



HEAVY METAL DETOXIFICATION PROGRAMME

For the first 4 weeks of the programme; we recommend using binders and cleansing agents included in the Ultra Purifiant Cleanse, along with Liver support to prepare the body and aid the removal of heavy metals. Subsequently, using the Modified Citrus Pectin is one of the most effective formulas to selectively bind to harmful toxins and heavy metals for urinary excretion without depleting essential minerals. The Clean Flow formula will also help to cleanse the kidneys, exerting an anti-inflammatory and antibacterial effect, whilst increasing urinary flow and the removal of harmful toxins.

	PHASE 1 (4 weeks) CLEANSING FOCUS ON INTESTINE AND LIVER	PHASE 2 (8 weeks) DETOX OF CELLS AND KIDNEYS
	week 1-4	week 5-12
Ultra Purifiant Cleanse	5 capsule twice daily	-
Liver	1 capsule 3 times daily	-
Acidophilus Ultra	1 capsule twice daily	-
Metal Detox Protector	-	1 capsule twice daily
Modified Citrus Pectin	-	5 g 3 times daily
Clean Flow	-	1 capsule three times daily

ULTRA PURIFIANT CLEANSE. Deep cleansing formula that stimulates the elimination organs and helps detoxify kidneys, blood and lymph. Anti-fungal, anti-bacterial, anti-parasitic agents such as caprylic acid, grapefruit seed and black walnut help eliminate bacteria, parasites and fungi. Detoxifying ingredients such as psyllium, bentonite and blessed thistle help eliminate toxins, including heavy metals and waste products.

LIVER. Contains 8 ingredients that support the liver, spleen, gallbladder, pancreas and kidneys. It contains strong antioxidant properties to help protect and regenerate liver cells, as well as aiding detoxification and modulating the immune system.

ACIDOPHILUS ULTRA. Cleanses, protects and regenerates the intestinal flora. Since the good bacteria are also eliminated during intestinal cleansing, their regeneration is very important. Probiotics and prebiotics, enteric-coated capsule PH5D. 11 billion beneficial bacteria per capsule, 11 different strains.

METAL DETOX PROTECTOR. Contains N-acetylcysteine, vitamin C and alpha lipoic acid. Helps eliminate heavy metals. Due to its antioxidant properties and ability to chelate heavy metals, this formula can be of great help for detoxification and their elimination from the body.

MODIFIED CITRUS PECTIN is an excellent nutrient for detoxification, as it selectively binds harmful and heavy metals and toxins for urinary excretion.

CLEAN FLOW. A phyto-formula that has beneficial effects on kidney function. This synergistic herbal formula works as a diuretic, antiseptic, antibiotic, tissue protector and kidney tonic. The kidney is an essential organ for detoxification, its function is to remove waste products from the blood.

	PHASE 3 (16 weeks) GUT HEALING			
	week 1-2	week 3-4	week 5-12	week 12-16
L-Glutamine	5 g daily	2,5 g daily		
Lion's Mane		1 capsule daily	1 capsule daily	
ProBoulardii Plus or Human Biota*			1 capsule daily (30 days)	
SeabuckthornOil with Goji				1 softgel daily

* use Pro Boulardii Plus if there is chronic or recurrent candidiasis for prevention

** use Human-Biota if re-occurrent infection is less likely.

L-GLUTAMINE powder support digestion and mucosal immune function and provides an energy source for the cells that line the small intestine.

LION'S MANE helps regenerate the gastrointestinal mucosa and thus is beneficial for excessive intestinal permeability. This formula contains 40% polysaccharides... using hot water extraction it concentrates, guarantees and preserves the active compounds, leading to a higher final polysaccharide content.

SEABUCKTHORN OIL WITH GOJI is a combination of omega-3-6-7 and 9. It is beneficial for reducing inflammation and repairing mucous membranes including that of the GI tract. The goji seed oil is high in polysaccharides and antioxidant compounds, which can help with gastrointestinal function, sleep quality and even menstrual problems.

HUMAN-BIOTA** contains 12 beneficial strains of human origin (42 billion CFU). Specific strains are included to help restore mucosal integrity and barrier function and repopulate the flora of the entire intestinal tract.

PRO BOULARDII PLUS* is capable of neutralizing the effects of pathogenic bacteria and intestinal candidiasis. It reduces the pro-inflammatory response, protecting the intestinal mucosal barrier.

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