Clarify products enhance physical regeneration and provide increased mental focus and acuity. Products in the Clarify category give your body a tune-up, removing toxins and allowing a more clear flow of nutrients and energy.

The natural state of humans is that of enduring optimism in daily outlook and physical ease. This state could also be described as enhanced vibrancy as a result of proper interaction within and between key body systems. Vibrancy is a vital foundation that so often is compromised by diet, stress, age and other factors. When you feel really good, you are excited about the future. Your mind and body senses are heightened and clear. Your glandular functions, respiration and circulation operate in prime condition. “Normal” is a finely tuned mind and body where your complex of organs, nerves, hormones and cells interact as they should. Clarify products help us by ridding our bodies of what gets in the way of reaching a state of vibrancy.

Clarifying includes detoxification. The Solle Naturals approach to detoxifying is a whole body and mind approach and therefore includes eliminating toxins from every cell, organ and tissue and not simply from the intestines. Stress reduction is a part of this kind of detoxification and can be assisted by the mood and emotional support components of each of the Clarify blends.

Like all Solle Naturals products, Clarify blends work their best when the body is already benefiting from relatively clean eating, exercise and sleep. For maximum clarifying benefit, work with these products by maintaining a well-functioning liver and digestive system. Some Clarify products are designed particularly to help in these specific functions (Amitox DC and GoodFibrations, for example).

For example, Solle Excell® provides the endocrine system with primary nutrients that will in turn help the entire body receive nourishment via improved endocrine system action. In addition, Excell® provides an herbal blend that enhances energy flow through the respiratory system and the circulatory system. Another Clarify product, Amitox®, enhances energy flow through the digestive and lymph systems.
Product: Solle Excell®

Category: CLARIFY

Type of Product: 100% plant-sourced drink powder

Preparation:
- Mix in 10-16 oz cold water.
- Try adding coconut milk or mixing it with Vital.

Benefits
- Endocrine and glandular support
- Clear respiration, blood, eyesight - clarifying
- Nervous system support

Ingredients:
Cupuaçu Juice Powder, Yellow Maca Root Extract, Red Maca Root Powder, Black Maca Root Powder, Bilberry Fruit Extract, Eyebright Stem Leaf and Flower Extract, Fennel Seed Extract, Mullein Leaf Extract, Fenugreek Seed Extract, Butcher’s Broom Root Extract, Celery Seed Extract, Quercetin.

Highlighted Ingredients:

A. Tri-Maca® Vibrancy Blend
   1. This blend is also found in SolleMacaXD® (education for this blend will take place in the Lift Category)
   2. Cupuaçu, a member of the Tri-Maca® vibrancy blend, is the fruit of a tree in the cocoa family.
      a. About the size of a medium watermelon, it is the national fruit of Brazil.
      b. The polyphenol theograndin sets cupuaçu apart as unique.
      c. Rich in vitamins (especially vitamin C), minerals, amino acids, antioxidants, flavonoids and polyphenols, Cupuaçu is known for stimulating the immune system and lowering blood pressure. Natives used cupuaçu for stomach distress.
   3. The Tri-Maca® Vibrancy blend helps the body produce more precursor hormones through its stimulation of the endocrine system, reducing debilitating symptoms of mood swings, adrenal, thyroid, menstrual and menopause problems. It is a clarifying blend in that it helps the body’s hormones work more efficiently.
B. SolleClear® Blend

1. This blend contains herbs that help the body clarify the mind, eyes, circulatory and respiratory systems, providing a foundation for cleaner body functioning.
2. The emphasis on herbs that help with respiratory and circulatory health reflects the Solle philosophy of the critical function of these systems in mind/body health at the cellular level.
3. Herbs in this blend include bilberry, eyebright, fennel, mullein, fenugreek, butcher's broom, celery and the component quercetin.

Highlighted Research: Fenugreek

A. Fenugreek is largely known as an aid to managing blood sugar levels. However, other health benefits include gas reducing, digestive stimulant, anti-diabetic, blood lipid reducing, antioxidant, liver protective, anti-inflammatory, antibacterial, antifungal, anti-ulcer, gallstone reducing and other miscellaneous medicinal effects of fenugreek.” Yadav UC1, Baquer NZ. (2013) Pharmacological effects of Trigonella foenum-graecum L. in health and disease. Pharm Biol. 2014 Feb;52(2):243-54.


Highlighted Research: Mullein

A. In addition to many other benefits (antimicrobial, anti-diarrheal, antiparasitic, etc.), the expectorant and soothing action of mullein aids coughs, bronchitis and asthma. Turker AU1, Gurel E. (2005) Common mullein (Verbascum thapsus L.): recent advances in research. Phytother Res. 2005 Sep;19(9):733-9.

Highlighted Research:


How Solle Excell® compares to alternative products:

A. Solle Excell® is truly one of a kind in the marketplace, combining hormone balance support and energy support with clarifying herbs for the eyes, lungs and circulation to create the feeling of a personal “tune up” for prime health.

B. Solle Excell® utilizes adaptogenic herbs to increase the opportunity for broad health benefits for each individual, additional to the specific objectives of the formula.
Product: ProBioIQ®

Category: CLARIFY

Type of Product: Probiotic capsules, 60 count

Preparation:
- Take one or two away from food in order to prevent destruction of probiotics by increased amounts of stomach acid.
- First thing in the morning, about 30 minutes before breakfast is recommended.

Benefits
- Immune health
- Digestive and intestinal health
- Mood and Memory
- Cognitive health

Ingredients:
Saccharomyces Boulardii, Lactobacillus Helveticus, Bifidobacterium Longum, Lactobacillus Casei, Lactobacillus Sporogenes, Red Reishi Extract, Bacopa Leaf Extract, Xanthan Gum, Konjac Gum

Highlighted Ingredients:
A. Probiotics
   1. Five different strains of probiotics are included, one of which is a heat-resistant strain. Four of the five strains are particularly notable for their positive effects on thinking and mood.
   2. ProBioIQ® does not need to be refrigerated if used within a reasonable time frame after purchase. This is because each capsule is overfilled with probiotics and because heat resistant probiotics are included.

B. Red Reishi Mushroom (Ganoderma lucidum)
   1. Red Reishi is a widely used general health “tonic” meaning it is something that can be taken daily without any ill effects from overuse.
   2. In addition to its powerful immune benefits, red reishi is also known for positive effects on insomnia, anxiety, blood pressure, asthma, and liver functioning.

C. Bacopa Monnieri Leaf
   1. This herbal leaf is associated with improved information retention, memory and focus.

D. Konjac/Xanthan Fiber-Tract Blend (as described in Verdezymes®)
   1. This blend will carry probiotics through the stomach and into the intestine, protecting them against stomach acids.
Highlighted Research: Red Reishi


Highlighted Research: Probiotics

A. Saccharomyces Boulardii

B. Lactobacillus Helveticus, BifidobacteriumLongum
   1. L. helveticus and B. Longum were examined in combination for their effect on depression after heart attack in an animal model. The combination of these two probiotics after a heart attack resulted in decreased depression as well as decreased cell death in the limbic system and indications that probiotics benefit the vagus nerve system. Malik M et al. (2015) Vagotomy prevents the effect of probiotics on caspase activity in a model of post-myocardial infarction depression. Neurogastroenterology & Motility; 27 (5) – May 1.

   2. Chronic stress often physically alters the brain both in structure and function, particularly in areas having to do with the hypothalamus-pituitary-adrenal (HPA) response. Probiotics L. helveticus and B. Longum help reduce the HPA stress response by preventing typical chronic stress induced increases in cortisol and adrenalin, preventing stress-induced decreases in cell growth, and increasing brain plasticity. Ait-Belgnaoui A, et al. (2014) Probiotic gut effect prevents the chronic psychological stress-induced brain activity abnormality in mice. Neurogastroenterology & Motility; 26 (4) – Apr 1
How ProBioIQ® compares to alternative products:

A. Four probiotic strains included in ProBio IQ® have shown published success in stress response and emotional health.

B. ProBio IQ® is a unique probiotic formula in that it includes a full serving of Bacopa Monnieri for memory support and Red Reishi mushroom as an adaptogenic herb.

C. Many people discover they can find their health solutions with 1 capsule daily of ProBio IQ® versus several capsules of competing formulas.
Product: SolleMegas®

Category: CLARIFY

Type of Product: 100% plant-sourced omega-3 fatty acid gelcap

Preparation:
- Take 1-2 vegetarian once or twice softgels daily

Benefits
- Healthy circulation
- Focused mind
- Softer skin
- Healthy joints
- Balanced nerves

Ingredients:
- Sea buckthorn oil (seed and fruit), Chia Seed oil, Flax Seed oil, Black Currant Seed oil, Lecithin (sunflower)

Highlighted Ingredients:

A. Sea buckthorn
   1. Sea buckthorn is the fruit of a shrub that grows along the coast or in the mountains of Asia (it doesn’t come from the sea!). Both the seed and the fruit can be pressed for oil and SolleMegas contains both seed and fruit oils.
   2. Sea buckthorn contains a tremendous number of nutrients including vitamins (vitamin C is 12 times higher than an orange), minerals, fiber, protein and phytonutrients. The fruit contains vitamins E and A (three times more A than carrots) and is the only plant source for omega 3, 6, 9, and 7.
   3. Sea buckthorn seed oil is a direct source of DHA and EPA, and includes a 1:1 ratio of omega 3 to omega 6 fatty acids.

B. Chia
   1. Chia seeds are the seeds from a plant in the mint family.
   2. Ancient Maya cultures used these seeds for sustainable energy.
   3. These tiny seeds contain more omega-3’s than salmon, but these omegas are in the ALA form which your body must convert to EPA and DHA.
   4. Chia oil results in higher levels of EPA in the body.

C. Black Currant seed oil
   1. Black Currant seed oil contains GLA (gamma-linolenic acid) that supports tissue repair, blood flow and immune system functioning.
   2. Black currant has also been found helpful for heart functioning, skin repair and dry eyes as well as improving mood and cognitive functioning.
Highlighted Research: Sea Buckthorn

A. Sea buckthorn and fatty acids
   1. Sea buckthorn fruit can contain up to 43% omega-7 fatty acids (palmitoleic acid). Omega-7 fatty acids are a major component of skin fat, and critical to skin health and repair. Fatima T1, et al, (2012).
   3. The omega-7 fatty acid in Sea buckthorn is also known for reducing metabolic syndrome (reducing risk of Type II diabetes, preventing plaque buildup, increasing HDL and lowering inflammatory marker CRP; http://www.lifeextension.com/Magazine/2014/4/Omega-7-Protects-Against-Metabolic-Syndrome/Page-01)

Highlighted Research: Black Currant

A. Black currant contains high amounts of polyphenols and flavonoids (secondary metabolites) that are high in antioxidants and have neuroprotective effects including reducing hyperactivity, improving spatial memory and an overall reduced impact of stress on cognitive impairment. Vepsäläinen S. (2013) Anthocyanin-enriched bilberry and blackcurrant extracts modulate amyloid precursor protein processing and alleviate behavioral abnormalities in the APP/PS1 mouse model of Alzheimer's disease. The Journal of Nutritional Biochemistry; 24 (1) – Jan 1.

B. Serum levels LDL cholesterol levels are reduced more after using blackcurrant seed oil than after using fish oil. Tahvonen R. (2005) Black currant seed oil and fish oil supplements differ in their effects on fatty acid profiles of plasma lipids, and concentrations of serum total and lipoprotein lipids, plasma glucose and insulin. The Journal of Nutritional Biochemistry; 6 (16) Jun.


How SolleMegas® compares to alternative products:

A. SolleMegas® is unique among omega products in that it contains no fish oil but still provides a formula with more omega 3s than 6s, bringing us into a better balance of essential fatty acids than the typical person attains through nutrition.

B. SolleMegas® includes Sunflower lecithin to aid in emulsification and to provide additional nervous system benefits.

C. Though SolleMegas® are designed to be swallowed, they may be chewed, if desired, without the unpleasant flavor (for many) of fish oil

D. SolleMegas® utilizes a plant-sourced softgel, compared to many plant and animal sourced omegas that utilize an animal sourced softgel
**Product:** SE Clarify Essential Oil

**Category:** CLARIFY

**Type of Product:** Essential oil, 5 ml

**Preparation:**
- Ultrasonic Diffuser: 5-10 drops in water. 2oz.
- Spray: 20-22 total drops in a liquid carrier (i.e. Distilled Water). 2oz.
- Lotion or Cream: 15-20 total drops in a lotion or cream base. 8oz.
- Bath Salt: 10-15 total drops in epsom or sea salt.
- Mouthwash: 1 drop in 1T of coconut oil.

**Benefits**
- Improved cognition and memory recall
- Enhanced focus, concentration and alertness
- Improved gut clarity, digestive circulation and combats nausea
- Nerve pain (i.e. neuropathy), anxiety, trembles and shakes
- Antibacterial, antiviral, anti-inflammatory, antiseptic and circulatory tonic

**Ingredients:**
- Lemongrass, Sweet Basil, Spearmint, Rosemary, Black Pepper, Fennel

**Highlighted Ingredients:**

A. Herbaceous: Lemongrass (*Cympopogonflexuosus*), Sweet Basil (*Ocimumbasilicum*)

B. Camphoraceous: Spearmint (*Menthaspicata*), Rosemary (*Rosemarinusofficinalis*)

C. Black pepper (*Piper nigrum*)

D. Fennel (*Foeniculumvulgare var. dulse*)

**Highlighted Research: Spearmint**


Highlighted Research: Black Pepper

A. Circulation, vascular support: https://www.ncbi.nlm.nih.gov/pubmed/23153036


C. Back pain:

Highlighted Research: Rosemary


C. Antioxidant, hepatoprotective: https://www.ncbi.nlm.nih.gov/pubmed/25002023

How SE Clarify Essential Oil compares to alternative products:

A. Circulation support, blood tonic

B. Neuropathy, nerve imbalances

C. Digestive aid
Product: Amitox DC™

Category: CLARIFY

Type of Product: Herbal capsule, 90 count

Preparation:
- Take 3 vegetable capsules daily as part of a deep clarifying detox.
- Take 1 vegetable capsule per day as a maintenance serving.

Benefits
- Less stressful, more productive cleansing for body and mind
- Lymph flow stimulation
- Improved mood and memory
- Improved bile flow
- Liver support
- Anti-fungal, anti-viral, anti-parasitic, anti-bacterial
- Traps and adsorbs toxins and takes them gently out of the body

Ingredients:
Manjistha Root Extract, Cascara Sagrada Root Extract, Bentonite Clay, Activated Charcoal, Holy Basil Leaf Extract, Oregon Grape Root, Barberry Extract, Clove Stem Powder, Wormwood Leaf and Stem Powder, Black Walnut Extract, Pumpkin Seed Powder, Milk Thistle Extract

Highlighted Ingredients:

A. Manjistha root (Rubia cordifolia):
   1. Known also as a paint pigment (madder) manjistha stars in the area of detoxifying and moving the lymph.
   2. Known as a traditional cleanser for lymph, kidneys and liver.
   3. Better lymph drainage results in multiple health benefits including clearer skin, fewer headaches, better mood and improved immune functioning.

B. Holy Basil
   1. An adaptogen
   2. Known for effects on immunity - proliferates immune cells
   3. Decreases anxiety and cortisol levels
   4. Protects liver. Synergistic effect on liver protection when combined with milk thistle.
   5. Gastrointestinal helper, relieving bloating and distress
C. Milk Thistle
   1. A well-known liver helper.
   2. It is a powerful anti-oxidant that repairs liver cells and protects them from ongoing damage.
   3. Milk thistle can stabilize cell membranes so they can better resist toxins.
      (David Rakel, *Integrative Medicine* p 178)

**Highlighted Research: Holy Basil**


**Highlighted Research: Manjistha**


**How Amitox DC™ compares to alternative products:**

A. AmiTox DC™ is the broadest spectrum detox product on the market today, addressing detox support for multiple organs, parasites, and often-overlooked lymph movement.

B. AmiTox DC™ is scalable so that a one capsule daily serving may be used, or a 3 or more capsule therapeutic dose may also be used temporarily, compared to other detoxing cleanses which are only designed for short term use.

C. AmiTox DC™ includes a mitigating adaptogenic herb (Holy Basil) to support mood during the detox experience.
Product: GoodFibrations™

Category: CLARIFY

Type of Product: Powdered drinkable fiber supplement

Preparation:
- Add 1 scoop of GoodFibrations™ to 8 fl. oz. of cold water and mix until smooth. Drink immediately. Drink an additional 8 fl. oz. of water immediately after use.

Benefits
- Bulk forming laxative (makes elimination easier)
- Promotes regularity
- Gut soothing fibers and herbal extracts
- Neuroprotective
- Anti-inflammatory
- Tones and cleanses the intestinal tract

Ingredients:

Highlighted Ingredients:

A. Psyllium
   1. Psyllium comes from a shrub most commonly found in Asia
   2. The psyllium in GoodFibrations™ includes both the seeds and the seed husks.
   3. Seeds and husks contain both soluble and insoluble fiber.
   4. Psyllium increases fecal size and moisture, making stools soft and easy to pass.
      a. When psyllium husk absorbs water, it swells and forms a gelatin-like mass that helps transport waste through the intestinal tract.
      b. Swelling stimulates the intestines to move. Unlike many other fibers, psyllium is not associated with excess flatulence.
B. Pear fruit powder:
   1. Provides a very good source of fiber and is also a good source of vitamin B2, C, E, copper, and potassium.
   2. Pears also contain a significant amount of pectin, a water soluble fiber, which makes them effective in helping lower cholesterol levels and toning the intestinal tract.

C. Slippery Elm
   1. Slippery Elm (Ulmusrubra) is a species of elm tree used medicinally in North America. Extremely versatile, slippery elm benefits a number of ailments, including Irritable Bowel Syndrome (IBS) and sore throats.
   2. Slippery elm contains very soothing mucilaginous fiber that supports the body’s digestive system. Mucilage is a long chain of sugars that form a slippery substance when combined with water. Mucilage can settle the digestive tract, absorb toxins from the bowel and help maintain regular elimination patterns.
   3. Known for soothing gut tissue and promoting intestinal and gut healing.

Highlighted Research: Psyllium


B. In addition to providing soothing bulking fiber, psyllium is quite nutritious and contains significant phytochemicals that provide antioxidant and anti-inflammatory benefits. Seeds are rich in omega-3 fatty acids and amino acids. Manish K. Patel, Avinash Mishra, and Bhavanath Jha (2016) Non-targeted Metabolite Profiling and Scavenging Activity Unveil the Nutraceutical Potential of Psyllium (PlantagoovataForsk). Front Plant Sci. 2016; 7: 431. Published online 2016 Apr 5

Highlighted Research: Ginger

How Good Fibrations™ compares to alternative products:

A. Among high quality fiber powders, Good Fibrations™ stands alone with its pleasing Ginger Pear flavor, aiding new groups of heretofore unwilling fiber customers to now add this important nutritional facet to their daily diet.

B. Good Fibrations™ also includes Holy Basil, an adaptogen, Red Raspberry and Ginger to aid in mood support.

C. With 50 servings per bag, Good Fibrations™ is an excellent value of a high quality fiber blend.