

# The PureWoman™ Detox Protocol\*

Developed with Felice Gersh, M.D.†

## Duration

Dr. Gersh recommends the supplement protocol be followed for one month, two to three times per year. Since toxin exposure is a part of daily life, the dietary recommendations are intended for long-term maintenance.\*

	Product Name	Ingredients	Function	Dosing
FOUNDATIONAL SUPPORT*	<b>DIM Detox</b> Order Code: DD6	<ul style="list-style-type: none"> <li>BioResponse DIM® 100 mg</li> <li>Calcium-D-glucarate 100 mg</li> <li>HMRlignan™ 10 mg</li> <li>Alpha lipoic acid 200 mg</li> <li>N-Acetyl-L-Cysteine 200 mg</li> <li>Milk thistle extract 150 mg</li> <li>Free form amino acids (l-methionine 200 mg, glycine 100 mg, taurine 100 mg)</li> </ul>	<ul style="list-style-type: none"> <li>Supports hormone detoxification*</li> <li>Supports cellular, heart, breast, bone and cognitive health*</li> </ul>	1 capsule, twice daily, with meals
	<b>G.I. Fortify* (capsules)</b> Order Code: GIFC1	<ul style="list-style-type: none"> <li>Psyllium fiber 1,100 mg</li> <li>Flaxseed 400 mg</li> <li>L-Glutamine 500 mg</li> <li>Aloe vera (inner fillet) 100 mg</li> <li>Chlorella 100 mg</li> </ul>	<ul style="list-style-type: none"> <li>Supports digestive health*</li> <li>Supports detoxification*</li> </ul>	3 capsules daily, with a meal and 8-12 oz. of water
	<b>Probiotic-5 (Dairy &amp; Soy-Free)</b> Order Code: PRB6	10 Billion CFU: <ul style="list-style-type: none"> <li><i>Bifidobacterium lactis (BI-04)</i></li> <li><i>Lactobacillus acidophilus (La-14)</i></li> <li><i>Lactobacillus rhamnosus (Lr-32)</i></li> <li><i>Bifidobacterium longum (BI-05)</i></li> <li><i>Bifidobacterium bifidum (Bb-06)</i></li> </ul>	<ul style="list-style-type: none"> <li>Supports digestive health*</li> <li>Provides immune support*</li> </ul>	1 capsule daily, with a meal
	<b>Detox Pure Pack</b> Order Code: DPPB3	<ul style="list-style-type: none"> <li>UltraNutrient® (multivitamin featuring milk thistle)</li> <li>EPA/DHA essentials (300/200 mg)</li> <li>Liver-G.I. Detox* (featuring turmeric and artichoke)</li> <li>N-Acetyl-L-Cysteine 700 mg</li> <li>Taurine 1,225 mg</li> </ul>	<ul style="list-style-type: none"> <li>Provides essential nutrients for daily wellness*</li> <li>Provides general detoxification support*</li> </ul>	1 packet daily, with a meal

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BioResponse DIM® is a trademark of BioResponse, L.L.C., Boulder, CO, U.S. Patent 6,086,915.

This product contains calcium D-glucarate, the use of which is licensed from Applied Food Sciences, LLC and protected by U.S. Patent 4,845,123.

Please note that patients may not require all supplements listed.

†Dr. Felice Gersh has been retained as a medical consultant in advising Pure Encapsulations.

This information is intended for use by healthcare practitioners, is for informational purposes only, and does not establish a doctor-patient relationship.

Please be sure to consult your physician before taking this or any other product. Consult your physician for any health problems.

Available for download at [PureEncapsulations.com/purewmn-detox](http://PureEncapsulations.com/purewmn-detox)



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

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