



Available in Vanilla, Chai, Chocolate Mint, Chocolate

- Source of antioxidants and protein for the maintenance of good health
- Digestive enzyme to help the body digest and metabolize carbohydrates, fats and proteins
- Helps prevent niacin, biotin, chromium, pantothenic acid, riboflavin, selenium, thiamine, vitamin B6, vitamin B12 and vitamin C deficiencies
- Supports wound healing, connective tissue formation and red blood cell formation
- Supports the development and maintenance of bones, cartilage, teeth, gums
- Provides support for healthy glucose metabolism and liver function
- Helps maintain healthy skin, immune and thyroid gland function
- Source of vitamin A to help maintain good health, eyesight, skin, membranes and immune function
- Source of vitamin A to support the development and maintenance of bones, teeth and night vision
- Source of amino acids involved in muscle protein synthesis
- Assists in the building of lean muscle mass when combined with regular resistance, training and a healthy balanced diets

Discussion

Opti-GHI contains macro- and micronutrients, as well as a host of ingredients (some patented or proprietary) that support fatty acid metabolism, gastrointestinal health, and healthy eicosanoid and cytokine metabolism. Activated cofactors support mitochondrial energy production needed for biotransformation and detoxification. This formula's ingredients help moderate phase I detoxification, upregulate and support phase II pathways, and provide antioxidant support as well.*

Protein Metabolism

VegaPro is XYMOGEN's proprietary blend of pea protein isolate and rice protein concentrate, L-glutamine, glycine, and taurine. Generation of glutathione and sulfation cofactors—vital for phase II conjugation—requires an array of amino acids. The combination of pea protein and rice protein, containing a complement of amino acids, achieves an amino acid score of 100%. Glutamine, a conditionally essential and versatile amino acid with two nitrogen moieties, is crucial to nitrogen metabolism and helps maintain healthy liver tissue and function.^[1,2] The amino acid glycine is needed for bile synthesis, phase II detoxification, and glutathione production. Taurine, a derivative of the sulfur-containing amino acid cysteine, is also important for synthesis of bile salts and helps stabilize cell membranes.*

Gastrointestinal Support

Ginger root, included to support healthy digestion including the release of bile from the gallbladder, acts at several sites to moderate PGE(2) production and support the normal response to inflammation.^[3] Fiber (from inulin and flaxseeds) supports production of short-chain fatty acids as well as a healthy intestinal flora. **MeadowPure™**, an organic flaxseed complex, possesses excellent oxidative stability, supports antioxidant activity, and provides lignins, soluble fiber, and omega-3 and omega-6 essential fatty acids.^[4] **Glutamine** plays a key role in healthy intestinal cell proliferation and gut barrier integrity, immune function, and normal tissue healing.*^[1,2]

Detoxification Support

Ellagic acid (from pomegranate extract) prevents over-induction of CYP1A enzymes, works at the gene level to induce synthesis of glutathione-S-transferases and other phase II activities, binds directly to toxins, and protects DNA and hepatocytes.^[5,6] **Watercress** is a rich source of beta-phenylethyl isothiocyanate (PEITC)—a versatile compound found to inhibit phase I enzymes and induce the phase II enzymes associated with biotransformation and excretion of toxins. Watercress was found to contain even stronger phase II inducers known as 7-methylsulfinylheptyl and 8-methylsulfinyloctyl isothiocyanates as well.^[7,8] **Green tea catechins** not only support antioxidant activity but also appear to act as modulators of phase I and phase II detoxification.^[9] **Choline** is present to support lipid metabolism in the liver and can be converted to betaine, a methyl donor.*^[10]

The active, bioavailable form of **B vitamins** (pyridoxal-5'-phosphate (B6), 5-methyltetrahydrofolate (folate), methylcobalamin (B12)) and glycine all support amino acid conjugation and are vital for the detoxification of xenobiotics and xenoestrogens. 5-methyltetrahydrofolate (5-MTHF), methylcobalamin, betaine, and **methylsulfonylmethane (MSM)** are present to support methylation and detoxification. 5-MTHF supports healthy folate nutrition, especially in those with variations in folate metabolism. In Opti-GHI, 5-MTHF is provided as Quatrefolic® for enhanced stability, solubility, and bioavailability.*^[11]

Preventium®, a patented form of potassium hydrogen d-glucarate, supports glucuronidation. Sulfation is supported by **MSM** and **sodium sulfate**. Acetylation is supported by **d-calcium pantothenate**, pyridoxal-5'-phosphate, and magnesium. Several minerals in Opti-GHI are provided as Albion® mineral chelates and TRAACS® mineral amino acid chelates for enhanced gastrointestinal absorption and bioavailability.*^[12]

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Opti-GHI Vanilla

Servings Per Container: About 28
Medicinal Ingredients (per scoop)

Betaine	125 mg
Choline (choline bitartrate).....	50 mg
Quercetin (Quercetin dihydrate).....	125 mg
Rutin	100 mg
Niacinamide	15 mg
Biotin	75 mcg
Calcium (DimaCal® dicalcium malate).....	100 mg
Green tea extract (<i>Camellia sinensis</i> , Leaf - 1.024:1 42.0 mg).....	41 mg
(2.46 mg Caffeine, 30% Epigallocatechin 3-gallate, 60% Catechins 24.6 mg Catechins, 6% Caffeine, 12.3 mg Epigallocatechin 3-gallate)	
Chromium (as TRAACS® chromium nicotinate glycinate chelate).....	30 mcg
Citrus bioflavonoids	31.3 mg
Lemon (<i>Citrus limon</i> , Fruit peel).....	90 mg
Pantothenic acid (Calcium-d-pantothenate).....	17.5 mg
Folate ((Quatrefolic® (6S)-5-Methyltetrahydrofolate, glucosamine salt).....	100 mcg
Aminogen® Protease (Fungal protease).....	150 mg (7500 FCC HUT)
Iodine (Potassium iodide)	30 mcg
Vitamin C (L-Ascorbic acid, Sodium ascorbate)	125 mg
L-Glutamine.....	87.5 mg
Flaxseed (<i>Linum usitatissimum</i> , seed)	2.8 g
Magnesium (Albion® di-magnesium malate)	70 mg
Manganese (TRAACS® manganese bisglycinate chelate).....	1 mg
MSM (Methylsulfonylmethane, Dimethyl sulfone)	60 mg
Molybdenum (TRAACS® molybdenum glycinate chelate)	17.5 mcg
N-Acetyl-L-cysteine	75 mg
Niacin	5 mg
Pea Protein	12 g
Preventium® Potassium hydrogen D-glucarate.....	125 mg
Riboflavin (Riboflavin 5'-phosphate sodium).....	2.5 mg
Selenium (Albion® selenium glycinate complex).....	50 mcg
Thiamine (Thiamine hydrochloride)	7.5 mg
Vitamin B12 (MecobalActive™ methylcobalamin).....	25 mcg
Vitamin B6 (Pyridoxal 5-phosphate)	2.5 mg
Zinc (TRAACS® zinc bisglycinate chelate).....	5 mg
Ginger (<i>Zingiber officinale</i> , Rhizome)	75 mg
beta-Carotene	750 mcg

Non-Medicinal Ingredients

Evaporated cane juice, sunflower oil, natural flavors, medium-chain triglycerides, potassium citrate monohydrate, taurine, glycine, cellulose gum, xanthan gum, *Punica granatum* fruit extract, rice protein concentrate, curcumin, stevia, sodium sulfate, watercress leaf, guar gum, silicon dioxide.

Recommended Dose

Adults: Take two scoops once a day. Mix two scoops with 295-355 mL of water or other beverage immediately before consumption. Take once daily with food and two hours before or after taking other medications. Store in a light-resistant container. Consult a healthcare practitioner for use beyond six weeks.

Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding, if you have diabetes or difficulty swallowing, if you have an iron deficiency, kidney stones or kidney disease, gallstones or a bile duct obstruction, if you have stomach ulcers or excess stomach acid, if you have a liver disorder or liver disease or if you develop symptoms of liver trouble (such as abdominal pain, dark urine or jaundice). Consult a healthcare practitioner prior to use if you have a gastrointestinal lesion/ulcer, are taking an anticoagulant, a blood thinner or an anti-inflammatory or if you are having surgery. Consult a healthcare practitioner immediately if you experience chest pain, vomiting, or difficulty swallowing or breathing after taking this product. Consult a healthcare practitioner prior to use if you are experiencing a sudden change in bowel habits that has persisted for more than two weeks, have undiagnosed rectal bleeding or have failed to defecate following the use of a laxative product. Consult a healthcare practitioner prior to use if you have symptoms such as abdominal pain, nausea, vomiting, or fever (as these could be signs of abnormal constrictions of the gastrointestinal tract, disease of the oesophagus and/or the superior opening of the stomach (cardia), potential or existing intestinal blockage or paralysis of the intestine, megacolon, faecal impaction, inflamed bowel or appendicitis). Consult a healthcare practitioner prior to use if you are taking medications which may inhibit peristaltic movement (i.e., opioids, loperamide). If you are taking prescription medication, consult a healthcare practitioner prior to use as citrus bioflavonoids may alter the effectiveness of these medications. If you are taking antibiotics and/or nitroglycerin, do not use this product. Hypersensitivity/allergy has been known to occur; in which case, discontinue use. Some people may experience mild and temporary gastrointestinal bloating, gas, constipation or indigestion.

Nutritional Information

	Amount per 1 Scoop
Calories	120
Calories from Fat 70	
Total Fat	8 g
Saturated Fat 2.5 g	
Sodium 490 mg	
Potassium 510 mg	
Total Carbohydrate	16 g
Dietary Fiber 3 g	
Sugars 6 g	
Protein	13 g

Antioxidant Support and Cytokine Balance

Bioflavonoids, quercetin, rutin, and curcumin support antioxidant activity, counter free radicals, and support healthy eicosanoid and cytokine metabolism.^[13,14] Curcumin has a long history of use for its support of a normal, healthy response to inflammation.^[15] **N-acetyl-cysteine (NAC)** stimulates glutathione synthesis, enhances glutathione-S-transferase activity, and promotes detoxification.^[16] **Selenium glycinate** provides support for glutathione metabolism and antioxidant protection.*

Opti-GHI provides an array of nutrients that supports gastrointestinal health; detoxification and antioxidant mechanisms; and a normal, healthy response to inflammation and cytokine balance. This formula is designed to be used as part of a step-approach cleanse in conjunction with a modified elimination plan.*

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Additional references available upon request.

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 The active form of B₁₂.



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