

Detox program comparison



CRITERIA	COMPANY NOTES #1	COMPANY NOTES #2	COMPANY NOTES #3	COMPANY NOTES #4	COMPANY NOTES #5	COMPANY NOTES #6	COMPANY NOTES #7
Company	Ka Formulas	Thorne	Isagenix	Metagenics	Pure Encapsulations	DrNatura	Master Cleanse
Product	Clear The Toxins	MediClear	Cleanse for Life/IsaLean shakes	UltraClear	ClearDetox	Toxinout program	Created by Stanley Burroughs (1941)
Protein	25 g per serving - Source: Brown Rice	26 g per serving - Source: Rice	23 g per serving - Source: Whey/Dairy	15 g per serving - Source: Rice	21 g per serving - Source: Rice	0 g per serving	0 g
Time frame	20 days or 10 days	21 days	30 days or 9 days	30 days	30 days	2-3 months	14 days
Diet Type	Elimination/Alkalinizing* An elimination diet is based on removing certain foods from the diet plan. These foods are known immune triggers which can hyper-sensitize the immune function, causing inflammation which can set the foundation and lead to many other chronic health problems. Alkalinizing diets rely on foods which shift the G.I. tract chemistry from acid to alkaline. The typical American diet is high in acid forming foods which has been scientifically shown to create and harbor disease processes. Not all elimination diets are equal and some allow foods which are known to create inflammation. The reason some companies allow them is unknown.	Elimination: However allows foods like potatoes and eggplant, which are night shades and can create inflammation. Also allows starches, nuts, breads/cereals and sweeteners, all of which create an acid response in the G.I. pH.	No elimination diet - even allows grapefruit which shuts down phase II liver detoxification. Also includes ground beef and other foods which impede our bodies ability to clear toxins.	Elimination: However, allows starches, nuts, breads/cereals and sweeteners, all of which create an acid response in the G.I. pH.	Elimination: However allows foods like tomatoes, potatoes and eggplant, which are night shades and can create inflammation. Also allows starches, nuts, breads/cereals and sweeteners, all of which create an acid response in the G.I. pH.	No elimination diet - company states that no particular diet is needed for the program to work. They suggest a diet containing organic fruits, vegetables, whole grains, legumes, nuts and seeds complements this program very well. They recommend to avoid or minimize red meats, cured meats, organ meats, refined foods, canned foods, sugar, salt, saturated fats, coffee, alcohol, food additives, colorings and preservatives, as well as nicotine while cleansing.	Essentially, a fasting diet.
Ingredients Those highlighted in red denote questionable ingredients. Some comments on these ingredients are listed in the notes, below.	Cleansing Powder : vitamin A (from natural beta-carotene) vitamin C (from magnesium ascorbate and ascorbic acid) vitamin D vitamin E (mixed tocopherols) thiamine B1 riboflavin B2 niacin B3 niacin B6 folate (folic acid) vitamin B12 biotin pantothenic acid (calcium pantothenate) calcium (from dicalcium phosphate) magnesium (from ascorbate and citrate) phosphorus (from dicalcium phosphate) manganese (krebs) copper (krebs) chromium (GTF) molybdenum (krebs) potassium (chloride) choline (bitartrate) boron (citrate) vanadium (krebs) zinc (gluconate) Trace Mins Milk Thistle Powder (seed) Quercetin Turmeric powder (root) Dandelion root powder Celandine (entire plant) Triphala (fruit) Green Tea (leaf) Red wine proanthocyanidins Grape seed Artichoke (root) Barberry powder (root) Lipase Amylase Protease Medium chain triglyceride powder Glycine Lysine Borage oil powder (seed) L-glutamine Taurine Alpha Lipoic Acid MSM Cysteine N-Acetyl-L-Cysteine (NAC) Glutathione Betaine Inositol lactobacillus acidophilus Other ingredients: Rice Protein, natural mixed fruit flavor, Xylitol, Stevia and Lo Han Powder Detox Capsules: Bentonite powder Psyllium powder Garlic (deodorized) Celery Powder Aloe Vera powder Prune concentrate Mint Flaxseed powder Barley Chlorella Anise Bromelain Magnesium Citrate Vitamin C Green Foods Capsules: Wheat Grass Juice Powder Barley Grass Juice Powder Alfalfa Grass Juice Powder Green Papaya Spirulina Chlorella Broccoli Powder Cauliflower powder Lecithin Acerola Juice Powder Beet Juice Powder Spinach Powder Dunaliella salina Green Tea extract Milk Thistle Ginkgo Biloba Bilberry Proanthocyanidins Probiotic cultures Fructooligosaccharides	Vitamin A (from 3000 IU Mixed Carotenes and 2000 IU Palmitate) Vitamin C (as Ascorbic Acid) Vitamin D (as Vitamin D3) Vitamin E (as d-Alpha-Tocopherol from 100 mg Pure Mixed Tocopherols) Thiamine (from Thiamine HCl) Riboflavin (from Riboflavin 5'-Phosphate) Niacin (from 8 mg Niacin and 30 mg Niacinamide) Niacin B6 (from Pyridoxal 5'-Phosphate) Folate (from Calcium Folate) Vitamin B12 (from 25 mcg Cobamide and 25 mcg Methylcobalamin) Biotin Pantothenic Acid (from Calcium Pantothenate) Calcium (as Calcium Citrate-Malate) Magnesium (as Magnesium Citrate-Malate) Zinc (as Zinc Picolinate) Selenium (as Selenium Picolinate) Manganese (as Manganese Picolinate) Chromium (as UltraChrome) Molybdenum (as Molybdenum Picolinate) Potassium (as Potassium Citrate-Malate) Sodium Phosphorus Choline Citrate Boron (as Boron Picolinate) Vanadium (as Vanadium Picolinate) Lactobacillus sporogenes Quercetin chalcone Green Tea Extract (Catechin source) MSM (Methyl Sulfonyl Methane) Betaine (Trimethylglycine) Borage Oil Medium Chain Triglycerides (MCT'S) ADDED AMINO ACIDS: L-Glutamine Glycine Taurine Lysine N-Acetylcysteine Other Ingredients: Rice Protein, pure cane molasses , olive oil, SlimSweet® (Lo Han fruit extract), and natural vanilla and orange flavoring.	Cleanse for Life Proprietary Blend: 100ml Aloe vera leaf gel, trace minerals, Pau d'Arco, Suma root, Eleuthero root, Burdock root, Fennel seed, Peppermint leaf, Licorice root, choline bitartrate, inositol, betain HCL, L-methionine Other ingredients: R.O. water, natural berry flavor, fructose, xanthan gum, citric acid, tartaric acid and potassium sorbate/sodium benzoate (as a preservative). IsaLean Shakes: Whey protein concentrate , Calcium caseinate, low heat nonfat dry milk, fructose, vanilla flavor, esters of fatty acids, soy lecithin, soluble fiber, olive oil, cinnamon bark, alpha-linoleic acid from ALA-stabilized flax seed, natural flavors, guar gum, xanthan gum, magnesium oxide, tricalcium phosphate, silica, honey, magnesium citrate, potassium citrate, trace minerals, Lactobacillus acidophilus, yucca root, copper amino acid chelate, vitamin C, Psyllium seed, biotin, selenium amino acid chelate, vitamin E, niacin, vitamin A, zinc oxide, manganese amino acid chelate, iodine amino acid chelate, vitamin B5, vitamin D3, chromium amino acid chelate, molybdenum amino acid chelate, vitamin B6, bromelain, lactase, lipase, cellulase, protease, papain, alpha amylase, acid-stable protease, vitamin B12, vitamin B1, folate. Contains Dairy and Soy	Vitamin A (as retinyl palmitate and as beta-carotene) Vitamin C (as ascorbic acid) Calcium (as dicalcium phosphate and calcium citrate) Iron (as ferrous fumarate) Vitamin D (as cholecalciferol) Vitamin E (as d-alpha tocopheryl acetate) Thiamin (as thiamin HCl) Riboflavin Niacin (as niacinamide) Vitamin B6 (as pyridoxine HCl) Folate (as folic acid) Vitamin B12 (as cyanocobalamin) Biotin Pantothenic Acid (as D-calcium pantothenate) Phosphorus (as dipotassium phosphate and dicalcium phosphate) Iodine (as potassium iodide) Magnesium (as magnesium citrate) Zinc (as zinc gluconate) Copper (as copper gluconate) Manganese Chromium (as chromium polynicotinate) L-Glycine L-Glutamine L-Cysteine (as L-cysteine HCl) L-Lysine (as L-lysine HCl) L-Threonine, DL-Methionine Other Ingredients: Rice protein concentrate, rice syrup solids, olive oil, medium chain triglycerides, natural vanilla flavors with other natural flavors , silica, and rosemary leaf extract.	calcium (naturally occurring); phosphorus (naturally occurring); magnesium (naturally occurring); potassium (naturally occurring); vitamin C (as ascorbyl palmitate) L-glutathione (reduced) (free-form) n-acetyl-L-cysteine (free-form) methylsulfonylmethane (MSM) alpha lipoic acid (thioctic acid) milk thistle (Silybum marianum) extract (standardized to contain 80% silymarin) artichoke (Cynara scolymus) extract (standardized to 3% caffeoylquinic acids) turmeric (Curcuma longa) extract (standardized to contain 97% curcuminoids) greater celandine (Chelidonium majus) extract (4:1) barberry (Berberis vulgaris) extract (6:1) Other Ingredients: other ingredients: rice protein concentrate, natural flavors , Lo Han (Momordica grosvenori fruit extract)	Toxinout Vitamin C (from Calcium Ascorbate) Vitamin B1 Calcium (from Calcium Ascorbate) Zinc (gluconate) Selenium (AA) Magnesium (oxide) EDTA (Calcium Disodium) Silymarin (from Milk Thistle) L-Methionine N-Acetyl-L-Cysteine (NAC) ~Glutathione Alpha Lipoic Acid Flora Protect Lactobacillus acidophilus Lactobacillus casei Lactobacillus rhamnosus Lactobacillus salivarius Bifidobacterium bifidum Bifidobacterium lactis Bifidobacterium longum Streptococcus thermophilus DetoxGreen Vitamin A (as Beta-Carotene) Vitamin B-1 (as Thiamine HCl) Vitamin B-2 (Riboflavin) Vitamin B-3 (Niacin) (as Niacinamide) Vitamin B-5 (Pantothenic Acid) Vitamin B-6 (as Pyridoxine HCl) Vitamin B-9 (Folic Acid) Vitamin B-12 (as Cyanocobalamin) Vitamin C (as Calcium Ascorbate) Vitamin D (as Cholecalciferol) Vitamin E (as d-alpha Succinate) Vitamin K (from Green Foods) Biotin Calcium (from Ascorbate, Carbonate, Citrate) Magnesium (from Citrate, Oxide) Iodine (from Kelp) Selenium (as L-Selenomethionine) Zinc (from Zinc Picolinate) Copper (from Amino Acid Chelate) Manganese (from Amino Acid Chelate) Chromium (from Chromium Picolinate) Molybdenum (from Amino Acid Chelate) Potassium (from Potassium Chloride) Boron (from Amino Acid Chelate) Vanadium (from Amino Acid Chelate) Barley Grass (Organically Grown) Spirulina (U.S. Grown) Chlorella (Broken Cell Wall) Wheat Grass (Organically Grown) Alfalfa Juice Concentrate (leaf) Panax Ginseng (5% Ginsenosides) Green Tea Extract (40% Catechins) Chlorophyll (from Green Foods) Citrus Bioflavonoids Rutin Choline (from Choline Bitartrate) Inositol PABA Amylase (20,000 USP units) Bromelain (2,000 GDU from Pineapple) Lipase (3,400 USP units) Papain (140 MCU from Papaya) Pepsin Enzymes (NF 1:10000) Amino Acids (from Green Foods) Trace Mineral Concentrate	Lemon Juice, Maple Syrup, Cayenne Pepper, Salt water.
Notes on sweeteners	Xylitol, Stevia, and Lo Han fruit powder	Pure cane molasses, Lo Han fruit powder	Fructose (see below)	Rice syrup solids	Lo Han Fruit extract	None, program consists of capsules	Maple syrup
Notes on ingredients and program diet	Our Product includes the most extensive and comprehensive ingredient list in the industry. We also have more food sourced ingredients than any other program listed.	Molasses is the crushed up plant material with or without some of the sugars removed. It has some nutrients, but not really a significant amount. Its real value is its characteristic taste and a mild antioxidant quality that can delay the spoilage of food to which it is added. The quality of molasses depends on whether it is the primary product or a byproduct of sugar production. Good, unsulfured molasses is made with a 200-year-old process using mature cane and aged before selling. Sulfured molasses is a byproduct from sugar production using green cane. It contains the residue of sulfur extraction of the sugar. Blackstrap molasses is the lowest grade of molasses—the remaining product when all the profitable material has been extracted. It can contain concentrated contaminants.	Dairy and Soy are common allergens. They can facilitate a sensitization of the immune system and stimulate inflammation. Fructose , is processed in the liver. To greatly simplify the situation: When too much fructose enters the liver, the liver can't process it fast enough for the body to use as sugar. Instead, it starts making fats from the fructose and sending them off into the bloodstream as triglycerides and creating a fatty sluggish liver. Sodium benzoate has been tested on yeast cells and found the preservative spurred an increase in production of oxygen radicals, or free radicals, which several studies have linked to serious illnesses and aging in general. Benzoate appeared to attack cells' mitochondria, damaging their ability to prevent oxygen leaks that create free radicals. Yeast cells were used because of their similarity to human ones, but no research on humans has been done.	This definition of " Natural Flavors ", comes from The code of Federal Regulations. It states, <i>"The term natural flavor or natural flavoring means the essential oil, oleoresin, essence or extractive, protein hydrolysate, distillate, or any product of roasting, heating or enzymolysis, which contains the flavoring constituents derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, seafood, poultry, eggs, dairy products, or fermentation products thereof, whose significant function in food is flavoring rather than nutritional."</i> Essentially, this allows manufacturers to include many different ingredients without disclosing them. They can use if they wish, "Kombu seaweed extract" or "Barley malt extract", for instance, which both sound natural. These are both, however, forms of free glutamic acid or better known as MSG.	This definition of " Natural Flavors ", comes from The code of Federal Regulations. 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Although fasting can have some benefit to afford the digestive system an opportunity to rest, organ detoxification actually requires protein, vitamins and minerals in order to be effective. The Master Cleanse can irritate the gastro-intestinal tract, which is not a good idea. It suggests salt water flushing, also not a good idea, as it actually removes beneficial bacteria from the lining of your colon. By utilizing this practice for an extended period of time, you are effectively wiping out one of your first lines of defense against infection and sickness. Vitamin deficiencies, muscle breakdown and blood-sugar problems — not to mention frequent liquid bowel movements and inhibition of immune function are some of the seriously unpleasant drawbacks of the master cleanse. Because the Master Cleanse can upset blood sugar, potassium and sodium levels in the body, people with diabetes, heart or kidney disease or women who are pregnant or nursing should never try it. Once you start eating again, you may suffer bloating, constipation, and/or acid reflux, as your body is unused to processing food and has to re-learn how to digest it. The creator of the Master Cleanse, Stanley Burroughs was plagued by accusations and lawsuits for his entire career. One patient, whom he convinced to ignore his doctor's advice for 30 days, actually died under his care. Burroughs was convicted of second-degree felony murder and felony practicing medicine without a license.	