

*Celiac Support***COMPREHENSIVE  
CLEAR MEAL™**

GLUTEN FREE

**RICE PROTEIN SHAKE**Vitamins/Minerals • L-Glutamine • Natural Vanilla Flavor  
DIETARY SUPPLEMENT

*PIONEER® Celiac Support Comprehensive Clear Meal™ is a great-tasting, natural vanilla flavored, gluten-free, rice protein-based nutritional shake mix with soothing gut health nutrients plus a vitamin & mineral blend equivalent to a daily multivitamin.*

According to the National Digestive Diseases Information Clearinghouse (NDDIC), a division of the National Institutes for Health (NIH), 60 to 70 million people in the United States are affected by some sort of digestive disease.

The NDDIC also notes that more than 2 million people in the United States have Celiac Disease. While many more people report gluten sensitivity, they do not meet the diagnostic criteria for celiac disease but feel better when they remove gluten from their diet. This may be why 15% to 20% of U.S. consumers are seeking out gluten-free foods.

Chronic intestinal irritation can lead to intestinal permeability or “leaky gut syndrome.” When we are in a state of chronic gastrointestinal irritation and permeability, inflammation can occur leading to disruptions in many systems of the body including the skin, joints, sinuses, immune and neurological systems. Healing the gut, especially the intestines, is one of the primary keys to improving overall health.

Stress, dietary imbalances and genetic susceptibility are major components in the development of gastrointestinal irritation. As we continue to be confronted with a stressful world and with many unknowns in our food supply, the number of people with gastrointestinal imbalances rises.

While we can't control all the factors that can lead to gastrointestinal disruptions, we can begin some health promoting interventions such as a good diet, stress reduction, exercise, and nutritional support from the key nutrients and botanical extracts in *Comprehensive Clear Meal™* as described below.

**CONSIDER THESE PIONEER® ADVANTAGES:****1. Created by Doctors Who Understand Nutrition.**

PIONEER® *Comprehensive Clear Meal™* was thoughtfully developed by a naturopathic doctor specializing in nutrition. The formula is based on objective science, not economic imperatives. The observed nutritional needs of people who have sensitive gastrointestinal tracts, or are intolerant to certain foods, is the basis upon which this formula was devised.

**2. Protein Power!**

Each serving of PIONEER® *Comprehensive Clear Meal™* contains 16 grams of protein to keep you going during the day. The protein is balanced evenly with carbohydrates from hypoallergenic rice syrup solids. Unlike other protein shakes, we avoid the use of protein derived from common allergens such as dairy and eggs. For even more nutritional support, add some flax oil to your smoothie or take with fish oil for healthy essential fatty acids.

**3. Vitamins, Minerals & Trace Elements.**

PIONEER® *Comprehensive Clear Meal™* contains essential vitamins, minerals and micronutrients in appropriate proportions and amounts. One serving provides vitamin and mineral levels equivalent to many basic multivitamin formulas. We include key antioxidant vitamins including 400 IU of Vitamin D3, a comprehensive B-complex, as well significant levels of trace and macro minerals. PIONEER® *Comprehensive Clear Meal™* provides an easy way for those with gluten sensitivity and other gastrointestinal concerns who may have impaired intestinal absorption to receive adequate multivitamin nutritional supplementation. *Comprehensive Clear Meal™* is also an excellent solution for those who need an alternative to multivitamin pills due to difficulty swallowing or stomach upset.

**4. Gut Health Nutrients.**

PIONEER® *Comprehensive Clear Meal™* contains important nutrients that support a healthy gastrointestinal tract:

**Glutamine** is an amino acid that is the primary fuel source for cells lining the small intestine. It is essential for maintaining intestinal function, immune response, and amino acid homeostasis during times of stress. It can be considered a conditionally essential amino acid. The intestinal mucosa can synthesize glutamine, but not enough to compensate for the body's needs during times of stress. *Comprehensive Clear Meal™* provides an efficacious 1,000 mg of glutamine per serving.

**Marshmallow** is a demulcent (soothing) herb that contains mucilage polysaccharides that soothe and protect mucous membranes by forming a protective layer. Marshmallow has long been used in traditional herbalism for its gut healing properties.

**Aloe Vera** produces a soothing gel that is high in polysaccharides to help protect the intestine. Our Aloe gel is a gentle powdered extract from the inner file of the Aloe plant. The cathartic latex of the Aloe plant is not used in this formula. In one study, Aloe gel was found to offer significant intestinal benefits after four weeks.

**Quercetin & Hesperidin** are bioflavonoids which are intended to provide nutritive support to help the immune system and support the connective tissue of the gastrointestinal tract.

**5. Food Sensitivity-Aware.**

PIONEER® *Comprehensive Clear Meal™* is perfect for people with many common food allergies. The formula is lab-verified gluten-free, and contains no yeast, eggs, dairy products, salt or starch, and no added synthetic colorings, flavorings or preservatives.

## 6. Naturally Sweetened.

PIONEER® *Comprehensive Clear Meal*™ is sweetened with luohan guo and rice syrup solids. Luohan guo, also known as Monk Fruit, is a calorie-free, natural sweetener. Rice syrup solids provide a hypoallergenic source of carbohydrates in the formula. We have avoided sweeteners to which some people may be sensitive, including glucose, sucrose, lactose, maltose, fructose, honey, maple syrup and molasses.

## 7. Great Natural Vanilla Taste!

PIONEER® *Comprehensive Clear Meal*™ has a delicious natural vanilla flavor and smooth texture that easily mixes with water or other beverage of your choice. Try blending with frozen fruit for a delicious smoothie and quick nutrition when you are on the go.

## 8. Verified Gluten-Free.

Like all PIONEER® formulas, *Comprehensive Clear Meal*™ 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.

SUPPLEMENT FACTS		
Serving Size 1 scoop (42 g)	AMOUNT	%DV
Servings Per Container: 12	PER SERVING	
<b>Calories</b>	140	
Calories from Fat	5	
Calories from Saturated Fat	0	
<b>Total Fat</b>	<1 g	<1%†
Saturated Fat	0 g	
<b>Total Carbohydrate</b>	18 g	6%†
Dietary Fiber	2 g	8%†
Sugars	7 g	
Other Carbohydrate	7 g	
<b>Protein</b>	16 g	32%†
<b>Sodium</b>	28 g	1%†
Vitamin A (natural mixed carotenoids from <i>B. trispora</i> )	2500 IU	50%
Vitamin C (calcium ascorbate)	60 mg	100%
Vitamin D-3 (cholecalciferol)	400 IU	100%
Vitamin E (d-alpha tocopheryl succinate)	30 IU	100%
Vitamin K (1:1 phytonadione: menatetranone)	80 mcg	100%
Thiamine (as thiamine HCl) [B-1]	5 mg	333%
Riboflavin [B-2]	5 mg	294%
Niacin (2:1 niacinamide:niacin) [B-3]	20 mg	100%
Vitamin B-6 (pyridoxine HCl)	5 mg	250%
Folic Acid	400 mcg	100%
Vitamin B-12 (methylcobalamin)	30 mcg	500%
Biotin	300 mcg	100%
Pantothenic acid (d-calcium pantothenate)	10 mg	100%
Calcium (4:1 tricalcium phosphate:lactate)	500 mg	50%
Iodine (potassium iodide)	150 mcg	100%
Magnesium (4:1 oxide:malate)	250 mg	62.5%
Zinc (picolinate)	10 mg	67%
Copper (citrate)	1 mg	50%
Manganese (amino acid chelate)	2 mg	100%
Chromium (picolinate)	120 mcg	100%
Molybdenum (amino acid chelate)	75 mcg	100%
Potassium (citrate)	99 mg	2.8%
Choline (bitartrate)	100 mg	*
Inositol	50 mg	*
L-Glutamine	1000 mg	*
Marshmallow ( <i>Althaea officinalis</i> )(root)(4:1)	300 mg	*
Quercetin	100 mg	*
Hesperidin	100 mg	*
Lecithin (non-GMO)(soy)	350 mg	*
Aloe vera gel (200:1)(organic)(inner fillet)	100 mg	*

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

Other ingredients: Rice protein concentrate, rice syrup solids, natural vanilla flavor with other natural flavors, maltodextrin (carrier), gum stabilizer, guar gum, luohan guo. 11.10

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

