# Detoxification*

## Simple Detoxification* (gentle, 2-week cleanse)

<table>
<thead>
<tr>
<th>Product &amp; Ingredient</th>
<th>Dosage</th>
<th>Features</th>
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</table>
| **Simple Cleanse**
Laxative Formula
intestinal cleansing system for short-term use. 2-week internal cleansing system* | Days 1-7: Take 3 tablets at bedtime with water. Days 8-14: Take 2 tablets at bedtime with water. Three tablets contain: 2600 mg 800 mg | • Gently cleanses and refortifies the digestive tract* 1-3
• No harsh stimulant laxatives
| Magnesium Hydroxide Blend of:
Slippery Elm (*Ulmus rubra*)
Marshmallow (*Althaea officinalis*)
Fenugreek (*Trigonella foenum-graecum*)
Peppermint (*Mentha x piperita*)
Fennel (*Foeniculum vulgare*)
Ginger (*Zingiber officinale*) | | |
| **Simple Cleanse**
Fiber Formula
intestinal cleansing system for short-term use. 2-week internal cleansing system* | Day 1-14: Take 4 UltraCaps twice daily, in the morning and at night with water, or take 8 UltraCaps at night with water. Eight UltraCaps contain: 3455 mg | • Gently cleanses and refortifies the digestive tract* 1-3
• Includes patent pending “True Dispersion” fiber
| Encapsulated fiber blend of:
Psyllium (*Plantago ovata*)
Oat (*Avena sativa*)
Guar gum (*Cyamopsis Tetragonoloba*)
Pectin
Marshmallow (*Althaea officinalis*) | | | |

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## Protocols

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| **Whole Body Cleanse™**<sup>3</sup>  
Laxative Formula intestinal cleansing system for short-term use. | Days 1-7: Take 3 tablets at bedtime with water.  
Days 8-14: Take 2 tablets at bedtime with water.  
Three tablets contain:  
2600 mg  
800 mg | • Gently cleanses and refortifies the digestive tract<sup>1-3</sup>  
• No harsh stimulant laxatives  
| **Whole Body Cleanse™**<sup>3</sup>  
Fiber Formula intestinal cleansing system for short-term use. | Day 1-14: Take 4 UltraCaps twice daily, in the morning and at night with water, or take 8 UltraCaps at night with water. Eight UltraCaps contain:  
3455 mg | • Gently cleanses and refortifies the digestive tract<sup>1-3</sup>  
• Includes patent pending "True Dispersion" fiber<sup>4</sup>  
**Whole Body Detoxification**

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| **Whole Body Cleanse™**<sup>*</sup>  
Super Milk Thistle® intestinal cleansing system for short-term use. Internal cleansing system*  
**78450** – 28 UltraCaps<sup>™</sup> | Day 1-7: Take 1 UltraCap daily. Day 8-14: Take 1 UltraCap in the morning and 2 at night. Each UltraCap contains:  
100 mg  
10 mg  
10 mg  
10 mg | • Supports detoxification of the intestines, liver, gall bladder, circulatory and lymphatic systems<sup>*</sup>  
• Highly absorbable milk thistle Phytosome<sup>™</sup>  
• Artichoke and dandelion support bile flow*  

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Detoxification*

Targeted Detoxification*

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<tr>
<td><strong>Super Milk Thistle® X</strong>&lt;br/&gt; 78106 – 60 UltraCaps™&lt;br/&gt; 78102 – 120 UltraCaps</td>
<td>Take 1 UltraCap 2-3 times daily.&lt;br/&gt;One UltraCap contains:&lt;br/&gt; 100 mg&lt;br/&gt; 40 mg&lt;br/&gt; 10 mg&lt;br/&gt; 10 mg</td>
<td>• Daily Support for Liver Health*&lt;br/&gt;• Supports detoxification of the intestines, liver, gall bladder, circulatory and lymphatic systems<em>¹-⁴&lt;br/&gt;• Highly absorbable milk thistle Phytosome</em>²&lt;br/&gt;• Artichoke and dandelion support bile flow* ³,⁴</td>
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**LIVER DETOXIFICATION**

<table>
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<th>Dosage</th>
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<tbody>
<tr>
<td>Milk Thistle (Silybum marianum)</td>
<td>100 mg</td>
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<tr>
<td>Dandelion (Taraxacum officinale)</td>
<td>40 mg</td>
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<tr>
<td>Artichoke (Cynara scolymus) (13-18% caffeoylquinic acids)</td>
<td>10 mg</td>
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<tr>
<td>Licorice (Glycyrrhiza glabra) (5% glycyrrhizic acid)</td>
<td>10 mg</td>
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<td>2 capsules contain:&lt;br/&gt; 167 mg&lt;br/&gt; 200 mcg&lt;br/&gt; 44 mcg</td>
<td>• Nutritional support for Phase I and Phase II detoxification pathways of the liver<em>¹-³&lt;br/&gt;• Supports healthy detoxification and microbial byproducts</em>¹-³&lt;br/&gt;• Reduced glutathione (GSH) is an important intracellular antioxidant and the only free radical scavenger found within mitochondria<em>¹&lt;br/&gt;• NAC is a precursor to GSH, which promotes detoxification and directly quenches free radicals</em>²&lt;br/&gt;• Calcium D-glucarate inhibits the action of beta-glucuronidase, thereby promoting detoxification processes*³</td>
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**PHASE I & PHASE II DETOXIFICATION**

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<tr>
<td>Choline</td>
<td>66 mg&lt;br/&gt; 66 mg&lt;br/&gt; 16 mg</td>
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## Targeted Detoxification*

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<td><strong>GASTROINTESTINAL DETOXIFICATION</strong></td>
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</table>
| Flax (Linum usitatissimum)  
Psyllium (Platago ovate)  
Slippery Elm (Ulmus rubra)  
Marshmallow (Athaea officinalis)  
Triphala Blend:  
Terminalia bellerica  
Phyllanthus emblica  
Terminalia chebula | 1200 mg  
1200 mg  
150 mg  
48 mg  
150 mg | - Promotes healthy intestinal flora  
- Psyllium enhances detoxification of steroid metabolites  
- Terminalia bellerica and Terminalia chebula support healthy bowel function  
- Convenient encapsulated formula | |

| **HEAVY METAL DETOXIFICATION** | | | |
| Metal Magnet™ 78643 – 30 UltraCaps | Take 1 UltraCap (75 mg) daily between meals with a full glass of water. Use for 8-week periods between cleansing. Do not exceed three 8-week periods in one year. | - Supports the elimination process of heavy metals from the body | 1. Sailay E. HUMET-R Open-labeled prospective clinical research on volunteers exposed to lead. Proprietary documentation. 1998.†  
| Blend of:  
Humic, Fulvic, and Phenolic Acids | | | |
| Mercury Detox™* 146010 – 60 UltraCaps | Take 2 UltraCaps twice daily between meals. Two UltraCaps contain: | Additional Mercury Detoxification Support*  
- Provides a synergistic blend of powerful antioxidants, amino acids and nutrients to support heavy metal detoxification  
| Selenium  
N-Acetyl  
L-Cysteine  
L-Methionine  
L-Isoleucine  
L-Valine  
Taurine  
L-Glutathione (reduced GSH) | 150 mcg  
400 mg  
200 mg  
200 mg  
200 mg  
150 mg  
100 mg | | |