



Celiac Support

COMPREHENSIVE
CLEANSE

GLUTEN FREE • VEGETARIAN

EVERYDAY DETOX SUPPORT

Clinical Strength Milk Thistle • Select Herbs & Superfoods

This potent detox formula is clinician-designed to help provide ongoing nutritive support for the body's many eliminative organs, systems and pathways. Features meaningful levels of researched and traditional Western and Ayurvedic organic herbs and superfoods.

Detox never stops! It is common to think of detox as a “limited time only,” short program of dietary restriction, fasting or bowel cleansing that may include nutritional supplements. However, detoxification is in fact a natural, biological function. It consists of numerous biochemical processes that take place within our bodies *every day and every moment of our lives*. These processes ensure the removal of unwanted substances (toxins) via the body's built-in detoxifying organs and systems, which include the seven *Channels of Elimination*, as noted below.

Toxins originate from both within and, increasingly, from outside the body. These toxins are being cleared continuously from the body via multiple biological organs and pathways. Our primary detox organ is the *liver*, a sophisticated chemical laboratory that works closely with the kidneys to deactivate harmful compounds and prepare them for release. Other detox elimination channels include the *bloodstream, lymphatic system, skin, lungs and bowel*.

Several vitamins, minerals, amino acids, antioxidants, and sulfur compounds are required by the different detoxification pathways. These nutrients are found in a wide range of natural foods and superfoods—including garlic, cruciferous vegetables, berries and microalgae—and in nutritional supplements such as a high potency multi-vitamin/mineral or a quality antioxidant complex. Certain herbs and phytonutrients also have been clinically researched or used traditionally to assist in keeping detox pathways clear and highly functioning. Today, when it is virtually impossible to avoid toxic chemical exposures, environmental pollutants and stress, such nutritive ingredients may prove especially beneficial.

PIONEER® *Comprehensive Cleanse* provides a premium selection of the purest whole organic herbs, extracts and superfoods to help provide gentle, effective, nutritive support for the body's natural detoxification organs and systems. Most of these ingredients are thought to address detox simultaneously in more than one—and often several—of the body's seven *Channels of Elimination*.

CONSIDER THESE PIONEER® ADVANTAGES:**1. Nutritive Support for Liver & Kidneys.**

The *liver* serves as the body's primary detoxifier and performs countless other functions, making it a very busy organ. Most toxins are fat soluble and tend to lodge in fatty tissues in the body. The liver

performs a two-phase, enzymatic *biotransformation* process upon these toxins to render them water soluble, less harmful to the body and ready for elimination. The liver works very closely with the *kidneys*, a complex pair of organs that also serves multiple functions, one of which is to help eliminate biotransformed toxins from the body via the urinary tract. Because of the liver's leading role in detox, this oft-over-worked organ is given primary attention in PIONEER® *Comprehensive Cleanse* with potent researched and traditional ingredients:

Milk Thistle Standardized Extract (Clinical Strength) – Milk thistle contains *silymarin*, a mixture of three flavonoids clinically suggested to help provide nutritive support for healthy liver structure and function. A potent antioxidant, silymarin is also noted for helping to support protein synthesis in the liver and the growth of healthy liver cells. Four capsules of PIONEER® *Comprehensive Cleanse* supplies 280 mg of silymarin, within the researched range of 200 to 480 mg daily.

Schizandra – A premier liver herb and kidney tonic in Traditional Chinese Medicine (TCM), a potent antioxidant and a highly revered stress balancing adaptogen. Contains numerous *lignan compounds* researched and suggested to help provide nutritive support for normal Phase 1 and Phase 2 liver detox function.

Turmeric – Provides *curcumin*, a well-researched antioxidant that may help provide nutritive support for healthy liver and kidney tissue. Curcumin is suggested to help induce Phase 2 liver detox enzymes and to provide nutritive support for healthy bile flow and solubility.

Broccoli Sprouts – A powerful superfood (up to 100x more potent than mature broccoli plants!). Contains the isothiocyanate *sulforaphane*, a respected inducer of Phase 2 liver detox enzymes that also may help provide antioxidant nutritive support for healthy bladder cells.

Daikon Sprouts – Supplies research-proportional level of *myrosinase*, an enzyme required to activate the isothiocyanates in broccoli sprouts.

Camu-Camu – Among nature's best food sources of *vitamin C and bioflavonoids*, nutrients required by the liver to biotransform toxins.

Wild Blueberry – *Anthocyanin pigments* from blueberry may help provide nutritive support for healthy liver tissue and for the activation of Phase 1 and Phase 2 liver detox enzymes.

Beet Root – Contains *betaine*, a lipotropic compound suggested to help provide nutritive support for healthy cells and fat levels in the liver.

Burdock, Dandelion & Nettle Leaf – Provide nourishing, traditional complementary support for the liver, kidneys and urinary system.

2. Nutritive Support for the Bloodstream & Lymphatic System. The *bloodstream* carries nutrients and oxygen to tissues and cells, and transports wastes to the organs of elimination. *Lymph* vessels, which help to drain excess plasma fluids, run parallel to blood vessels and pass through clusters of lymph nodes whose job it is to filter out toxins and microbes. The lymphatic system has no “pump,” it relies on muscle contractions to move fluid. Large muscle exercises such as brisk walking, running and trampoline bouncing help move lymph fluids while helping to support healthy heartbeat and blood flow. Dry skin brushing and certain types of massage may also help to stimulate lymphatic flow and drainage. Proper hydration supports both of these systems.

Cayenne – Helps to stimulate circulation, increase blood flow throughout the body and potentiate actions of other ingredients.

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Cleavers – Favored by naturopaths and the Doctrine of Signatures to help provide nutritive support for a healthy lymphatic system.

Red Root – A traditional herbal remedy to help provide nutritive support for healthy lymph function.

Nettle Leaf, Dandelion & Burdock – Mineral-rich, time-honored herbal *alteratives*. All help nourish and purify the blood and lymph systems.

3. Nutritive Support for Skin & Lungs.

The *skin* is the body's largest organ and a vehicle both for absorbing and releasing toxins. Strengthening liver detox function helps to minimize the body's reliance on skin to eliminate excess toxins as rashes, etc. The *lungs* take in and expel toxins such as fumes, smoke, carbonic acid (as CO₂) and bacteria-laden mucus. Engage in regular deep breathing to remove old, stale air from the lung cavity and maximize lung detox capacity. Drink plenty of pure water to help maintain mucus fluidity and skin hydration. Avoid touching or inhaling solvents and petrochemicals and use only 100% natural hair care, body care and cleaning products. Sweating also helps to purify the body through the skin elimination channel.

Burdock, Dandelion & Nettle – Nourishing *alteratives* help to cleanse the blood, supporting skin softness, clarity and comfort.

Cayenne – Used by traditional herbalists to help loosen mucus in the lung. Modern research suggests potential in providing antioxidant benefit and nutritive support for healthy lung tissue.

Milk Thistle – Helps to reduce burden on skin elimination pathway.

Schizandra – Typically noted as a liver restorative, schizandra is also used as a lung astringent in TCM (to help support breathing and clear lung mucus) and as nutritive support for skin clarity.

4. Nutritive Support for the Bowels. The goal of detoxification is not accomplished until toxins have left the body. Since the GI tract is the primary exit for solid/biotransformed body waste, healthy *bowel* function is critical for healthy detox status and healthy colon cell integrity. To support regular bowel elimination, begin with adequate hydration and adequate dietary fiber intake (both *insoluble fiber* [cellulose], to help support peristalsis, and *soluble fiber*, which bulks and lubricates the stool). Assertive bowel cleansing methods such as fiber supplements, cathartics (non-bulking herbal laxatives, magnesium citrate), enemas and colon hydrotherapy (gravity type) may be useful from time to time.

PIONEER® *Comprehensive Cleanse* takes a more gentle approach to supporting healthy bowel detox with these ingredients:

Blueberry, Beet, Burdock, Dandelion Root – Natural sources of lubricating soluble fiber and bowel-scrubbing insoluble fiber. Beet fiber and blueberry anthocyanins have been suggested to help provide nutritive support for healthy colonic cellular integrity.

Cayenne – May help to mildly support peristalsis.

Chlorella – May help purify bowel ecology by binding to metals in the large intestine, enabling their release as stool.

Milk Thistle – Helps to increase bile secretion in the GI tract. In combination with dandelion, may help to provide nutritive support for normalizing bowel activity in those with alternating stool type.

5. Nutritive Support for Heavy Metal Clearance.

Industrial air pollutants, contaminated seafood and amalgam (silver) tooth fillings are common sources of lead, mercury and other heavy metals in the body. These metals are toxic to the brain and nervous system. The body sequesters such elements in fatty tissues, making heavy metals notoriously difficult to clear from the system. Chlorophyll, a green plant pigment whose structure is almost identical to that of blood, is noted for its reputed ability to bind with heavy metals and escort them from the body via the bowel. PIONEER® *Comprehensive Cleanse* contains two potent, researched sources of purifying chlorophyll.

Cilantro Extract – Our researched standardized extract has been studied for its purported ability to help bind metals in blood.

Chlorella Pyrenoides – This protein and nutrient rich microalgae has been researched for its purported ability to bind metals in the bowel. PIONEER provides the best-absorbed, broken cell form.

6. Pure Organic & Wildcrafted Ingredients

Naturally grown and harvested herbs and whole food ingredients help support a pure body and a clean, sustainable environment.

7. Verified Gluten-Free

Like all PIONEER® formulas, *Comprehensive Cleanse* is made with strictly gluten-free raw ingredients and every batch of finished product is laboratory tested to below the low detectable limit of 10 ppm gluten/gliadin proteins.

Serving Size 4 Vegetarian Capsules Bottles of 60 Vegetarian Capsules	AMOUNT PER SERVING	%DV
Total Carbohydrate	<1 g	<1%†
Dietary Fiber	<1 g	<1%†
Vitamin C (from camu camu).....	10 mg	17%
Milk Thistle (<i>Silybum marianum</i>) Seed Ext. (80% silymarin).....	280 mg	*
Schizandra (<i>S. chinensis</i>) Berry.....	220 mg	*
Cleavers (<i>Galium aparine</i>) Aerial.....	220 mg	*
Turmeric (<i>Curcuma longa</i>) Root Ext. (95% curcuminoids).....	200 mg	*
Organic Broccoli Sprouts (freeze-dried).....	150 mg	*
Organic Beet (<i>Beta vulgaris</i>) Root.....	150 mg	*
Chlorella (<i>Chlorella pyrenoides</i>) (broken cell).....	150 mg	*
Red Root (<i>Ceanothus americanus</i>) Root (wildcrafted).....	120 mg	*
Blueberry Fruit (supplying 2% polyphenols) (wildcrafted).....	80 mg	*
Camu Camu (<i>Myrciaria dubia</i>) Fruit (20% vitamin C) (wildcrafted).....	50 mg	*
Organic Burdock (<i>Arctium lappa</i>) Root.....	50 mg	*
Organic Dandelion (<i>Taraxacum officinale</i>) Root.....	50 mg	*
Organic Nettle (<i>Urtica dioica</i>) Leaf.....	50 mg	*
Cilantro (<i>Coriandrum sativum</i>) Leaf Ext. (6% total flavonoids).....	50 mg	*
Organic Daikon Radish Sprouts (freeze-dried).....	15 mg	*
Organic Cayenne (<i>Capiscum annum</i>) Fruit.....	10 mg	*

† Percent Daily Value based on a 2,000 calorie diet *Daily Value (DV) not established.

Other ingredients: vegetarian capsule (cellulose), vegetable magnesium stearate, silica. 04.09

NOTE: Some ingredient details may be abbreviated on actual product labels.

For more information or to request additional copies:
800.247.6505
www.pioneer nutritional.com

