Detox Program

This easy-to-follow program is designed to reinvigorate healthy gastrointestinal and liver function and is gentle enough for every day use.*

PROGRAM GOALS:

✓ Minimize toxin accumulation*
✓ Support toxin neutralization and elimination*
✓ Optimize acid-alkaline balance*
✓ Enhance nutrient absorption and daily wellness*

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.
WHO IT’S FOR

Our modern lifestyle and environment make a periodic detoxification protocol an important part of any wellness program. This program is designed to reinvigorate healthy gastrointestinal and liver function to encourage toxin neutralization and excretion.*

The G.I. tract is the site of toxin elimination as well as toxin buildup. Encouraging regularity with fiber promotes the removal of waste from the intestines. Many diets are low in dietary fiber and high in processed and refined foods. Without fiber to “sweep out” toxins, waste can linger in the G.I. tract. Supporting gut integrity also limits the amount of toxins that pass into the bloodstream.*

Meanwhile, the liver performs a series of enzymatic reactions to neutralize toxic compounds that have been absorbed, including air pollutants, food additives, hormones, pesticides, heavy metals, medications, antibiotics and alcohol. It also synthesizes and secretes bile, which binds to fat-soluble toxins in the intestines so that they may be removed from the body.

This program promotes the natural detoxification functions of the G.I. tract and liver to defend the body from everyday toxin exposures and to promote overall well-being.*
The diet and supplement recommendations of this program are designed to achieve the following:

**Minimize the presence of allergens**
Allergens can stress the gut and immune system and compromise their functions. By limiting the amount of ingested allergens, the intestinal tract has a chance to repair and heal and to be in optimal condition for processing waste and undesirable or harmful compounds.*

**Optimize acid-alkaline balance**
A diet high in animal products and refined carbohydrates can deplete the body of minerals, such as calcium, potassium and magnesium, which are important for bone, heart and overall health. A diet rich in fruits and vegetables preserves these crucial minerals and encourages urinary excretion of toxic compounds.*

**Balance gut microflora**
Probiotic cultures provide direct support for a healthy intestinal tract by supporting nutrient assimilation and immune defense. The fermentation of soluble fiber, such as psyllium, in the gut also provides optimal conditions for Lactobacilli and other beneficial bacteria to thrive.*

**Balance gut microflora**
Probiotic cultures provide direct support for a healthy intestinal tract by supporting nutrient assimilation and immune defense. The fermentation of soluble fiber, such as psyllium, in the gut also provides optimal conditions for Lactobacilli and other beneficial bacteria to thrive.*

**Promote G.I. integrity**
The integrity of the intestinal lining is essential for limiting the passage of toxins and allergens into the bloodstream. Amino acids and comforting herbs provide cellular energy, support tissue repair and promote a healthy mucosal lining to maintain G.I. integrity.*

**Support G.I. motility and regularity**
Insoluble and soluble fiber increase stool volume and transit time when taken with appropriate amounts of water. This means larger and softer stools for healthy bowel movements. As the bulk moves through the intestine, it helps eliminate waste and toxins more quickly, minimizing toxin exposure in the G.I. tract.*

**Enhance liver detoxification**
Most toxins cannot be readily excreted from the body. The liver must convert them to less toxic compounds or to forms that can easily be eliminated. It does this via a series of Phase I and Phase II enzymatic reactions. This program includes foods, herbs and amino acids that have been shown to encourage the liver’s detoxification enzymes. (Figure 1)*

**Encourage bile flow**
Stimulating the digestive process, specifically bile secretion and bile flow, is an integral factor for toxin elimination. Bile binds to fat-soluble toxins and helps remove them from the G.I. tract, reducing toxin exposure in the gut.*

**Chelate heavy metals**
The program helps to defend the body from common, mild environmental exposures with natural chelating nutrients. The primary mechanism for this involves a unique low molecular weight modified citrus pectin, which, unlike other pectins, works systemically (not just in the gut) to bind heavy metals. Other herbs and nutrients support the body’s natural processes for elimination and excretion of heavy metals.*

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.*
**DETOXIFICATION IN ACTION**

**Figure 1.** The enzymatic neutralization or modification of toxins by the liver is one of the primary mechanisms by which it facilitates toxin elimination. Phase I enzyme detoxification involves the liver enzyme complex, cytochrome p450, which provides the first line of defense against toxins. The enzymes involved in Phase I liver detoxification either directly neutralize toxins, make them water soluble for excretion via the kidneys, or modify them for the next detoxification phase. The different reactions in the Phase I liver detoxification process require adequate nutrients, enzymes and antioxidants. Phase II liver detoxification involves a separate group of specialized enzymes that structurally alter toxins in order to neutralize them or to prepare them for excretion. Numerous conjugation pathways are involved in this process, each requiring adequate nutrient cofactors.*
Supplement Overview
The Detox Program focuses on supporting healthy functioning of the liver and its enzymatic detoxification systems. It is designed to be physician-supervised and consists of a hypo-allergenic diet and core detoxification supplements:

- **Detox Pure Pack**  
  *Featuring* UltraNutrient® multivitamin/mineral formula, Liver-G.I. Detox, EPA/DHA essentials, NAC, and Taurine
- **G.I. Fortify**
- **Probiotic-5**
- **HM Chelate**
- **PureClear** rice protein beverage

Dietary Overview
Emphasis is placed on the following:

- **Organic natural whole foods**
  Minimizing exposure to antibiotics, hormones, pesticides, artificial colors/flavors/sugars, high fructose corn syrup or preservatives is the first line of defense.*

- **An alkaline diet**
  A diet low in animal proteins and refined carbohydrates and high in potassium-rich fruits and vegetables maintains the body’s stores of calcium, potassium and magnesium and promotes urinary excretion of estrogen-like compounds.*

- **A hypo-allergenic diet**
  Limiting common allergens reduces stress on the G.I. tract and immune system.*

- **Cruciferous vegetables**
  Encouraging healthy liver detoxification by supporting enzyme activities helps neutralize undesirable compounds.*

- **Adequate fluid intake**
  Ensuring proper hydration is especially important to facilitate the action of fiber. A minimum of 8–12 oz of water 8 times per day is recommended.*

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.
THE PROGRAM

Vegetables
5 servings or more daily
Choose: Dark green leafy vegetables, asparagus, spinach, squash, beets, tomatoes and at least 2 or more servings daily of cruciferous vegetables, including broccoli, cabbage, cauliflower, kale or Brussels sprouts
Avoid: Corn and potatoes

Starches and grain products
3-5 servings daily
Choose: Brown rice, other products made from brown rice (such as rice pasta, crackers, cereal), millet, quinoa, amaranth, sweet potatoes
Avoid: Refined carbohydrates (white bread, white rice, sugars), corn, and gluten-containing grains: wheat, oats, barley, rye, spelt, kamut

Protein
2-3 servings daily
Choose: Coldwater wild-harvested fish (e.g. salmon, sardines or halibut); organic, free-range (pesticide-free, hormone-free) poultry
Avoid: Eggs, shellfish and red meat (beef, lamb or pork)

Milk and dairy
0-2 servings daily
Choose: Rice milk or nut milk products
Avoid: Dairy products (cow’s milk, cheese and yogurt)

Beverages
8 glasses or more daily
Choose: Purified water or non-caffeinated tea
Avoid: Alcohol and caffeine (including caffeinated coffee, tea and soft drinks)

Fruits
5 servings or more daily
Choose: Potassium-rich fruits like figs, apricots, melons, apples, pears, raspberries, blackberries and bananas
Avoid: Allergenic or acid promoting fruits, including citrus fruits, strawberries, pineapple, cranberries, blueberries and plums

Fats
2-3 servings daily
Choose: Unrefined extra virgin olive oil, flaxseed oil or sesame oil
Avoid: Partially hydrogenated oils (margarine, shortening), and refined vegetable oils (corn, safflower, sunflower, canola, light olive oil)

Nuts, seeds and legumes
1-2 servings daily
Choose: Nuts (including almonds, cashews or pecans), seeds (including sunflower or pumpkin seeds) or legumes (including lentils, chickpeas or kidney beans)
Avoid: Peanuts. Preferably avoid walnuts, soybeans and soybean products

Sample Day

Breakfast
Puffed rice cereal with rice milk
PureClear protein and banana smoothie
1 capsule Probiotic-5

Mid-morning
Rice cakes with almond butter

Lunch
Green salad with cauliflower and avocado with vinegar and olive oil
4 oz wild salmon
Fresh apple
1 serving G.I. Fortify

Mid-Afternoon
PureClear protein and apricot smoothie

Dinner
Chicken, broccoli and cabbage stir-fry
Lentil and quinoa pilaf
Melon and raspberry salad
1 serving Detox Pure Pack

Evening
3 capsules HM Chelate
**PRODUCT OVERVIEW**

**DETOXIFICATION PROGRAM**

<table>
<thead>
<tr>
<th>Product</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Evening</th>
</tr>
</thead>
<tbody>
<tr>
<td>Detox Pure Pack</td>
<td></td>
<td></td>
<td></td>
<td>1 packet</td>
</tr>
<tr>
<td>G.I. Fortify (powder or capsules)</td>
<td></td>
<td>1 serving</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Probiotic-5</td>
<td>1 capsule</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HM Chelate</td>
<td></td>
<td></td>
<td></td>
<td>3 capsules</td>
</tr>
<tr>
<td>PureClear</td>
<td>1 serving</td>
<td>1 serving</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**MAINTENANCE**

<table>
<thead>
<tr>
<th>Product</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Evening</th>
</tr>
</thead>
<tbody>
<tr>
<td>Detox Pure Pack (optional)</td>
<td></td>
<td></td>
<td></td>
<td>1 packet</td>
</tr>
<tr>
<td>G.I. Fortify (powder or capsules)</td>
<td></td>
<td>1 serving</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Probiotic-5</td>
<td>1 capsule</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Maintain organic, natural, whole food dietary lifestyle

---

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.
Detox Pure Pack

Daily Packet

With Metafolin® L-5-MTHF

Detox Pure Pack convenient and comprehensive once-daily packet provides core nutrients, fish oil, taurine, NAC, and herbal extracts for optimal liver and detoxification function for short term or daily use *

- Supports Phase I and Phase II liver enzyme activation with copper, magnesium, zinc, vitamin C, selenium, vitamin B₆, folic acid, and vitamin B₁₂ *
- Promotes Phase II detoxification with amino acids, curcumin, silymarin and sulforaphane *
- Promotes liver cell health with antioxidants, milk thistle, reduced glutathione, alpha lipoic acid and curcumin *
- Boosts tissue glutathione levels and helps heavy metal binding with N-acetyl-l-cysteine (NAC) and alpha lipoic acid *
- Maintains healthy intestinal integrity with l-glutamine, limiting the amount of toxins that pass through the intestinal barrier *
- Promotes healthy bile flow and intestinal motility with artichoke extract, reducing toxin exposure in the gut *
- Promotes gastric, colon and liver cell function *

**PRODUCT DETAILS**

**UltraNutrient®**

three vegetarian capsules contain

- vitamin A (as beta carotene) ................. 12,500 IU
- vitamin D (as cholecalciferol) ............... 400 IU
- vitamin E (as d-alpha tocopheryl succinate) ............ 200 IU
- thiamin (as thiamin HCl) (B₁) ............... 50 mg
- riboflavin (vitamin B₂) ...................... 25 mg
- niacin (as niacinamide) ...................... 50 mg
- vitamin B₆ (as pyridoxine HCl) .............. 12.5 mg
- folate (as Metafolin® L-5-MTHF) ............. 400 mcg
- vitamin B₁₂ (as methylcobalamin) .......... 500 mcg
- biotin .............................................. 400 mcg
- pantothenic acid (as calcium pantothenate) (B₅) .... 200 mg
- calcium (as calcium citrate/malate) ........... 150 mg
- magnesium (as magnesium aspartate) .......... 100 mg
- zinc (as zinc picolinate) ..................... 12.5 mg
- selenium (as selenomethionine) ............... 100 mcg
- copper (as copper glycinate) .................. 1 mg
- manganese (as manganese aspartate) ........... 2.5 mg
- chromium (as chromium polynicotinate) ...... 250 mcg
- molybdenum (as molybdenum aspartate) ...... 50 mcg
- potassium (as potassium aspartate) .......... 50 mg
- boron (as boron glycinate) ................... 1 mg
- vanadium (as vanadium aspartate) .......... 100 mcg
- ascorbyl palmitate (fat-soluble vitamin C) ...... 50 mg
- riboflavin 5’ phosphate (activated B₂) ........ 12.5 mg
- pyridoxal 5’ phosphate (activated B₆) ........ 12.5 mg
- inositol hexanetric acid (no-flush niacin) ...... 45 mg
- mixed carotenoids (as lutein, lycopene, zeaxanthin) ....... 722 mcg
- CardioHealth Complex
  - alpha lipoic acid (thioctic acid) ............ 50 mg
  - coenzyme Q₁₀ (ubiquinone) .................. 25 mg
  - hawthorn (crataegus oxyacantha) extract (flower and leaf) ........ 50 mg
  - (standardized to contain 2% vitexins)
  - ginger (zingiber officinale) extract (root) .......... 50 mg
  - (standardized to contain 5% gingerols)

**LiverEnhance Blend**

- milk thistle (silybum marianum) extract (seed) .......... 50 mg
  - (standardized to contain 80% silymarin)
- turmeric (curcuma longa) extract (root) ............. 100 mg
  - (standardized to contain 95% curcuminoids)
- Setria® glutathione (reduced form) .................. 25 mg
  - other ingredients: vegetarian capsule (cellulose, water)

**EPA/DHA essentials**

each softgel capsule contains 20 sg

- calories ........................................... 10
- calories from fat ................................ 10
- total fat ......................................... 1 g
- vitamin E (as d-alpha-tocopherol) .............. 10 IU
- fish oil concentrate ................................ 1,000 mg
  - (from anchovies, sardines)
  - providing:
    - EPA (eicosapentaenoic acid) .................. 300 mg
    - DHA (docosahexaenoic acid) ................. 200 mg
  - other ingredients: gelatin capsule (gelatin, glycerin, water)

**Liver-G.I. Detox**

two vegetarian capsules contain

- alpha lipoic acid (thioctic acid) ............... 100 mg
- n-acetyl-l-cysteine (free-form) ................ 100 mg
- turmeric (curcuma longa) extract (root) ....... 125 mg
  - (standardized to contain 95% curcuminoids)
- milk thistle (silybum marianum) extract (seed) ...... 125 mg
  - (standardized to contain 80% silymarin)
- broccoli (brassica oleracea italica) sprout concentrate (whole plant) ............ 100 mg
  - (standardized to contain a minimum of 400 mcg sulforaphane)
- artichoke (cynara scolymus L.) extract (leaf) .... 125 mg
  - (standardized to contain 5% cynarins)
- taurine (free-form) ................................ 225 mg
- glycine (free-form) ................................ 225 mg
- l-glutamine (free-form) .......................... 225 mg
- l-methionine (free-form) ......................... 100 mg
- chlorella (chlorella pyrenoidosa) ............... 100 mg
- powder (cracked cell wall) ...................... 200 mg
- ascorbyl palmitate (fat-soluble vitamin C) ....... 20 mg
  - other ingredients: vegetarian capsule (cellulose, water)

NAC (N-Acetyl-L-Cysteine) 600 mg

each vegetarian capsule contains

- n-acetyl-l-cysteine (free-form) ................. 600 mg
- ascorbyl palmitate (fat-soluble vitamin C) .... 5 mg
  - other ingredients: vegetarian capsule (cellulose, water)

Taurine 1,000 mg

each vegetarian capsule contains

- taurine (free-form) .............................. 1,000 mg
- ascorbyl palmitate (fat-soluble vitamin C) .... 10 mg
  - other ingredients: vegetarian capsule (cellulose, water)

Take 1 packet daily (8 capsules), with a meal for gentle, daily detoxification support.*

**quantity** 30  
**order code** DPPB3

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

As Selenomax® (high selenium yeast). Selenomax® is a registered trademark of Nutrition 21, Inc.

**FloraGLO® Lutein** is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM Nutritional Products, Inc.

ChromeMate® brand niacin-bound chromium. U.S. Patents 4,923,855; 4,954,492; 5,194,615. ChromeMate® is a trademark of InterHealth, N.I.

Setria® is a registered trademark of KYOWA HAKKO BIO Co., Ltd.
PureClear

PureClear provides hypo-allergenic rice protein enhanced with free-form amino acids, vitamins and minerals to support daily wellness and liver function in a great-tasting naturally flavored and sweetened formula. It is available in Natural Vanilla Bean flavor.*

Features include:

- 15 g hypo-allergenic protein from rice protein concentrate
- 1 g l-glutamine per serving
- Enhanced with free-form l-valine, l-methionine, l-lysine, l-threonine, l-isoleucine, l-tryptophan and glycine for the highest biological value
- Supports Phase I detoxification with B vitamins, folic acid, antioxidants, branched chain amino acids, vitamin E and vitamin C*
- Promotes Phase II detoxification with taurine, choline, l-glutamine, glycine, protein, vitamins and minerals*
- Provides antioxidant support to protect liver and cellular health with vitamin A, vitamin C, vitamin E, selenium, zinc, copper and manganese*
- Contains hypo-allergenic brown rice protein to minimize potential allergens and maintain healthy metabolic and liver enzyme function*
- Encourages daily wellness with complete protein and multivitamin support*

Recommendations: Ages 4 and up, add 1 serving to 8 oz. water, milk or juice. Blend with fresh or frozen fruit pieces if desired. Shake, stir or blend until smooth.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

PRODUCT DETAILS

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>vitamin A (as vitamin A palmitate)</td>
<td>1500 iu</td>
</tr>
<tr>
<td>vitamin C (as calcium ascorbate)</td>
<td>30 mg</td>
</tr>
<tr>
<td>vitamin D (as cholecalciferol (D3)</td>
<td>800 iu</td>
</tr>
<tr>
<td>vitamin E (as d-alpha tocopherol acetate)</td>
<td>15 iu</td>
</tr>
<tr>
<td>vitamin K (as vitamin K1)</td>
<td>40 mcg</td>
</tr>
<tr>
<td>thiamin (as thiamin mononitrate) (B1)</td>
<td>2 mg</td>
</tr>
<tr>
<td>riboflavin (vitamin B2)</td>
<td>2 mg</td>
</tr>
<tr>
<td>niacin (as niacinamide)</td>
<td>10 mg</td>
</tr>
<tr>
<td>vitamin B6 (as pyridoxine HCl)</td>
<td>3.5 mg</td>
</tr>
<tr>
<td>folic acid</td>
<td>200 mcg</td>
</tr>
<tr>
<td>vitamin B12 (as methycobalamin)</td>
<td>6 mcg</td>
</tr>
<tr>
<td>biotin</td>
<td>150 mcg</td>
</tr>
<tr>
<td>pantothenic acid (as calcium pantothenate) (B3)</td>
<td>5 mg</td>
</tr>
<tr>
<td>calcium (as calcium citrate)</td>
<td>200 mg</td>
</tr>
<tr>
<td>iodine (as potassium iodide)</td>
<td>75 mcg</td>
</tr>
<tr>
<td>magnesium (as magnesium glycinate)</td>
<td>200 mg</td>
</tr>
<tr>
<td>zinc (as zinc glycinate)</td>
<td>7.5 mg</td>
</tr>
<tr>
<td>selenium (as selenomethionine)</td>
<td>35 mcg</td>
</tr>
<tr>
<td>copper (as copper amino acid chelate)</td>
<td>1 mg</td>
</tr>
<tr>
<td>manganese (as manganese glycinate)</td>
<td>1 mg</td>
</tr>
<tr>
<td>chromium (as chromium niacinate)</td>
<td>60 mcg</td>
</tr>
<tr>
<td>molybdenum (as molybdenum amino acid chelate)</td>
<td>38 mcg</td>
</tr>
<tr>
<td>inositol</td>
<td>100 mg</td>
</tr>
<tr>
<td>choline bitartrate</td>
<td>100 mg</td>
</tr>
<tr>
<td>taurine (free-form)</td>
<td>1,000 mg</td>
</tr>
<tr>
<td>l-glutamine (free-form)</td>
<td>2,000 mg</td>
</tr>
<tr>
<td>l-valine (free-form)</td>
<td>300 mg</td>
</tr>
<tr>
<td>l-methionine (free-form)</td>
<td>175 mg</td>
</tr>
<tr>
<td>l-lysine HCl</td>
<td>525 mg</td>
</tr>
<tr>
<td>l-threonine (free-form)</td>
<td>170 mg</td>
</tr>
<tr>
<td>l-isoleucine (free-form)</td>
<td>180 mg</td>
</tr>
<tr>
<td>l-tryptophan (free-form)</td>
<td>60 mg</td>
</tr>
</tbody>
</table>

other ingredients: brown rice protein concentrate, tapioca maltodextrin, natural flavors, xanthan gum, purified stevia extract

serving size: 41 g (1 scoop)

servings per container: 15

**WARNING: Very low calorie protein diets (below 400 calories per day) may cause serious illness or death. Do not use for weight reduction in such diets without medical supervision.
G.I. Fortify

*Supports G.I. function, motility and detoxification

- Maintains bowel regularity and supports healthy bowel movement frequency with 4 grams of fiber from psyllium and flaxseed powder
- Promotes short-chain fatty acid (SCFA) production to support a healthy G.I. environment, microflora balance, and colon cell health
- Supports healthy cellular integrity and enhances the protective mucosal lining to ensure proper nutrient absorption and limit toxins that pass through the intestinal barrier with l-glutamine*
- Soothes and enhances the protective mucous lining of the G.I. tract to support G.I. integrity with a synergistic combination of deglycyrrhizinated licorice (DGL), aloe, slippery elm and marshmallow root*
- Supports intestinal detoxification, G.I. motility and overall colon health with Triphala, a standardized Ayurvedic blend of three the fruit extracts Terminalia chebula, Terminalia belerica, and Emblica officinalis*

G.I. Fortify is designed to promote larger and softer stools and healthy bowel movement frequency; support short chain fatty acid (SCFA) production, providing an energy source for the colon and maintaining healthy colon cell function; provide prebiotic support, promoting beneficial microflora such as lactobacilli and bifidobacteria; maintain healthy gut integrity; minimize the time of exposure of the gastrointestinal tract to toxins; and soothe the gastrointestinal tract by enhancing the gastric mucosa.

G.I. Fortify (capsules)

- Maintains bowel regularity and supports healthy bowel movement frequency with psyllium and flax*
- Supports short chain fatty acid (SCFA) production to promote a healthy G.I. environment, microflora balance, and colon cell health*
- Promotes healthy intestinal cellular integrity and enhances the protective mucosal lining with l-glutamine*
- Enhances healthy G.I. detoxification with fiber and chlorella*

G.I. Fortify (capsules) is designed to support a healthy G.I. environment, bowel regularity, colon cell function and detoxification.

G.I. Fortify (capsules) 120 GIFC1

<table>
<thead>
<tr>
<th>serving size: 8.9 g (1 heaping scoop)</th>
<th>quantity</th>
<th>order code</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 capsules daily, with a meal and 8-12 oz water, or as directed by a health professional.</td>
<td>45</td>
<td>GIF4</td>
</tr>
</tbody>
</table>

- Supports the function, microflora balance, integrity, tone, connective tissue, cellular health and detoxification of the gastrointestinal tract*

<table>
<thead>
<tr>
<th>each scoop contains</th>
<th>calories</th>
<th>total carbohydrate</th>
<th>dietary fiber</th>
<th>sugars</th>
<th>protein</th>
<th>psyllium (plantago ovata) powder (husk)</th>
<th>flax (linum usitatissimum) powder (seed)</th>
<th>l-glutamine (free-form)</th>
<th>deglycyrrhizinated licorice (glycyrrhiza glabra) extract (root)</th>
<th>marshmallow (althea officinalis) extract (root)</th>
<th>aloe vera (aloe barbadensis) extract (inner fillet)</th>
<th>slippery elm (ulmus fulva) extract (bark)</th>
<th>triphala (a proprietary blend of chebula myrobolan)</th>
<th>stevia</th>
<th>ascorbyl palmitate (fat-soluble vitamin C)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>25</td>
<td>5 g</td>
<td>1 g</td>
<td>4 g</td>
<td>&lt;1 g</td>
<td>1 g</td>
<td>4 g</td>
<td>2.25 g</td>
<td>600 mg</td>
<td>400 mg</td>
<td>100 mg</td>
<td>200 mg</td>
<td>90 mg</td>
<td>40 mg</td>
<td>30 mg</td>
</tr>
<tr>
<td>Not to be taken by pregnant or lactating women.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Add 1 serving to 8–12 oz water. Shake, stir or blend briskly and drink immediately. Drink an additional 8-12 oz serving of water following. Daily water intake should be increased when consuming this product.

<table>
<thead>
<tr>
<th>G.I. Fortify</th>
<th>quantity</th>
<th>order code</th>
</tr>
</thead>
<tbody>
<tr>
<td>400 g</td>
<td>GIF4</td>
<td></td>
</tr>
</tbody>
</table>
**HM Chelate**

*Contains ingredients with natural chelating and detoxification properties for common, mild environmental exposure to heavy metals*

- Promotes healthy urinary excretion of common, mild environmental exposures and facilitates their excretion with low molecular weight modified citrus pectin*
  - A recent study indicates that modified citrus pectin promotes healthy urinary excretion of common, mild environmental exposures of mercury, arsenic, cadmium, lead and tin without altering excretion of other minerals, including calcium, magnesium, iron, copper and selenium*
- Supports the body’s natural processes for maintaining healthy metal levels and regulates distribution in tissues with cilantro, chlorella and zinc*
- Enhances urinary excretion of methylmercury with n-acetyl-l-cysteine (NAC) and selenium*
- Maintains healthy glutathione production with phase II detoxification pathways in the liver with l-methionine and NAC*
- Promotes the biliary excretion of inorganic mercury and may help regulate heavy metal induced oxidative stress with alpha lipoic acid*

**HM Chelate promotes the body’s natural, healthy detoxification reaction to common, mild environmental heavy metal exposure while supporting antioxidant and immune defenses.**

**Probiotic-5**

*A dairy and soy-free blend of key probiotic bacteria to support immune and gastrointestinal health*

- Provides 10 billion CFU of the beneficial bacteria Lactobacillus acidophilus, Lactobacillus rhamnosus, Bifidobacterium longum, Bifidobacterium bifidum and Bifidobacterium lactis to support gastrointestinal (G.I.) and immune health*
- Maintains healthy gut ecology, supports healthy yeast balance and promotes G.I. comfort*
- Promotes healthy cytokine production in the colon and maintain healthy G.I. barrier function, in part by supporting the mucosal lining of the G.I. tract*
- Support immune health, enhancing B cell, T cell and NK cell function*
  - A randomized, double blind, placebo-controlled intervention study involving 479 adults indicates that *B. longum* and *B. bifidum* promote overall health and T cell function*
  - Another randomized, double blind, placebo-controlled clinical trial involving 25 elderly volunteers suggests that *B. lactis* encourages immune function by enhancing phagocytic capacity and activity*

**Probiotic-5 is a high-strength blend of lactobacilli and bifidobacteria to promote G.I. tract health and comfort, immune cell function and overall health.**

---

**HM Chelate**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Order Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>180</td>
<td>HM1</td>
</tr>
<tr>
<td>90</td>
<td>HM9</td>
</tr>
</tbody>
</table>

**Probiotic-5**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Order Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>60</td>
<td>PRB6</td>
</tr>
</tbody>
</table>

---

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.*