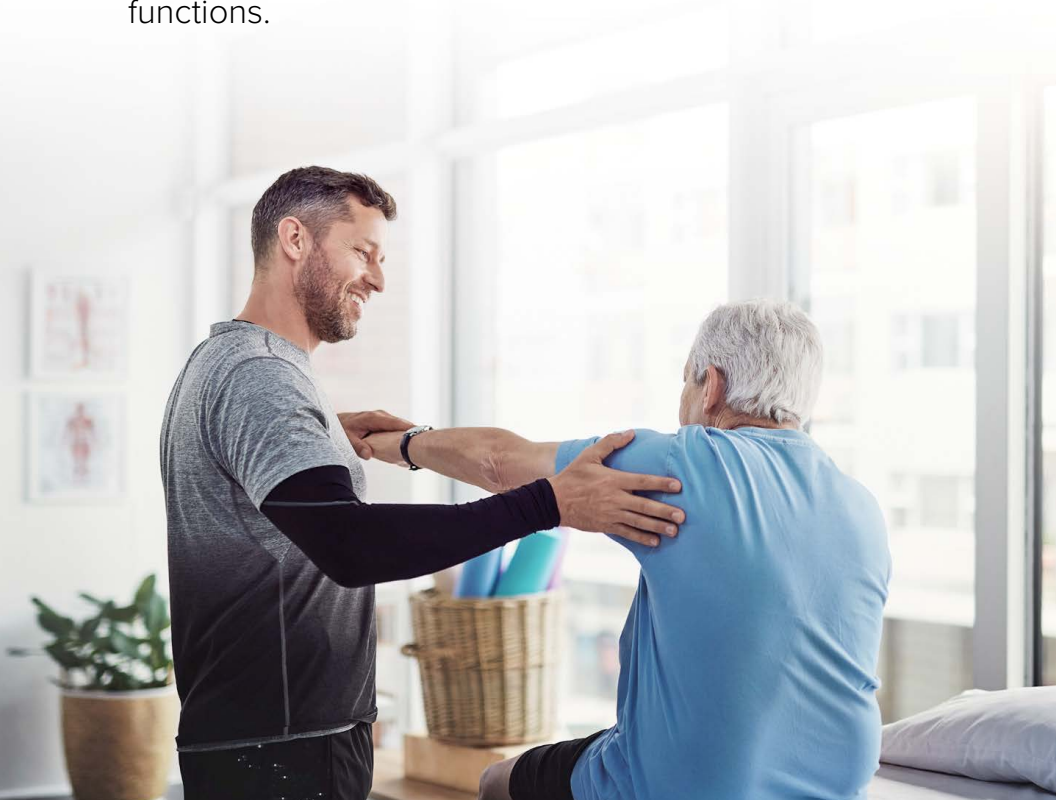
To be provided by health care professionals only. The dosage recommendations are only for your health care provider's consideration. Please consult your health care provider for your individual dosing instructions. This product is for nutritional purposes only. It is not designed to diagnose, treat, reverse, cure or prevent any disease. This product is not intended to replace or delay the use of prescription medication. These statements have not been evaluated by the FDA.



The Purpose of the Metabolic Clearing Program

Developed through extensive clinical research, the Metabolic Clearing Program gives a strategic at-home nutritional support necessary in reducing harmful inflammation, normalizing and improving metabolism, optimizing liver detox function and enhancing digestion and the elimination of chemicals and hormones that are damaging to the body.

Though weight management is not the primary goal of this program, please expect some weight loss due to the program's support of metabolic and digestive functions.





The 3 Phases of Detoxification

The Biogenetix Metabolic Clearing Program provides a 3-phase liver support strategy that can promote the clearance of toxins from the liver into the gut where they are captured for safe elimination from the body.*

1 Reconversion

Enzymes break down “fat-soluble” toxins (ones that collect in fat cells) and make them more water soluble so they can be neutralized.

2 Neutralization

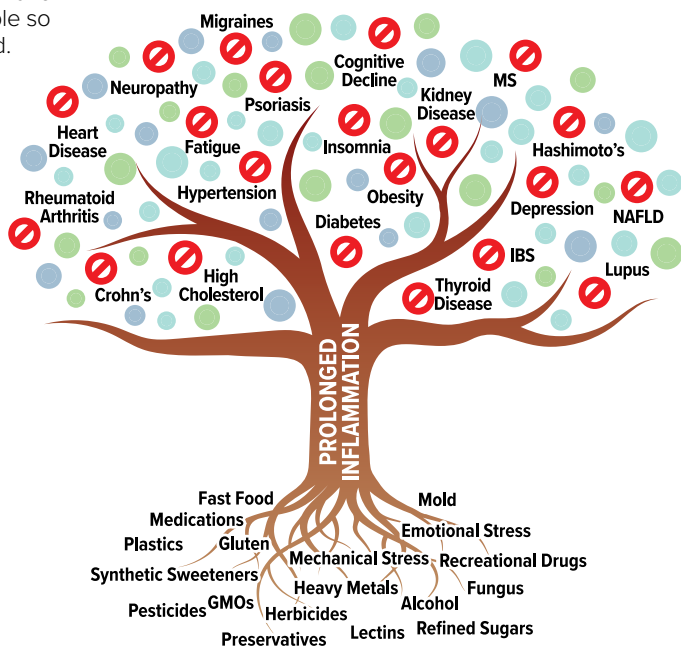
To neutralize the freed-up toxins, the liver adds another molecule to the toxins to render them less harmful.

3 Elimination

Finally, the toxins are expelled out of the body; through the bile duct to the bowels, the kidneys as urine, and the skin as sweat.

The “Root to Fruit” Concept

Toxins in the body can lead to prolonged inflammation that results in a large number of health issues.



* This information hasn't been evaluated by the FDA.

REDUCING EXPOSURE TO TOXINS

Your Environment: Do all that you can to purify your home and work environment by avoiding toxic substances, such as: pesticides, dyes, adhesives, paints, chemical cleaning or fragrance products, etc. If these can't be avoided, wear protective gear and use an air/water purification system.

Your Nutrition: Eat wholesome, nutritious foods as a primary part of your diet. Try to avoid processed foods, foods or beverages with refined sugar, high in preservatives/additives or treated with pesticides. Consume organic meat and produce whenever possible.



The Products in the Program

For the 21-Day Metabolic Clearing Program there will be one Deluxe Kit followed by a Basic Kit to provide you with the quantity of product needed for the Sample Dosage Strategy (pages 8-11).



BioG-Max GSH

Glutathione is the master detoxifier and the body's main antioxidant. Toxins are bound by glutathione, which are then carried into the bile and the stool, then expelled from the body. It protects the cells' delicate chemical machinery and helps metabolism to run efficiently, improving energy.



BioG-Max C w/ R-Lipoic Acid

Vitamin C is essential because it feeds the system that eliminates toxins. It's also effective in removing heavy metals such as lead, and fighting off the free radicals that form in the liver during the first phase of detoxification.



BioG-Max PC

Phosphatidyl Choline (PC) is the most predominant phospholipid building block of animal and plant cell membranes. It is an integral part of circulating lipoproteins and is a vital component required for both membrane integrity and structure.



Metaboclear Shakes

A multi-nutrient product designed to support normal detoxification function. It supports detox pathways, liver and gallbladder function. These nutrients help foster an anti-inflammatory, hypoallergenic internal environment and healthy intestinal function.



MDS

MDS is a broad spectrum nutritional formulation that supports methylation reactions and, in turn, supports proper homocysteine metabolism. It also supports the production and metabolism of bile and a healthy liver.



ProBile+

Previously called Bile-Aid

ProBile+ provides herbal compounds that support the production, flow and elimination of bile. This is essential for the processes of a proper detoxification protocol. It also works to support a healthy gallbladder.



Hepato-CL

Provides vitamin substrates and amino acids used to support healthy Phase 1 and Phase 2 detoxification pathways. The ingredients in Hepato-CL work to support liver detoxification pathways for better overall health and well-being.



Super G Antioxidant

A unique formula that not only provides the powerful antioxidant properties of glutathione, but also provides the key ingredients required for the synthesis and recycling of glutathione.



Binder Pro

This universal binder is unparalleled with its robust blend of naturally occurring materials that can effectively support the capture of a broad spectrum of environmental contaminants that patients are exposed to in everyday life.



Some of the products require refrigeration, so open each kit and store these items first. You can store the Metaboclear containers, capsule and binder bottles in a cool, dry place.





VIDEO WALK-THROUGH

For a 27 minute walk-through of the full 21-Day Metabolic Clearing Program by one of our consulting clinicians, go to biogenetix.com/21day-walkthrough or use your phone to scan this QR code.





How to Take Your Biogenetix Products

There are four different types of Biogenetix products your kit will include: liposomals (see explanation below), shakes, capsules and a binder.



LIPOSOMALS

A liposome is a tiny protective bubble (vesicle) made out of the same material as a cell membrane, delivered in a liquid to protect nutrients. In this form they have a higher bioavailability, acting faster and more effectively.

Take orally, holding in mouth for about a minute before swallowing. They're best taken on an empty stomach, before breakfast or dinner.

METABOCLEAR SHAKES

During the 21-Day Metabolic Clearing Program, for each shake use TWO full scoops of powder with 8 oz. of cold water or almond milk. A scoop with a line indicator is provided in the container.

Mix in a blender for a creamier consistency. Metaboclear can also be added to any smoothie that follows the food guide. Shakes can be taken before, during or after breakfast, lunch or dinner.

The Metaboclear shakes are not a meal replacement.



CAPSULES

Take capsules together during meals with a cup of cold water or fluid. (NOTE: an ideal diet includes half your body weight in ounces of water—see chart on page 12.)

BINDER

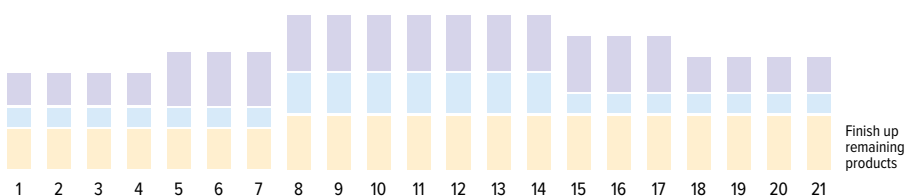
If using Binder Pro as an add-on to the Metabolic Clearing Program, take capsules with a cup of cold water or fluid before bed or two hours after eating dinner or taking medication.





Sample 21-Day Dosage Strategy

These dosages are only for your health care provider's consideration. This strategy is based on a bell curve, ramping up and then down. If you have any questions about your protocol, always contact your provider.



BREAKFAST

LUNCH

DINNER

DAY 1 — BioG-Max GSH: 2 pumps before meal — BioG-Max C w/RLA: 2 pumps bfr meal — BioG-Max PC: 1/2 tsp before meal — Metaboclear: 1 shake — MDS: 2 capsules with meal — ProBile+: 2 capsules with meal — Hepato-CL: 2 capsules with meal — Super G Antioxidant: 1 capsule with meal	— MDS: 2 capsules with meal — ProBile+: 2 capsules with meal — Hepato-CL: 2 capsules with meal — Super G Antioxidant: 1 capsule with meal	— BioG-Max GSH: 2 pumps before meal — BioG-Max C w/RLA: 2 pumps bfr meal — BioG-Max PC: 1/2 tsp before meal — MDS: 2 capsules with meal — ProBile+: 2 capsules with meal — Hepato-CL: 2 capsules with meal — Super G Antioxidant: 1 capsule with meal — Binder Pro: 4 capsules right before bed
DAY 2 — BioG-Max GSH: 2 pumps before meal — BioG-Max C w/RLA: 2 pumps bfr meal — BioG-Max PC: 1/2 tsp before meal — Metaboclear: 1 shake — MDS: 2 capsules with meal — ProBile+: 2 capsules with meal — Hepato-CL: 2 capsules with meal — Super G Antioxidant: 1 capsule with meal	— MDS: 2 capsules with meal — ProBile+: 2 capsules with meal — Hepato-CL: 2 capsules with meal — Super G Antioxidant: 1 capsule with meal	— BioG-Max GSH: 2 pumps before meal — BioG-Max C w/RLA: 2 pumps bfr meal — BioG-Max PC: 1/2 tsp before meal — MDS: 2 capsules with meal — ProBile+: 2 capsules with meal — Hepato-CL: 2 capsules with meal — Super G Antioxidant: 1 capsule with meal — Binder Pro: 4 capsules right before bed
DAY 3 — BioG-Max GSH: 2 pumps before meal — BioG-Max C w/RLA: 2 pumps bfr meal — BioG-Max PC: 1/2 tsp before meal — Metaboclear: 1 shake — MDS: 2 capsules with meal — ProBile+: 2 capsules with meal — Hepato-CL: 2 capsules with meal — Super G Antioxidant: 1 capsule with meal	— MDS: 2 capsules with meal — ProBile+: 2 capsules with meal — Hepato-CL: 2 capsules with meal — Super G Antioxidant: 1 capsule with meal	— BioG-Max GSH: 2 pumps before meal — BioG-Max C w/RLA: 2 pumps bfr meal — BioG-Max PC: 1/2 tsp before meal — MDS: 2 capsules with meal — ProBile+: 2 capsules with meal — Hepato-CL: 2 capsules with meal — Super G Antioxidant: 1 capsule with meal — Binder Pro: 4 capsules right before bed
DAY 4 — BioG-Max GSH: 2 pumps before meal — BioG-Max C w/RLA: 2 pumps bfr meal — BioG-Max PC: 1/2 tsp before meal — Metaboclear: 1 shake — MDS: 2 capsules with meal — ProBile+: 2 capsules with meal — Hepato-CL: 2 capsules with meal — Super G Antioxidant: 1 capsule with meal	— MDS: 2 capsules with meal — ProBile+: 2 capsules with meal — Hepato-CL: 2 capsules with meal — Super G Antioxidant: 1 capsule with meal	— BioG-Max GSH: 2 pumps before meal — BioG-Max C w/RLA: 2 pumps bfr meal — BioG-Max PC: 1/2 tsp before meal — MDS: 2 capsules with meal — ProBile+: 2 capsules with meal — Hepato-CL: 2 capsules with meal — Super G Antioxidant: 1 capsule with meal — Binder Pro: 4 capsules right before bed



	BREAKFAST	LUNCH	DINNER
DAY 17	— BioG-Max GSH: 4 pumps before meal — BioG-Max C w/RLA: 4 pumps (finish up) — BioG-Max PC: 1 tsp (finish up)		— BioG-Max GSH: 4 pumps before meal — BioG-Max C w/RLA: 4 (finish up) — BioG-Max PC: 1 tsp (finish up)
	— Metaboclear: 1 shake		— Metaboclear: 1 shake
	— MDS: 2 capsules with meal — ProBile+: 2 capsules with meal — Hepato-CL: 2 capsules with meal — Super G Antioxidant: 1 capsule with meal	— MDS: 2 capsules with meal — ProBile+: 2 capsules with meal — Hepato-CL: 2 capsules with meal — Super G Antioxidant: 1 capsule with meal	— MDS: 2 capsules with meal — ProBile+: 2 capsules with meal — Hepato-CL: 2 capsules with meal — Super G Antioxidant: 1 capsule with meal
			— Binder Pro: 4 capsules right before bed
DAY 18	— BioG-Max GSH: 4 pumps before meal — BioG-Max C w/RLA: 4 pumps (finish up) — BioG-Max PC: 1 tsp (finish up)		— BioG-Max GSH: 4 pumps before meal — BioG-Max C w/RLA: 4 pumps (finish up) — BioG-Max PC: 1 tsp (finish up)
	— Metaboclear: 1 shake		
	— MDS: 2 capsules with meal — ProBile+: 2 capsules with meal — Hepato-CL: 2 capsules with meal — Super G Antioxidant: 1 capsule with meal	— MDS: 2 capsules with meal — ProBile+: 2 capsules with meal — Hepato-CL: 2 capsules with meal — Super G Antioxidant: 1 capsule with meal	— MDS: 2 capsules with meal — ProBile+: 2 capsules with meal — Hepato-CL: 2 capsules with meal — Super G Antioxidant: 1 capsule with meal
			— Binder Pro: 4 capsules right before bed
DAY 19	— BioG-Max GSH: 4 pumps before meal — BioG-Max C w/RLA: 4 pumps (finish up) — BioG-Max PC: 1 tsp (finish up)		— BioG-Max GSH: 4 pumps before meal — BioG-Max C w/RLA: 4 pumps (finish up) — BioG-Max PC: 1 tsp (finish up)
	— Metaboclear: 1 shake		
	— MDS: 2 capsules with meal — ProBile+: 2 capsules with meal — Hepato-CL: 2 capsules with meal — Super G Antioxidant: 1 capsule with meal	— MDS: 2 capsules with meal — ProBile+: 2 capsules with meal — Hepato-CL: 2 capsules with meal — Super G Antioxidant: 1 capsule with meal	— MDS: 2 capsules with meal — ProBile+: 2 capsules with meal — Hepato-CL: 2 capsules with meal — Super G Antioxidant: 1 capsule with meal
			— Binder Pro: 4 capsules right before bed
DAY 20	— BioG-Max GSH: 4 pumps before meal — BioG-Max C w/RLA: 4 pumps (finish up) — BioG-Max PC: 1 tsp (finish up)		— BioG-Max GSH: 4 pumps before meal — BioG-Max C w/RLA: 4 pumps (finish up) — BioG-Max PC: 1 tsp (finish up)
	— Metaboclear: 1 shake		
	— MDS: 2 capsules with meal — ProBile+: 2 capsules with meal — Hepato-CL: 2 capsules with meal — Super G Antioxidant: 1 capsule with meal	— MDS: 2 capsules with meal — ProBile+: 2 capsules with meal — Hepato-CL: 2 capsules with meal — Super G Antioxidant: 1 capsule with meal	— MDS: 2 capsules with meal — ProBile+: 2 capsules with meal — Hepato-CL: 2 capsules with meal — Super G Antioxidant: 1 capsule with meal
			— Binder Pro: 4 capsules right before bed
DAY 21	— BioG-Max GSH: 4 pumps before meal — BioG-Max C w/RLA: 4 pumps (finish up) — BioG-Max PC: 1 tsp (finish up)		— BioG-Max GSH: 4 pumps before meal — BioG-Max C w/RLA: 4 pumps (finish up) — BioG-Max PC: 1 tsp (finish up)
	— Metaboclear: 1 shake		
	— MDS: 2 capsules with meal — ProBile+: 2 capsules with meal — Hepato-CL: 2 capsules with meal — Super G Antioxidant: 1 capsule with meal	— MDS: 2 capsules with meal — ProBile+: 2 capsules with meal — Hepato-CL: 2 capsules with meal — Super G Antioxidant: 1 capsule with meal	— MDS: 2 capsules with meal — ProBile+: 2 capsules with meal — Hepato-CL: 2 capsules with meal — Super G Antioxidant: 1 capsule with meal
			— Binder Pro: 4 capsules right before bed

Finish Up Products

It's normal for some products to finish before others, sometimes by several days. Simply continue with the same dosage strategy as before until they are fully consumed. This can take between 6 and 9 days.



Foods to Eat ✓

- Some fruits. Examples: blueberries, strawberries, blackberries, lemons, bananas, avocados and apples (avoid dried fruits or fruits high in fructose—consult your provider for specifics)
- Herbal teas
- Vegetables, including celery, carrots, zucchini, cucumbers, beets, eggplant, asparagus, onion, garlic, spinach, lettuce, butternut squash, cauliflower, broccoli, peppers, yams and sweet potatoes
- Beans, including pinto, black, navy, white and red kidney
- Peas (fresh, split or snap)
- Consume mainly fish (no shellfish)
- Moderate amounts of chicken, turkey and lamb
- Use mainly olive oil, coconut oil and avocado oil
- Seeds and nuts, with the exception of peanuts
- Almond butter & cashew butter
- Unsweetened almond or coconut milk
- Turkey bacon and/or sausage patties (nitrite and gluten free)
- Turkey or chicken lunch meat without additives or preservatives
- Stevia
- Xylitol
- Organic Grade A maple syrup in moderation
- Coconut sugar

DRINK PLENTY OF WATER!

It's best for you to drink half your body weight in ounces of water.

Lemon or cucumber infused water are acceptable but avoid store-bought water flavoring products.

100 lbs = 50oz. / 6.25 cups / 1.5 liters

120 lbs = 60oz. / 7.5 cups / 1.8 liters

140 lbs = 70oz. / 8.75 cups / 2.0 liters

160 lbs = 80oz. / 10 cups / 2.4 liters

180 lbs = 90oz. / 11.25 cups / 2.7 liters

200 lbs = 100oz. / 12.5 cups / 3 liters

220 lbs = 110oz. / 13.75 cups / 3.3 liters

240 lbs = 120oz. / 15 cups / 3.5 liters

260 lbs = 130oz. / 16.25 cups / 3.8 liters

280 lbs = 140oz. / 17.5 cups / 4.1 liters

300 lbs = 150oz. / 18.75 cups / 4.4 liters



Foods to Avoid

- **Foods that produce any allergic reaction for you**
- Fast food
- Dairy—milk, cheeses, yogurt and butter
- Eggs
- Margarine
- Shortening
- Foods prepared with gluten
- All grains including corn, rice and quinoa
- Tomatoes & tomato sauces
- White potatoes
- Peanuts and peanut butter
- Soy
- Products made from soy including soy milk, meat substitutes and tofu
- Beef
- Pork
- Bacon
- Cured meats including cold cuts, hot dogs, canned meat and sausage
- Shellfish
- Honey
- Sugar
- Artificial sweeteners
- Alcohol
- Caffeine including coffee, decaf coffee, black tea and soda or diet soda
- Fruit juices

Proper Nutrition

A proper diet is essential to the processes of the Regen Support Kit. Be sure to eat enough food throughout the day. **Remember, the Metaboclear shakes are not a meal replacement.**

Talk to your health care provider about your meal portions and schedule, especially if you have specific dietary considerations.





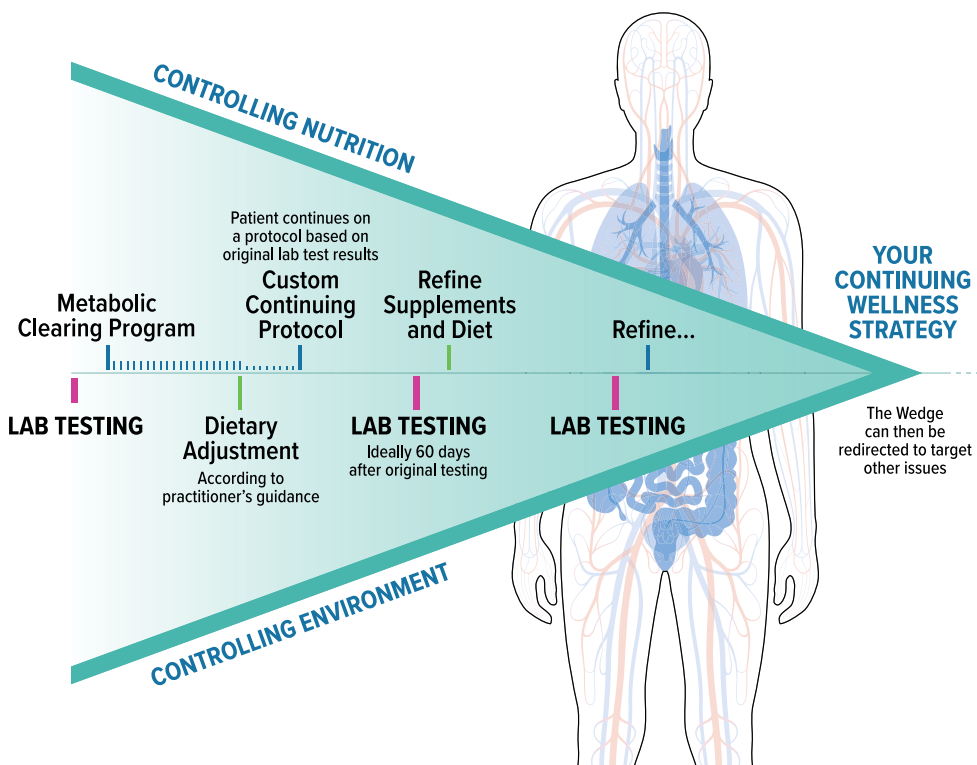
The Wedge Approach

The “Wedge” represents a process of controlling the patient’s nutrition and environment that starts out with broad brush strokes and ultimately leads to fine-tuning of treatment, casting the widest net at first and then refining more and more specifically, based on the patient’s lab test results and progress.

The most immediate way to address common health stressors is by controlling inflammation. It’s like static in the body, it interrupts optimum function of different systems and proper communication between them.

Oftentimes patients have multiple issues—such as thyroid dysfunction, blood-sugar problems or even neuropathy, all at the same time. Using the Wedge approach with the Metabolic Clearing program allows the patient and provider to optimize the intervention strategy by handling the root issues first and fine-tuning over time to handle less-pressing concerns.

Each person is unique. This is just a simple sample sequence to show the core concept of the Wedge approach.





Anti-inflammatory Meal Recipes

These recipes are just some examples of the many easy, wholesome meals that align with an anti-inflammatory diet. If you follow the recommended foods to eat and foods to avoid (pages 12 and 13), you can adapt many recipes you already know, discover in books or find online.

Salad Dressing – Savory

SERVES: 1+ TIME: 5 mins

Add all the ingredients to a jar and shake well. Refrigerate for up to 1 week.



INGREDIENTS

- 3 parts olive oil
- 2 parts lemon juice
- 1-2 tsp Dijon mustard
- 1 garlic clove, minced
- Salt and pepper to taste

Salad Dressing - Sweet & Spicy

SERVES: 1 TIME: 5 mins

Add all the ingredients to a jar and shake well. Refrigerate for up to 1 week.

INGREDIENTS

- 2 Tbsp Grade A Dark Syrup
- 2 Tbsp spicy mustard
- 1 Tbsp olive oil
- Fresh cracked pepper

Turkey Roll-Ups

SERVES: 1 TIME: 8 mins

Lay out turkey slices, add vegetables and avocado, drizzle with olive oil then roll deli-sliced turkey up like a burrito.



INGREDIENTS

- 2-3 slices of organic nitrite-free turkey breast
- Avocado cubed
- Diced onions
- Diced red peppers
- Olive oil





Crispy Kale Chips

SERVES: 1 TIME: 25 mins

Wash and thoroughly dry the kale leaves. Cut the ribs out of the leaves and place in a single layer on a baking sheet (line with parchment paper to reduce cleanup), rub with olive oil then add salt and pepper. Place in an oven preheated to 350°F for 20 minutes. The kale will be crisp and delicious!

Makes a great side dish to other anti-inflammatory diet meals.

INGREDIENTS

- Kale leaves
- Olive oil
- Salt and pepper
- Optional seasonings: garlic powder, paprika, cayenne, herbes de Provence, Italian or Old Bay seasoning



Berries, Fruits and Nuts

SERVES: 1+ TIME: 2 mins

Your choice of a cup of berries or fruit with a handful of nuts or seeds.

BERRIES	FRUIT	NUTS	SEEDS
Strawberries	Citrus fruit	Almonds	Pumpkin seeds
Raspberries	Melons	Cashews	Sunflower seeds
Blueberries	Stone fruit	Pecans	Sesame seeds
Blackberries	Kiwi	Brazil nuts	Hemp seeds
Coconut	Cherries	Macadamia	Flax seeds
Cranberries	Star fruit	Walnuts	Chia seeds
Currants	Avocado	Hazelnuts	
	Olives	Pistachios	
		Pine nuts	





Fish and Veggies in Parchment

SERVES: 1 TIME: 30 mins

Cut parchment paper 4 times the size of the fillet. Cut veggies into similar-sized pieces. On one half of the paper, place the fillet on the vegetables and drizzle with olive oil. Season with salt and pepper. Lay lemon slices on the fillet, and optionally add thyme, fennel seeds or herbs of your choice. Fold the paper over, cinching the center together by folding the edge over itself. Roll the other two sides. Place on a baking sheet in an oven preheated to 375°F for 15-20 minutes, until fish is done. Time will vary with the thickness of the fillet. Be careful, the contents will be hot! Open packet on a plate and enjoy.

INGREDIENTS

- Fish fillet (your choice, but try to avoid bottom-feeding fish like carp, halibut or catfish as they tend to have higher levels of toxic PCBs and heavy metals)
- Variety of vegetables
- Olive oil
- Salt and pepper
- Lemon slices
- Parchment paper





Braised Chicken Thighs

SERVES: 2 TIME: 35 mins

Over medium-high heat, coat a large skillet with olive oil. Season the chicken lightly with garlic powder, onion powder, salt and pepper. Place the chicken in the pan and sear for about 4 minutes each side. Turn the heat to medium and add the chicken broth, stirring with a wooden spoon to scrape up the bits from the bottom of the pan. Cover with the pan lid and let simmer for 25 minutes, stirring and flipping occasionally to prevent scorching. Transfer the chicken to a platter, sauce with the braising liquid and enjoy!

INGREDIENTS

- 6 boneless or bone-in chicken thighs
- 2 cups organic chicken broth
- Olive oil
- Garlic powder
- Onion powder
- Salt and pepper





Turkey Pozole

SERVES: 4 TIME: 60 mins

In a large Dutch oven, heat oil over medium heat. Cook onions and poblano chilies until soft. Stir in the garlic and cook for one or two minutes. Season with chili powder, cumin and oregano. Stir in broth, cubed turkey, canned green chile peppers and beans. Stir in water if more liquid is needed to just cover the ingredients. Bring to a boil, then reduce heat to low and cover. Simmer, stirring occasionally, for about an hour to blend flavors. Garnish with sliced radishes, shredded cabbage and a squeeze of lime juice.

INGREDIENTS

- 3 tablespoons olive oil
- 2 yellow onions, cubed
- 2 fresh poblano chile peppers, seeded and cut into ½ inch strips
- 2 cloves garlic, minced
- 1½ quarts organic chicken or turkey broth
- 4 cups cubed cooked turkey
- 1 (4 oz) can chopped green chile peppers
- 2 cans cannellini beans, drained and rinsed
- 1 can black beans, drained and rinsed
- 1 Tbsp chili powder
- 2 Tbsp ground cumin
- 2 Tbsp dried oregano
- Water
- Salt and pepper to taste





Grilled Lamb Chops

SERVES: 3-4 TIME: 20 mins

Preheat grill or broiler. Brush lamb with olive oil and rub with salt, pepper, cinnamon and coriander. Grill over medium heat for 7-10 minutes, turning once until done (an internal temp of 135°F).

INGREDIENTS

- 1 lb of lamb chops
- 2 tsp olive oil
- 1 Tbsp ground cinnamon
- 1 Tbsp ground coriander
- ½ tsp sea salt
- ¼ tsp fresh cracked pepper



Snapper Fillets

SERVES: 3-4 TIME: 25 mins

Preheat oven to 450°F. Arrange fish in the center of a baking dish, add broth, parsley, shallots, garlic, salt and dill. Place dish in the oven and roast until fish is opaque in the center or to desired doneness (about 15 minutes). Transfer fish to a serving dish. Add the lemon juice to the pan drippings and pour over fish.

INGREDIENTS

- 1 lb of red snapper or fish of your choice
- ½ cup organic vegetable broth
- 2 Tbsp parsley, minced
- 1 Tbsp shallots, minced
- 1 Tbsp fresh dill
- ¼ cup fresh lemon juice
- 1 garlic clove, minced
- ¼ tsp salt





Garlic Mashed Cauliflower

SERVES: 2 TIME: 25 mins

In a medium pot, place cauliflower in water and bring to a boil. Reduce heat to simmer and cover. Cook for an additional 12 minutes or until soft. Drain, transfer cauliflower to a bowl and mash. Blend in garlic, chives, onion powder, parsley and broth with the mashed cauliflower. Serve hot and enjoy.

INGREDIENTS

- 1 medium head of cauliflower, cut into florets
- 1 cup purified water
- 3 garlic cloves, minced
- 2 tsp fresh chives, chopped
- ½ tsp fresh parsley, chopped
- ½ tsp onion powder
- 2 Tbsp. organic chicken broth

Cauliflower Rice

SERVES: 2 TIME: 25 mins

In a large skillet, heat olive oil and sauté diced onion over medium heat for 10 minutes, until soft. Add celery to skillet and sauté for 5 minutes. Meanwhile, place cauliflower in a food processor with the “S” blade and pulse until the texture of rice. Add the cauliflower to the skillet, cover and cook 5-10 minutes, until soft, then add salt and pepper.

INGREDIENTS

- 4 tablespoons olive oil
- 1 medium onion, diced
- 1 cup celery, finely diced
- 1 head cauliflower, trimmed and coarsely chopped
- ¼ teaspoon Celtic sea salt
- ½ tsp fresh cracked pepper



Turkey Lettuce Wraps

SERVES: 2 TIME: 20 mins

Heat onions and garlic in olive oil until translucent. Add ground turkey and cook thoroughly. Add remaining ingredients, except for the carrots and cook for 5 minutes. Serve in a bowl. Add a spoonful of meat mixture and a sprinkle of carrots to the middle of a lettuce leaf. Wrap, eat and enjoy!



INGREDIENTS

- 2 Tbsp olive oil
- 1 garlic clove, minced
- ½ small onion, finely chopped
- ½ lb ground turkey
- 1 or 2 Tbsp fresh cilantro
- ½ cup julienned or shredded carrots
- 2 Tbsp lime juice
- ½ Tbsp fresh ginger, sliced
- 1 tsp cumin
- 1 tsp pepper
- 1 tsp salt
- ⅓ cup almonds, crushed
- 1 head iceberg, bibb or romaine lettuce

Slow Cooker New Mexican Stew

SERVES: 2-3 TIME: 2-5 hours

Brown the ground turkey in a skillet and pour off any fat. Add the turkey to the slow cooker. Add the remaining ingredients, stir to combine. Turn on your slow cooker to high (for 2 hours) or low (for 5 hours). Before serving, stir in the juice of one lime and 2-3 Tbsp of fresh chopped cilantro. If more liquid is needed, add more broth, heat through.



INGREDIENTS

- 1 lb fresh ground turkey or chicken breast
- 1 onion diced
- 4 cloves garlic, minced
- 1 tsp cumin
- 1 tsp chili powder, hot or mild
- 1 ½ cups peeled and diced butternut squash
- 2 large yams or sweet potatoes, peeled and diced
- 3 medium carrots, chopped
- 1 cup roasted green chiles chopped, mild or hot
- 1 quart organic chicken broth
- Sea salt and ground pepper to taste



Stuffed Peppers

SERVES: 2 TIME: 60 mins

Heat oil in a saucepan over medium heat. Add ground turkey and sauté until no longer pink. Drain turkey. Add onion and celery, cook for 5 minutes. Add cumin and garlic, sauté 1 minute. Stir in spinach and $\frac{1}{4}$ cup chicken broth until spinach is wilted or about 3 minutes. Stir in beans, carrots, and $\frac{3}{4}$ cup chicken broth. Cover and simmer for about 10 minutes. Preheat the oven to 400°F. Pour 1 cup of chicken broth (gluten free) into the bottom of a baking dish. Fill each bell pepper half with a heaping $\frac{3}{4}$ cup of filling and place in the baking dish. Cover the dish with foil and bake for 35-40 minutes. Let stand for 5 minutes. Transfer stuffed peppers to serving plates. Optional: drizzle each pepper with the remaining pan juices. These freeze very well!

INGREDIENTS

- 2 Tbsp olive oil
- 2 cups organic chicken broth
- 1 medium onion, minced (1 cup)
- 2 celery ribs, minced ($\frac{1}{2}$ cup)
- 1 tsp ground cumin
- 2 cloves garlic, minced
- 10 oz organic chopped spinach, or if frozen, thawed and squeezed dry
- 15 oz can black beans, rinsed and drained
- $\frac{1}{2}$ lb ground turkey breast
- 3 large carrots, grated (1 $\frac{1}{2}$ cups)
- 4 large red bell peppers, halved lengthwise

Roasted Vegetables

SERVES: 2-4 TIME: 30 mins

Preheat oven to 400°F. Place the chopped veggies on a baking sheet. Coat with olive oil, salt and pepper and bake until veggies are tender (about 15-20 minutes). These are good at room temperature as well as hot. You can also prepare these on the grill.

INGREDIENTS

- A variety of vegetables can be used in this recipe, just cut them to a similar size. Suggested vegetables are butternut squash, sweet potatoes, eggplant, onions, carrots, beets, etc.





Southwestern White Fish Fillet

SERVES: 2 TIME: 20 mins

Preheat oven to 500°F. Brush a glass baking dish with 1 Tbsp olive oil. Brush 1 Tbsp olive oil on one side of the fillet, then rub half of the garlic, cilantro, lime juice, cayenne pepper, salt and pepper on the fish. Repeat on the other side and add lime juice on top. Bake for 10 minutes.



INGREDIENTS

10 oz fish fillet, skin removed
(any white fish of your choosing)
2 Tbsp cilantro, minced
2 cloves garlic, minced
2 limes, juiced
3 Tbsp olive oil
¼ paprika
¼ tsp cayenne pepper (optional)
Salt and pepper

Crockpot Chicken Breasts

SERVES: 4 TIME: 6-7 hours

Blend the chopped artichoke hearts, garlic, pecans, olive oil, vinegar and basil to make the pesto. Place the chicken and pesto in a bag to marinate for 1-2 hours in the refrigerator. Pour the entire contents into a crockpot on low heat for 3 ½ hours. Plate the chicken breast, pouring the sauce over them. Allow them to rest for 5 minutes before serving.

INGREDIENTS

4 skinless, boneless chicken breasts
1 can of artichoke hearts, rinsed and finely chopped
2 cloves of garlic, finely chopped
½ cup of pecans, finely chopped
2 Tbsp olive oil
1 Tbsp apple cider vinegar
1 tsp dried basil (or 1 Tbsp fresh chopped basil)





Tuna Fish Salad

SERVES: 2 TIME: 10 mins

Mix the first 6 ingredients in a bowl to make the tuna salad. In a separate bowl, drizzle olive oil and lemon juice over the spinach and toss. Divide the spinach onto two plates and top with the tuna salad.



INGREDIENTS

- 2 cans (6 oz) tuna fish (packed in spring water, NOT in oil)
- 2 dill pickles, chopped
- 1 Tbsp of Lemonaise (found at health food stores, or use a gluten free mayo)
- 1/4 medium red onion, chopped
- 1 celery rib, chopped
- Salt and pepper
- 5 oz fresh baby spinach
- 1 Tbsp olive oil
- 1 tsp fresh lemon juice

Chicken Kabobs

SERVES: 4 TIME: 30 mins

Preheat grill to 350°F. Assemble skewers by alternating chicken and vegetables. Grill for 15-20 minutes, turning at least once, until chicken is cooked through. Plate and serve with lemon wedges.

INGREDIENTS

- 1 lb of skinless, boneless chicken breast cut into 1-inch cubes
- 2 cups of zucchini, cubed
- 2 cups yellow squash, cubed
- 2 cups red pepper, chopped
- 1/2 lb of small portobello mushrooms, chopped
- 2 cups of purple onions, chopped
- Lemon wedged for garnish





Sample Protocols for Stand-Alone Kits

Some health care providers will suggest additional Metabolic Clearing Kits (Basic or Deluxe) for a protocol following a 21-Day program, or simply as a stand-alone protocol. Here are sample dosage strategies for each kit when used individually.

BASIC KIT 14-DAY STRATEGY

- BioG-Max GSH: 2 Pumps/Meal
- Metaboclear: 2 Scoops/Day (any time of day)
- MDS: 2 Capsules/Meal
- ProBile+: 2 Capsules/Meal
- Hepato-CL: 2 Capsules/Meal



BREAKFAST

LUNCH

DINNER

EACH
DAY
FOR
14
DAYS

- BioG-Max GSH: **2 pumps** before meal
- Metaboclear: **1 shake** (2 scoops)
- MDS: **2 capsules** with meal
- ProBile+: **2 capsules** with meal
- Hepato-CL: **2 capsules** with meal

- BioG-Max GSH: **2 pumps** before meal
- MDS: **2 capsules** with meal
- ProBile+: **2 capsules** with meal
- Hepato-CL: **2 capsules** with meal

- BioG-Max GSH: **2 pumps** before meal
- MDS: **2 capsules** with meal
- ProBile+: **2 capsules** with meal
- Hepato-CL: **2 capsules** with meal

— Binder Pro: **4 capsules** right before bed

Optional or as directed by your practitioner

DELUXE KIT 14-DAY STRATEGY

- BioG-Max GSH: 2 Pumps/Meal
- BioG-Max Vitamin C w/RLA: 2 Pumps/Meal
- BioG-Max PC: 1 Tsp AM/PM
- Metaboclear: 2 Scoops/Day (any time of day)
- MDS: 2 Capsules/Meal
- ProBile+: 2 Capsules/Meal
- Hepato-CL: 2 Capsules/Meal
- Super G Antioxidant: 1 Capsule /Meal



BREAKFAST

LUNCH

DINNER

EACH
DAY
FOR
14
DAYS

- BioG-Max GSH: **2 pumps** before meal
- BioG-Max C w/RLA: **2 pumps**
- BioG-Max PC: **1 tsp**
- Metaboclear: **1 shake** (2 scoops)
- MDS: **2 capsules** with meal
- ProBile+: **2 capsules** with meal
- Hepato-CL: **2 capsules** with meal
- Super G Antioxidant: **1 capsule** with meal

- BioG-Max GSH: **2 pumps** before meal
- BioG-Max C w/RLA: **2 pumps**
- MDS: **2 capsules** with meal
- ProBile+: **2 capsules** with meal
- Hepato-CL: **2 capsules** with meal
- Super G Antioxidant: **1 capsule** with meal

- BioG-Max GSH: **2 pumps** before meal
- BioG-Max C w/RLA: **2 pumps**
- BioG-Max PC: **1 tsp**
- MDS: **2 capsules** with meal
- ProBile+: **2 capsules** with meal
- Hepato-CL: **2 capsules** with meal
- Super G Antioxidant: **1 capsule** with meal

— Binder Pro: **4 capsules** right before bed

Optional or as directed by your practitioner



Protocol Add-Ons

The 21-Day and stand-alone Metabolic Clearing programs can be augmented with a number of additional supplements by your practitioner to fit your unique health profile.

BINDERS

The Metabolic Clearing Kits (Basic and Deluxe) do not come with Binder Pro, but it's a common addition to the protocol, or some form of binder. A binder helps to expel the toxins that have been released and neutralized via the intestinal tract.



CURCUMIN+

A common add-on to the program is Curcumin+ for its strong anti-inflammatory properties. It features BCM-95®—a 100% pure turmeric extract standardized to curcumin, demethoxycurcumin, bisdemethoxycurcumin and essential oils of turmeric rhizome. With optimal composition and bioavailability, BCM-95 brings top-of-the-line clinical impact in a rare-to-the-marketplace, additive-free delivery.

OMEGA 3 SOFTGELS

Omega-3 features MaxSimil® monoglyceride fish oil that has a three times greater EPA+DHA absorption rate than an equivalent dose of other leading fish oils. Through the use of MaxSimil patented lipid absorption enhancement technology (PLATform), the fish oil is absorption-ready and can be directly assimilated in the intestinal tract for maximum benefit.





PRACTITIONERS

If you are a medical professional interested in our products and the Biogenetix Clinical Consulting Team, we are ready to answer any questions you may have.

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