

# *From the Desk of Dale Migliaccio, D.C.*

---

## *Meal Replacement Powders*

This handout is designed to help you understand the various meal replacement powders we have in the clinic. Every product has three things in common: it can serve as a meal replacement, it is hypoallergenic and it provides much more than just protein powder.

These products contain NO soy or milk products, which are common ingredients in many "protein powders." These ingredients are commonly used because they are less expensive, but for many people they introduce numerous health risks.

Additionally, each powder formula contains a combination of protein, carbohydrates, fats and many other specific nutrients designed to support specific systems within your body.

Because there are significant differences between our many meal replacement powders, I've provided an overview of each of the different formulas we carry below.

**OptiCleanse GHI** This is our most popular cleanse product. OptiCleanse is also our most substantial powder, with the highest amount of protein, coming in at 26 grams per serving. That is close to 4 eggs' worth of protein. It is a rice/pea protein blend, which makes for a tastier and smoother protein than just rice. It also makes it a complete protein.

The micronutrients in OptiCleanse support detoxification pathways in the liver and gastrointestinal health, and they have an anti-inflammatory component. Some of these micronutrients include L-glutamine, glycine, taurine, vitamins A, B1, B2, B3, B6, B12, folic acid, vitamin C and biotin. Additionally, there are impressive concentrations of plant antioxidants from ginger root, ellagic acid from pomegranate extract, watercress and green tea catechins. There is a rich bioflavonoid mixture of curcumin, quercetin, rutin, and lemon peel. There is also MSM, MeadowPure organic stabilized flax seed complex, and Preventium, a patented form of potassium d-glucarate (which provides protection from hormones and hormonal imbalance).

This rich complex of nutrients supports liver function, protection of liver cells and DNA in general, gall bladder health, bile synthesis, cell membrane health, anti-inflammatory function, detoxification and antioxidant activity, while reducing damaging free radicals and providing nutrients for intestinal health.

Cost: \$66.00 for 14 servings and comes in Vanilla Delight or Creamy Chocolate.

Note: Smaller individuals may find that 1.5 scoops are plenty for a meal replacement, extending this to 21 servings. 1.5 scoops still contain 19.5 grams of protein.

**BioCleanse Plus** We have been using the BioCleanse meal replacement powders for over 10 years now and they are great products. BioCleanse Plus is similar in design to

OptiCleanse, but less substantial in overall protein levels (14 grams per 2 scoops), as well as lower in overall nutrient levels. For some patients this combination works well and/or they just like the taste of BioCleanse better. Because it is less substantial it is also less expensive, although if you do 1.5 scoops of OptiCleanse instead of 2 the price is about the same per serving.

Cost: \$64.00 for 21 servings and comes in a neutral flavor.

**i5** i5 is a unique meal replacement powder that supports immune health. It provides 21 grams of protein per serving, is balanced nicely for blood sugar control and has 3 unique ingredients that support immune health. IgG 2000 provides natural antibodies that kill microbes in your gut, as well as reduce inflammation in the intestinal tract. Arabinogalactan is a plant byproduct that has immuno-stimulatory properties, enhances production of fatty acids that are very healthy for the cells of your intestines and promotes a healthier balance of microflora. OncoPLEX SGS is a patented phytochemical found in broccoli, responsible for giving the vegetable its anti-cancer properties. The amount of broccoli seed extract in one serving of i5 is the equivalent of 1.5 pounds of broccoli. OncoPLEX is also a unique antioxidant that significantly extends the life of all other antioxidants. This is the meal replacement that is recommended if you want to boost your immune system on a regular basis.

Cost: \$74.00 for 14 servings and comes in Creamy Chocolate and Vanilla Delight.

**BrainSustain** BrainSustain is a relatively new product designed by noted brain nutrition expert, neurologist David Perlmutter, M.D. This is our best brain and cardiovascular meal replacement powder.

BrainSustain is a rich combination of vitamins, amino acids and antioxidants designed to support brain health, enhance brain function, promote healthy memory and provide strong protection against the damaging effects of free radicals. Free radicals are highly associated with damage that can lead to the degenerative diseases of the brain.

Anyone who has a history of cardiovascular disease or has CV risk factors will also benefit from BrainSustain. This includes smokers and those with high blood pressure, as well as anyone with a family history of heart disease or a positive calcium score on the heart scan. This is the best meal replacement supplement for heart health I have seen to date. Many of the vitamins and antioxidants that are essential for the brain are also essential for the heart and cardiovascular system.

Additionally, anyone who simply wishes to maximize his or her brain function can use BrainSustain!

BrainSustain is quite rich in protein, coming in at 150 calories per serving and providing 19 grams of protein with a favorable protein to carbohydrate ratio.

Cost: \$81.00 (\$5 below MSRP) for 14 servings; comes in Creamy Chocolate and Vanilla Delight. Note: we have a more extensive article available on BrainSustain entitled 'How to Get \$294 Worth of Nutrients for Free!' If you're interested, just ask our staff.

**Some Tips on Using Our Powders:** At a single scoop, our powders are also great between-meal or pre- or post-exercise snacks. If you are using it as a pre-exercise meal, use 2 or more scoops. Dr. Dale uses 2 very large scoops of OptiCleanse as his breakfast prior to 50+ mile bike rides.

Time Saving! All of our powders are designed to be mixed in water, so no additional juice is necessary. Simply combine about 8 ounces of water (up to 10 ounces for OptiCleanse) with your powder, shake, shake, shake and you're done. Breakfast made in less than one minute.

Regarding Taste: Taste preferences vary tremendously from person to person. Some like the taste of OptiCleanse better, some BioCleanse. Some like theirs better at room temperature; some like theirs with ice water.

Add-ins for your drink: Some patients like MORE than just their powder and water. The healthiest additions would be fresh or frozen berries, in which case you would need a blender. Almond milk instead of water is also an option.

Cleanses: Our cleanse powders are designed to facilitate detoxification and we do more thorough cleanses with many patients. There is a complete protocol for how to go about a cleanse. If you are interested in doing a cleanse, please ask Dr. Dale, Dr. Mark or Dr. Hall.

**Yours in Health, *Dr. Dale***

Copyright © 2015 Dale Migliaccio, D.C.