

Clear Health
Crystal Doty-Anderson

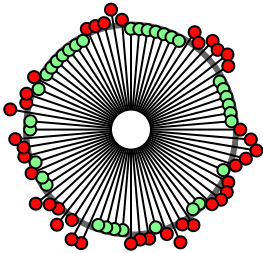
Visit Date: 1/13/2009 6:05 PM

Client: Mr John Q Doe

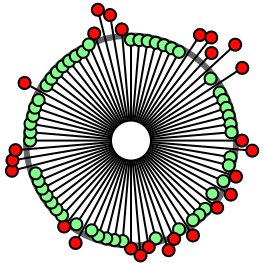
Next Visit:

This information has not been evaluated by the Food and Drug Administration. Neither the information, nor any formula(s) mentioned are intended to diagnose, treat, cure or prevent any disease.

Recommended Products



Baseline

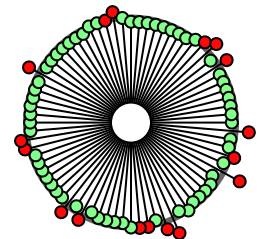


DH - Niacin Supreme (Heart)



2 caps. 1x / Day

16 brought into range

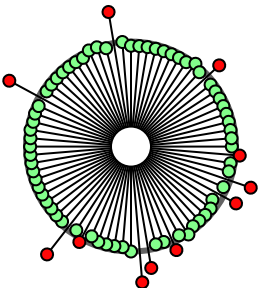


DH - CardioPower™ Truffles (Heart)



3 piece(s) 2x / Day

9 brought into range

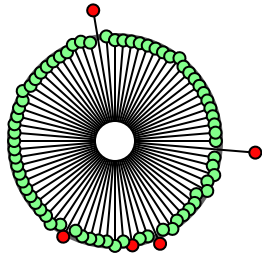


DH - Metabolic Syndrome (Weight & Appetite, Heart)



1 piece(s) 2x / Day

6 brought into range

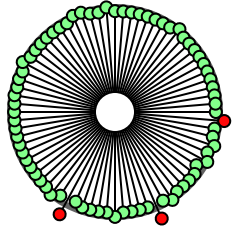


DH - Allicidin (topical) (Small Intestine)



1 caps. 2x / Day

6 brought into range

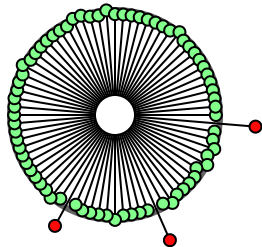


DH - Lemon MSM (Small Intestine)



1 tsp. 1x / Day

2 brought into range

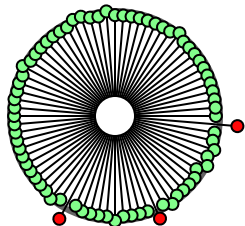


DH - Pantethine Supreme™ (Weight & Appetite, Heart)



1 tab(s) 1x / Day

0 brought into range

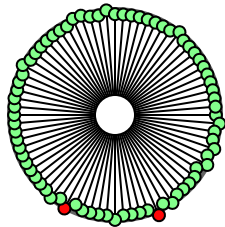


DH - PaleoBar™ (Weight & Appetite)



0 piece(s) 1x / Day

0 brought into range

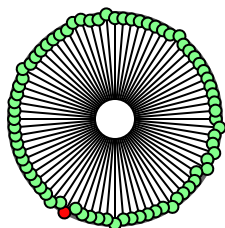


DH - Water Ease (Weight & Appetite)

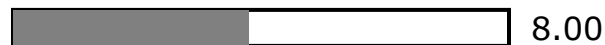


2 caps. 1x / Day

1 brought into range

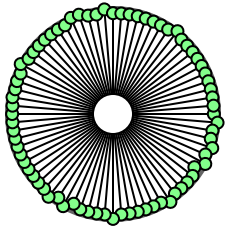


DH - Natto-Serrazime (Heart)



1 caps. 1x / Day

1 brought into range



DH - GI Revive Powder (Small Intestine)



1 tsp. 1x / Day

1 brought into range

The following is a biosurvey of foods and the degree of response recorded from your body. Higher negative numbers indicate greater negative degrees of response. You may choose to avoid those foods with the most negative response (top five or so) for the next month. During that time, observe how you feel. Repeat the food biosurvey if you feel further adjustment in your diet would be beneficial. One food biosurvey a month is often enough.

Plum	-58.95	Fructose	-5.41	Apricot	-2.26
Pecan	-31.18	Cantaloupe	-4.54	Pineapple	-2.22
Eggplant	-30.20	Pistachio	-4.49	Peach	-1.13
Potato, Red	-26.14	Buckwheat	-4.49	Nicotine	-1.13
Cheese, American	-17.60	Prune	-4.40	Milk, Cow	-1.11
Cigarette Smoke	-13.33	Carrot	-4.36	Macadamia Nut	-1.10
Coconut	-8.98	Grape (red & green)	-4.33	Honey	-1.09
Almond	-7.76	Cashew	-4.31	Wheat, Whole	-1.08
Peanut	-6.75	Maltose, Barley	-3.28	Vinegar, Rice	-1.08
Oat	-5.63	White Rice	-3.25	Tomato	-1.08
Pepper - Green, Red, Orange & Yel...	-5.51	Papaya	-2.26		

Disclaimer: ZYTO technology is not diagnostic. This information is in no way an indicator of food allergies or food sensitivities. It is simply data showing your body's degree of response to computer signatures that have been linked to the foods indicated.

Product Descriptions

DH - Allicidin (topical)

AllerGzyme is a true full spectrum proteolytic enzyme complex which is focused on assisting with the digestion of difficult to breakdown proteins such as gluten, gliadin and casein from whey and dairy, as well as other many other protein sources from the diet including soy and rice. The formula consists of two complimentary blends of proteases: BioCore Pro™ is formulated with a wide range of enzyme activity to help support the proper breakdown of many different protein sources. BioCore Pro maintains activity in a wide range of pH, from the highly acidic environment of the stomach to less acidic environment of the small intestine. BioCore Edge™ was added to the formula to support the proper hydrolysis of the proteins found in soy, whey, and casein protein powders, thereby making them more digestible and more bio-accessible to the body.

AllerGzyme can be used as a stand alone product along with meals or the capsule can be simply opened and mixed into your favorite protein shake to maximize digestion and assimilation. Over the past several years high protein / low carbohydrate diets have become very popular and these types of diets, once considered fads, are fast becoming lifestyle changes for many people. AllerGzyme may also be a useful supplement to increase digestion and lower the potential allergenicity for people on these types of diets.

Product Contains: BioCore Pro 50 mg; Protease (from *Aspergillus oryzae*) 21,250 HUT; Protease (from *Aspergillus oryzae*) 1.75 AP; Protease (from *Aspergillus niger*) 50 SAPU; Protease (from *Bacillus subtilus*) 4,000 PC; BioCore Edge 100 mg; Protease and Peptidase 30,000 HUT.

Other Ingredients: Rice bran, vegetable cellulose and water.

This product does not contain: This product does not contain wheat, yeast, soy protein, gluten, eggs, dairy, corn, artificial colors, flavors, sugars, or preservatives.

DH - CardioPower™ Truffles

These sugar-free gourmet chocolate truffles are made with the finest chocolate and freshest select ingredients resulting in a flavorful and mouth-watering chocolate truffle that rivals products costing many times more. But these facts just address how great they taste. Each CardioPower™ Truffle also contains 600mg of the same Reducol® brand pine phytosterol mixture used in Foresterol,™ plus is packed with naturally occurring flavonoids from cocoa. Reducol® has significant LDL cholesterol lowering properties as evidenced by research and years of clinical use, so much that the FDA allows cholesterol lowering claims for plant sterols, while the health benefits of chocolate flavonoids have become a hot topic in the media and in scientific journals. Three CardioPower™ Truffles eaten daily would provide 1.8g of phytosterols, the amount recommended by researchers for obtaining optimal cholesterol lowering results. has ever tasted this good!

Product Contains: Calories 180 (60 per piece); Calories from Fat 120 (40 per piece);

Total Fat 13.5 g; Saturated Fat 9 g; Trans Fat 0 g; Cholesterol 0 g; Sodium 0 g; Total Carbohydrates 18 g; Dietary Fiber 0 g; Sugars 0 g; Maltitol 15 g; Protein 1 g; Maltitol; cocoa mass; cocoa butter; plant sterols/stanols; coconut oil; butter oil (milk); soy lecithin; vanilla.

This product is free of wheat, yeast, gluten, eggs, corn, preservatives, and sugar. May contain traces of nuts.

DH - GI Revive Powder

"This convenient, crystalline powder easily mixes into any beverage or other functional food powder. It provides therapeutic levels of L-glutamine, N-acetylglucosamine, MSM, DGL, slippery elm, marshmallow, chamomile, okra, TOA-free cat's claw, quercetin, and mucin for comprehensive support of optimal gastrointestinal health. Prunus and citrus pectin are included to aid regularity.

Product Contains: L-Glutamine 1500 mg; N-Acetyl Glucosamine 1000 mg; Citrus Pectin 1000 mg; Deglycyrrhizinated Licorice (DGL) (Glycyrrhiza glabra) 400 mg; Aloe Vera (Leaf Extract 200:1) 300 mg; Slippery Elm (bark)(Ulmus pulmila) 200 mg; Mucin 200 mg; Marshmallow (root)(Althea officinalis) 100 mg; Chamomile (Matricaria chamomilla) 100 mg; Okra (pod) (Hibiscus esculentus) 100 mg; Cat's Claw (TOA free) (bark)(Uncaria tomentosa) 100 mg; Methylsulfonylmethane (MSM) 100 mg; Quercetin 100 mg; Prunus (Concentrate) 100 mg; PepZin GI (Zinc-Carnosine) 75 mg.

Other Ingredients: Peach powder, natural flavors, soy lecithin, stevia and talin.

This product does not contain wheat, yeast, soy protein, gluten, eggs, dairy, corn, artificial colors, flavors, sugars, or preservatives.

DH - Lemon MSM

Lemon MSM Powder with Vitamin C is made with OptiMSM™, (methylsulfonylmethane) and is American made in the Great Northwest - Vancouver, Washington, USA. Lemon MSM Powder with Vitamin C is:

Produced using the MSM from the original and sole licensee to the R.J. Herschler MSM use patents

Manufactured in an NNFA GMP-certified MSM facility

Kosher and Halal-certified MSM

The only MSM endorsed by Stanley W. Jacob, M.D

The premium brand of MSM available through manufacturers

The most thoroughly tested in the market to guarantee OptiMSM™, is positively pure

Size: 400 grams

Each teaspoon (7.2 grams) contains:

Vitamin C (as Ascorbic acid) 1,000 mg

Methylsulfonylmethane (MSM) 4,000 mg

Other Ingredients: Xylitol, erythritol, maltitol, natural lemon flavor, stevia, talin natural flavor.

What is MSM?

MSM is an organic sulfur-containing nutrient, a naturally-occurring compound in the environment and in the human body. Sulfur is necessary for the structure of every cell in the body. Hormones, enzymes, antibodies, and antioxidants all depend on it. And because the body utilizes and expends it on a daily basis, sulfur must be continually replenished for optimal nutrition and health.

Birth of a Supplement

Methylsulfonylmethane, or MSM, has been present in the oceans, soil, and atmosphere of Earth for eons. It has been collected by plants and eaten by animals for nearly as long. It is part of nature's great sulfur cycle, upon which all life depends. Although the technology to produce MSM has been known for many years, the nutritional benefits were unknown until discovered by chemical researcher Robert J. Herschler in the early 1980s.

Where Does MSM Come From?

MSM originates in the oceans where microscopic plankton release sulfur compounds into seawater, which is quickly converted to DMS, a volatile sulfur compound that escapes into the atmosphere. In this suspended, gaseous state, the DMS reacts with ozone and ultraviolet sunlight to create DMSO and DMSO₂, known as MSM. MSM then falls to the earth with the rain, where it is collected and concentrated in plants. Although MSM is abundant in nature, even the richest natural sources only provide MSM in the level of several parts per million. Commercial extraction of MSM from trees is not possible. MSM is produced by oxidizing DMSO. This process parallels the natural oxidation of DMSO to MSM that occurs in the marine atmosphere and produces MSM that is chemically identical to that found in nature.

DH - Metabolic Syndrome

Now for your patients' convenience, Designs for Health is proud to present all of the following essential daily products in one easy packet, taken twice daily

Morning Packet contains:

- 3-Metabolic Synergy™
- 3-EndoTrim™
- 1-Omega Ultra Marine™

Evening Packet contains:

- 3-Metabolic Synergy™
- 1-Omega Ultra Marine™
- 2-UltraTrienols Plus™
- 1-EndoTrim™

Size: 60 packets

Description of each product:

1. Metabolic Synergy--

Vitamin A (from fish liver and mixed carotenoids from palm tree fruit) 3,000 IU

Vitamin C (as Ascorbic Acid) 500 mg

Vitamin D3 (as Cholecalciferol) 400 IU

Vitamin E 50 IU

d-gamma tocopherol 100 mg

d-delta tocopherol 42 mg

d-alpha tocopherol 22 mg

d-beta tocopherol 3 mg

Vitamin B1 (as Thiamine HCl 25 mg and Benfothiamine 50mg) 75 mg

Vitamin B2 (as Riboflavin) 25 mg

Vitamin B3 (as Niacinamide) 50 mg

Vitamin B6 (as Pyridoxil HCl, pyridoxal-5-phosphate) 50 mg

Folic Acid 800 mcg

Vitamin B12 (as Methylcobalamin) 1,000 mcg

Biotin (as d-biotin) 4 mg

Pantothenic Acid (as d-calcium pantothenate) 50 mg

Iodine (as Potassium Iodide) 75 mcg

Magnesium (as Magnesium Chelazome Bis-Glycinate Chelate) 100 mg

Zinc (as Zinc Chelazome® Bis-Glycinate Chelate) 30 mg

Selenium (as Selenium Glycinate Complex) 200 mcg

Manganese (as Manganese Chelazome® Bis-Glycinate Chelate) 3 mg

Chromium (as Chromium Chelavite® Nicotinate-Glycinate Chelate) 500 mcg

Molybdenum (as Bis-Glycinate Chelate) 100 mcg

Potassium (as Potassium Glycinate Complex) 200 mg

Alpha Lipoic Acid 600 mg

Taurine 600 mg

Inositol 500 mg

Green Tea (Camellia Sinensis) (leaf) 200 mg

[standardized to contain 95% polyphenols]

Carnosine 200 mg

Benfothiamine 50 mg

Vanadium (Vanadium Chelavite® Nicotinate-Glycinate Chelate) 200 mcg

Other Ingredients: Microcrystalline cellulose, rice flour, magnesium stearate.

2. EndoTrim--

Vitamin C (as Ascorbic Acid) 100 mg

Vitamin B6 (as Pyridoxal-5-Phosphate) 5 mg

Pantothenic Acid (as d-Calcium Pantothenate) 100 mg

Magnesium (as Buffered Glycinate Chelate) 10 mg

Zinc (as Zinc Chelazome® Bis-Glycinate Chelate) 5 mg

Chromium 200 mcg (as Chromium Chelavite® Nicotinate-Glycinate Chelate)

Green Tea (Thea sinensis) (leaf) 300 mg

[standardized to contain 50% EGCG]

Forslean® Coleus Forskohli Extract 250 mg

[standardized to contain 20% forskohlin]

Panax quinquefolius (Panax ginseng) (root) 200 mg
[standardized to contain 5% Ginsenosides]
Garcinia cambogia (fruit) 200 mg
[standardized to contain 50% HydroxyCitric Acid]
Banaba Leaf (Lagerstroemia speciosa) 100 mg
[standardized to contain 1% Corosolic Acids]
N-Acetyl L-Tyrosine 100 mg
GABA (Gamma-Aminobutyric Acid) 100 mg
L-Carnitine (as L-Carnitine Tartrate) 100 mg
Vanadium (as Vanadium Chelavite® Nicotinate-Glycinate Chelate) 100 mcg

Other Ingredients: Microcrystalline cellulose, rice flour.

3. Omega Ultra Marine--

Calories 20
Calories from Fat 20
Total Fat 2 g
Cholesterol less than 5 mg
Omega 3 Fatty Acids 1100 mg
EPA (Eicosapentaenoic Acid) 600 mg
DHA (Docosahexaenoic Acid) 400 mg
Other Omega-3 Fatty Acids 100 mg

Other Ingredients: Omega-3 fish oil (anchovy, sardine), gelatin, glycerin, purified water, natural lemon flavor, antioxidant blend (rosemary extract, ascorbyl palmitate, natural tocopherols [vitamin E]).

4. UltraTrienols Plus--

Proprietary Blend 270 mg
NKO™ (Neptune Krill Oil)
Tocotrienols (delta, gamma)†
Resveratrol (Polygonum cuspidatum)
[standardized to contain 20% resveratrol]

Other Ingredients: Rice bran oil, beeswax, lecithin, gelatin, glycerin, water, turmeric (color)."

DH - Natto-Serrazime

Natto-Serrazime is a unique blend of two very potent fungal proteolytic enzymes Nattozimes® and Serrazimes® derived from *Aspergillus oryzae* and *Aspergillus melleus* which are used for cardiovascular, anti-inflammatory, respiratory, as well as immune support. Nattozimes® and Serrazimes® in studies, have shown to have the same thrombolytic and fibrinolytic activities as the popular enzyme products Nattokinase and Serrapeptidase therefore, they can be used as a 1:1 substitution for these applications. Serving Size: 1 capsule

Product Contains: Nattozimes® (2,000 FU) 129 mg (exo/endo proteases); Serrazimes® (20,000 U) 33 mg (exo/endo proteases).

Other Ingredients: Vegetable cellulose, rice bran, microcrystalline cellulose, and water.

This product does not contain wheat, yeast, soy protein, gluten, eggs, dairy, corn, artificial colors, flavors, sugars, or preservatives.

DH - Niacin Supreme

We have combined no-flush niacin (inositol hexanicotinate) with key B vitamins and chromium. Research suggests that one should never take niacin without folic acid, B6 and B12. Niacin alone raises homocysteine, but with these other Bs this is unlikely to occur. Chromium helps to potentiate many of niacin's beneficial effects.

Product Contains: Niacin (Inositol Hexanicotinate) 1,000 mg; Vitamin B6 (as Pyridoxine HCl and Pyridoxal - 5 - Phosphate) 40 mg; Vitamin B12 (as Methylcobalamin) 100 mcg; Folic acid 400 mcg; Chromium (as Chelavite Nicotinate-Glycinate Chelate) 200 mcg; Inositol (as Inositol Hexanicotinate) 100 mg.

Other Ingredients: Microcrystalline cellulose, magnesium stearate, rice flour.

This product does not contain wheat, yeast, soy protein, gluten, eggs, dairy, corn, artificial colors, flavors, sugars, or preservatives.

DH - PaleoBar™

PaleoBars™ are much more than just energy bars. They are delicious, fructose-free snack bars that boast nutritious whey, omega-3 fatty acids, fiber, glutamine, phosphatidyl choline and antioxidants for immune support and quick, satisfying nutrition. PaleoBars™ are uniquely formulated with beneficial fats from almonds, almond butter, and coconut oil. Promotes formation of anti-inflammatory, anti-clotting and anti-vasoconstrictive actions through DHA, EPA, GLA and olive oil.

Supports the body's immune function and autoimmune response with natural compounds found in nature from glutamine, omega 3 fatty acids and glutathione.

Improves blood glucose levels and insulin sensitivity with a low carbohydrate load and prebiotic sweeteners like maltitol and xylitol that have minimal blood glucose effects. High antioxidant power from green tea extract, elderberry and rosemary extract. PaleoBar™ is a delicious nutrition bar designed to provide a healthy, high protein snack food for optimizing patients' intake of proteins, fats, carbohydrates, and micronutrients.

Our new PaleoBars™ DF, Chocolate/Almond (Anabolic Energy Bar) and Coconut/Almond (Crave Control), are dairy free and contain rice protein. Since rice protein is considered to be the least allergenic of all protein sources available, these bars will be the obvious choice for those patients with whey protein sensitivities. Please note also that all the PaleoBars™ are made primarily with two high quality fat sources, almond

butter and coconut oil. Almond butter is high in healthy monounsaturated fat and coconut oil is high in lauric acid.

PaleoBars™ contain no:

Gluten

Hydrogenated or trans fats

Simple sugars, i.e. sucrose, fructose, glucose or concentrated fruit sweeteners

Wheat, corn, or soy protein

Artificial flavors and sweeteners

NOTE: All PaleoBars™ are Kosher certified!!

PaleoBar-DF™ Chocolate/Almond Crave Control Bar

Contains Creatine MagnaPower (1200 mg), Creatine (570 mg), Magnesium (100 mg), L-Carnitine (500 mg)

Fiber from rice protein powder and polyols

Nutrition Facts

Total Fat 6g

Saturated Fat 3g

Trans Fat 0g

Cholesterol 0 mg

Sodium 115 mg

Total Carb. 28 g

Fiber 5g

Sugars 2 g

Sugar Alcohol 14 g

Protein 7 g

Vitamin A 2%

Vitamin C 2%

Calcium 2%

Iron 6%

Ingredients: Maltitol Syrup, Rice Protein Concentrate, Erythritol, Almond Butter, Unsweetened Chocolate, Glycerine, Digestion Resistant Fiber (Fibersol 2), Crisped Rice (Rice Flour, Malt Extract, Rice Bran, Calcium Carbonate), Guar Gum, Coconut Oil, Cocoa Powder, Natural Peanut Butter, Creatine MagnaPower® (Magnesium Creatine Chelate), Natural Flavor, RiceX Stabilized Rice Bran, Peanuts, L-Carnitine, Sea Salt.

Conversion of maltitol and erythritol (the sugar alcohol portion of carbohydrates in this product) and glycerine requires little or no insulin and does not cause a significant increase in serum glucose levels. However, people with diabetes should consult their physician or health professional about including sugar alcohols and glycerine in their daily diet. Glycerine is counted as a carbohydrate in all PaleoBars.

DH - Pantethine Supreme™

This new formula from Designs for Health contains two powerful ingredients known for their energizing abilities and for their ability to maintain healthy cholesterol levels. Pantethine is a unique form of the B vitamin, pantothenic acid, needed to make coenzyme A which transports fatty acids to cells. Carnitine also transports fatty acids into the mitochondria, the powerhouse of the cell, so they can be burned to make energy. In the case of oxygen shortage, fatty acids may not get burned which can result in angina as they accumulate in the heart muscle. Doctors typically recommend two to three Pantethine Supreme capsules daily before eating.

Product Contains: Pantethine 250 mg; L-Carnitine (from Fumarate) 250 mg.

Other Ingredients: DiTab (dicalcium phosphate), microcrystalline cellulose, croscarmellose sodium, magnesium stearate, stearic acid.

This product does not contain: This product does not contain wheat, yeast, soy protein, gluten, eggs, dairy, corn, artificial colors, flavors, sugars, or preservatives.

DH - Water Ease

Water Ease provides two key ingredients for healthy water balance, high blood pressure, a healthy heart, and provides antioxidant defense. Taurine is an excellent and safe diuretic and helps cardiac arrhythmias. Vitamin B-6 is also known to help naturally regulate water balance in the cells. This safe diuretic does not cause any loss or imbalance of minerals in the body.

Product Contains: Vitamin B6 (Pyridoxine HCL) 50 mg; Taurine 700 mg.

Other Ingredients: Gelatin (capsule), water.

This product does not contain: This product does not contain wheat, yeast, soy, dairy, or preservatives.