

## Basic Dietary Guidelines

	Recommended Foods	Foods to Avoid
Fruits	Fresh, unsweetened, dried, frozen, canned, water-packed fruits, fruit juices (except orange)	Oranges, orange juice
Vegetables	All fresh raw, steamed, sautéed, juiced, or roasted vegetables	Corn; any creamed vegetables <b>Optional:</b> Nightshade vegetables—potatoes, tomatoes, eggplant, peppers*
Starch	Rice, millet, quinoa, amaranth, teff, tapioca, buckwheat, potatoes	Wheat, corn, barley, spelt, kamut, oats, rye; all gluten-containing products
Bread/Cereal	Products made from rice, buckwheat, millet, potato flour, tapioca, arrowroot, amaranth, or quinoa <b>Food sensitivity alert:</b> Amaranth and millet flake cereals may also contain oats or corn	Products made from wheat, spelt, kamut, oats, rye, or barley
Legumes (vegetable protein)	All legumes including peas and lentils (except soybeans)	Tofu, tempeh, soybeans, soy milk; other soy products
Nuts & Seeds	Almonds, cashews, pecans, walnuts, sesame (tahini), sunflower, pumpkin; nut butters (except peanut)	Peanuts, peanut butter
Meat & Fish (animal protein)	All fresh or frozen fish, chicken, turkey, wild game, lamb; canned, water-packed fish	Beef, pork, cold cuts, frankfurters, sausage; canned meats (other than water-packed fish), shellfish
Dairy Products & Milk Substitutes	Milk substitutes such as rice milk, almond milk, oat milk, coconut milk, or other nut milks	Milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, non-dairy creamers, soy milk, eggs
Fats	Oils: cold-pressed olive, flaxseed, canola, safflower, sunflower, sesame, walnut, pumpkin, almond, grapeseed	Margarine, butter, shortening, processed and hydrogenated oils, mayonnaise, spreads, palm oil, poultry skin, deep fried foods (chips, donuts)
Beverages	Filtered or distilled water, decaffeinated herbal tea, seltzer or mineral water	Sodas, diet sodas, sports beverages, and other soft drinks and mixes; alcoholic beverages; coffee, tea, other caffeinated beverages
Spices & Condiments	Vinegar (apple cider and rice); all spices including salt, pepper, cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, dry mustard, rosemary, tarragon, thyme, or turmeric	Chocolate, ketchup, chutney, soy sauce, BBQ sauce, bottled mustard, other condiments <b>Food sensitivity alert:</b> Ketchup and other condiments may contain corn syrups.
Sweeteners	Brown rice syrup, fruit sweeteners, blackstrap molasses, stevia, agave nectar	White or brown refined sugar, honey, maple syrup, corn syrup, high fructose corn syrup, or evaporated cane juice

### Other

\*Depending on your individual health concerns, your healthcare practitioner may advise you to eliminate the nightshade vegetables from your diet. These include tomatoes, tomatillos, white potatoes, eggplant, and peppers. Foods that are not in the nightshade family include: black pepper, sweet potatoes, boniato (white sweet potatoes), or members of the cabbage family, onion family, bean family, squash family, and many other vegetables.

### Mixing Instructions

Stir, shake, or blend 1 serving of medical food powder with your choice of suggested liquid. Consume within 15-20 minutes; it may thicken with time.

#### Basic Recipe

- 2 scoops medical food powder
- 1 cup (8 ounces) chilled liquid
- use ½ water and ½ rice or almond milk (without added sugar)
- use all water or your choice of rice or almond milk

#### Recipe Options:

- Using ice and a blender will make a cold "smoothie." Blend 2 scoops of powder and 2 ice cubes (if desired) with any of the following:
- 1 cup rice or almond milk, with ½ cup frozen berries or other acceptable fruit such as mango or peaches

UltraInflamX® and UltraInflamX® Plus 360° are researched, developed, and manufactured by Metagenics, Inc.

100 Avenida La Pata,  
San Clemente, CA 92673



For more information on UltraInflamX visit  
[www.metagenics.com/ultrainflamx](http://www.metagenics.com/ultrainflamx)

©2007 Metagenics, Inc.  
MET993/QGUL063 8/04 Rev 12/07

# UltraInflamX® &

# UltraInflamX® 360° PLUS

## Medical Food Programs



# quick-start guide

## The 14-day UltraInflamX Express Program

### 14-Day Program—mild to moderate symptoms

This easy-to-follow program is ideal for patients with mild to moderate symptoms. The program lasts 2 weeks, and only requires 2 containers of your recommended medical food:

- Follow the Basic Dietary Guidelines listed on the back of the guide.
- Consume the medical food daily for 14 days.
- Pursue moderate exercise such as walking and stretching.

**Days 1-2:** Start this program by following the Basic Dietary Guidelines as outlined on the back page.

**Days 3-4:** Continue to follow the Basic Dietary Guidelines. Take 1 scoop of the medical food once each day.

**Day 5:** Take 2 scoops of the medical food once today. Today, **eliminate from your diet** all foods from the *Meat & Fish* and *Dairy Products & Milk Substitutes* categories in the Basic Dietary Guidelines.

**Day 6:** Take 2 scoops of the medical food twice today. Today, **further eliminate from your diet** all foods from the *Nuts & Seeds* category in the Basic Dietary Guidelines.

**Day 7:** Take 2 scoops of the medical food 3 times today. Today, **further eliminate from your diet** all foods from the *Starch, Bread/Cereal, and Legumes* categories in the Basic Dietary Guidelines. You should now eat **only** whole fruits and vegetables (raw or steamed), topped with flaxseed or olive oil as desired.

### Days 8-10:

**Further eliminate from your diet** all foods from the *Fruits, Vegetables, and Fats* categories. Increase to 5 servings of the medical food (a total of 10 scoops) spread evenly throughout the day. You should now mix it with either pure filtered water or half-strength diluted apple or pear juice.

**Optional:** Your healthcare provider may suggest that you continue to consume *Fruits* and *Vegetables*. If so, take 2 scoops of your recommended medical food 3 times daily.

**Day 11:** Add back all foods from the *Fruits* and *Vegetables* categories (raw or steamed). Decrease to 2 scoops of the medical food 3 times today.

**Day 12:** Add back foods from the *Starch* and *Bread/Cereal* categories from the Basic Dietary Guidelines. Decrease to 2 scoops of the medical food twice today.

**Day 13:** Add back foods from the *Legumes* and *Nuts & Seeds* categories. Decrease to 2 scoops of the medical food taken once today.

**Day 14:** Add back foods from the *Meat & Fish* and *Dairy Products & Milk Substitutes* categories and discuss follow-up to the program with your healthcare provider.

## The 25-day UltraInflamX Step Program

### 25-Day Program—moderate to severe symptoms

This program may be suggested by your healthcare provider if he/she feels that a more vigorous approach may be appropriate for you. This program is ideal for moderate to severe symptoms.

**Phase 1** (Days 1-7): *During this phase, you will eliminate potentially allergenic foods while you gradually increase the dosage of your recommended medical food.*

- **Days 1-2:** Begin to follow the Basic Dietary Guidelines as outlined on the back page. Take only ½ scoop of the medical food (mixed as suggested) daily for these first 2 days.
- **Days 3-7:** Continue following the Basic Dietary Guidelines. Increase to 1 scoop of the medical food twice each day.

**Phase 2** (Days 8-25): *During this phase, you will follow the recommended dietary program along with increasing to the full 2 servings daily of the medical food.*

- **Days 8-25:** Continue following the Basic Dietary Guidelines. Take 2 scoops of the medical food twice each day.

**Phase 3** (Day 26 and beyond): *At this time, your healthcare provider will determine whether or not you would benefit from additional time on the UltraInflamX Program. In some cases, a continuation of the elimination diet alone can be helpful. A longer-term strategy may include the introduction of nutritional supplements.*

### Guidelines

- For best results, you must carefully adhere to the Basic Dietary Guidelines. Avoiding potentially allergenic foods that may impair your body's ability to heal is a key component of the program.
- Drink at least 64 ounces (8 glasses) of filtered water daily.
- Avoid caffeinated beverages and alcohol while on your program.
- You may initially experience mild symptoms such as headaches or joint aches, which are usually minor and temporary. If you have persistent symptoms, consult your healthcare provider.
- Adequate sleep and stress reduction are important to the success of this program. *Your body is rebuilding and repairing itself*—help it along by getting adequate rest.

NOTICE: THESE PRODUCTS ARE TO BE USED UNDER THE DIRECT SUPERVISION OF A PHYSICIAN OR OTHER LICENSED HEALTHCARE PRACTITIONER. DO NOT ENGAGE IN ANY DIET SUPPLYING LESS THAN 800 CALORIES PER DAY WITHOUT MEDICAL SUPERVISION.