

Simple Detoxification* (gentle, 2-week cleanse)

Protocols

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Product & Ingredient	Dosage	Features	Reference
<p>Simple Cleanse* Laxative Formula* intestinal cleansing system for short-term use. 2-week internal cleansing system* 18410 – 35 tablets</p> <p>Magnesium Hydroxide Blend of: Slippery Elm (<i>Ulmus rubra</i>) Marshmallow (<i>Althaea officinalis</i>) Fenugreek (<i>Trigonella foenum-graecum</i>) Peppermint (<i>Mentha x piperita</i>) Fennel (<i>Foeniculum vulgare</i>) Ginger (<i>Zingiber officinale</i>)</p>	<p>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</p>	<ul style="list-style-type: none"> Gently cleanses and refortifies the digestive tract* 1-3 No harsh stimulant laxatives Simple 2-week cleanse 	<ol style="list-style-type: none"> Donowitz M, et al. Magnesium hydroxide: new insights into the mechanism of its laxative effect and the potential involvement of prostaglandin E2. <i>J Clin Gastroenterol.</i> 1992 Jan;14(1):20-6. Hashimoto K, et al. Component of Zingiber officinale that improves the enhancement of small intestinal transport. <i>Planta Med.</i> 2002 Oct;68(10): 936-9. Langmead L, et al. Antioxidant effects of herbal therapies used by patients with inflammatory bowel disease: an in vitro study. <i>Aliment Pharmacol Ther.</i> 202 Feb;16(2):197-205.
<p>Simple Cleanse* Fiber Formula intestinal cleansing system for short-term use. 2-week internal cleansing system* 18410 – 112 UltraCaps™</p> <p>Encapsulated fiber blend of: Psyllium (<i>Plantago ovata</i>) Oat (<i>Avena sativa</i>) Guar gum (<i>Cyamopsis Tetragonoloba</i>) Pectin Marshmallow (<i>Althaea officinalis</i>)</p>	<p>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</p>	<ul style="list-style-type: none"> Gently cleanses and refortifies the digestive tract* 1-3 Includes patent pending “True Dispersion” fiber⁴ Simple 2-week cleanse 	<ol style="list-style-type: none"> Marlett JA, et al. An unfermented gel component of psyllium seed husk promotes a lubricant in humans. <i>Am J Clin Nutr.</i> 2000 Sep;72(3):784-9. Leng-Peschlow E. Plantago ovata seeds as dietary fibre supplement: physiological and metabolic effect in rats. <i>Br J Nutr.</i> 1991 Sep;66(2):331-49. Andersson M, et al. Oat bran stimulates bile acid synthesis within 8 h as measured by 7-alpha-hydroxy-4-cholesten-3-one. <i>Am J Clin Nutr.</i> 2002 Nov;76(5):1111-6. Study on the comparative dispersion of encapsulated fiber blends. Unpublished data. June 2003.†

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Whole Body Detoxification* (gentle, 2-week cleanse)

Protocols

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Product & Ingredient	Dosage	Features	Reference
<p>Whole Body Cleanse™* Laxative Formula intestinal cleansing system for short-term use. Internal cleansing system* 78450 – 35 tablets</p> <p>Magnesium Hydroxide Blend of: Slippery Elm (<i>Ulmus rubra</i>) Marshmallow (<i>Althaea officinalis</i>) Fenugreek (<i>Trigonella foenumgraecum</i>) Peppermint (<i>Mentha x piperita</i>) Fennel (<i>Foeniculum vulgare</i>) Ginger (<i>Zingiber officinale</i>)</p>	<p>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</p>	<ul style="list-style-type: none"> Gently cleanses and refortifies the digestive tract* 1-3 No harsh stimulant laxatives Simple 2-week cleanse 	<ol style="list-style-type: none"> Donowitz M, et al. Magnesium hydroxide: new insights into the mechanism of its laxative effect and the potential involvement of prostaglandin E2. <i>J Clin Gastroenterol.</i> 1992 Jan;14(1):20-6. Hashimoto K, et al. Component of Zingiber officinale that improves the enhancement of small intestinal transport. <i>Planta Med.</i> 2002 Oct;68(10): 936-9. Langmead L, et al. Antioxidant effects of herbal therapies used by patients with inflammatory bowel disease: an in vitro study. <i>Aliment Pharmacol Ther.</i> 2202 Feb;16(2):197-205.
<p>Whole Body Cleanse* Fiber Formula intestinal cleansing system for short-term use. Internal cleansing system* 78450 – 112 UltraCaps™</p> <p>Encapsulated fiber blend of: Psyllium (<i>Plantago ovata</i>) Oat (<i>Avena sativa</i>) Guar gum (<i>Cyamopsis Tetragonoloba</i>) Pectin Marshmallow (<i>Althaea officinalis</i>)</p>	<p>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</p>	<ul style="list-style-type: none"> Gently cleanses and refortifies the digestive tract* 1-3 Includes patent pending “True Dispersion” fiber⁴ Simple 2-week cleanse 	<ol style="list-style-type: none"> Marlett JA, et al. An unfermented gel component of psyllium seed husk promotes a lubricant in humans. <i>Am J Clin Nutr.</i> 2000 Sep;72(3):784-9. Leng-Peschlow E. Plantago ovata seeds as dietary fibre supplement: physiological and metabolic effect in rats. <i>Br J Nutr.</i> 1991 Sep;66(2):331-49. Andersson M, et al. Oat bran stimulates bile acid synthesis within 8 h as measured by 7-alpha-hydroxy-4-cholesten-3-one. <i>Am J Clin Nutr.</i> 2002 Nov;76(5):1111-6. Study on the comparative dispersion of encapsulated fiber blends. Unpublished data. June 2003.†

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Whole Body Detoxification* (gentle, 2-week cleanse)

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Product & Ingredient	Dosage	Features	Reference
<p>Whole Body Cleanse™* Super Milk Thistle® intestinal cleansing system for short-term use. Internal cleansing system* 78450 – 28 UltraCaps™</p> <p>Milk Thistle (<i>Silybum marianum</i>) Dandelion (<i>Taraxacum officinale</i>) Artichoke (<i>Cynara scolymus</i>) (13-18% caffeoylquinic acids) Licorice (<i>Glycyrrhiza glabra</i>) (5% glycyrrhizic acid)</p>	<p>Day 1-7: Take 1 UltraCap daily. Day 8-14: Take 1 UltraCap in the morning and 2 at night. Each UltraCap contains:</p> <p>100 mg 10 mg 10 mg 10 mg</p>	<ul style="list-style-type: none"> Supports detoxification of the intestines, liver, gall bladder, circulatory and lymphatic systems *¹⁻⁴ Highly absorbable milk thistle Phytosome*² Artichoke and dandelion support bile flow*^{3,4} Simple 2-week cleanse 	<ol style="list-style-type: none"> Gonzalez-Correa JA, et al. Effects of silymarin MZ-80 on hepatic oxidative stress in rats with biliary obstruction. <i>Pharmacology.</i> 2002 Jan;64(1):18-27. Manna SK, et al. Silymarin suppresses TNF-induced activation of NF-kappa B, c-Jun N-terminal kinase, and apoptosis. <i>J Immunol.</i> 1999;163(12):6800-9. Speroini E, et al. Efficacy of different <i>Cynara scolymus</i> preparations on liver complaints. <i>J Ethnopharmacol.</i> 2003 Jun;86(2-3):203-11. Raggi MA, et al. The choleric effects of licorice: identification and determination of the pharmacologically active components of <i>Glycyrrhiza glabra</i>. <i>Boll Chim Farm.</i> 1995 Dec;134(11):634-8.

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Products listed in the individual Basic Nutritional Support protocols (**Clinical Nutrients™** multivitamin, **Eskimo-3®** fish oil, and **Probiotic Pearls™** active cultures) support the body's detoxification processes.*
Eskimo-3® is a registered trademark of Cardinova Aktiebolag.

LIVER DETOXIFICATION*

<p>Super Milk Thistle® X 78106 – 60 UltraCaps™ 78102 – 120 UltraCaps</p> <p>Milk Thistle (<i>Silybum marianum</i>) Dandelion (<i>Taraxacum officinale</i>) Artichoke (<i>Cynara scolymus</i>) (13-18% caffeoylquinic acids) Licorice (<i>Glycyrrhiza glabra</i>) (5% glycyrrhizic acid)</p>	<p>Take 1 UltraCap 2-3 times daily. One UltraCap contains: 100 mg 40 mg 10 mg 10 mg</p>	<ul style="list-style-type: none"> Daily Support for Liver Health* Supports detoxification of the intestines, liver, gall bladder, circulatory and lymphatic systems *¹⁻⁴ Highly absorbable milk thistle Phytosome*² Artichoke and dandelion support bile flow*^{3,4} 	<ol style="list-style-type: none"> Gonzalez-Correa JA, et al. Effects of silymarin MZ-80 on hepatic oxidative stress in rats with biliary obstruction. <i>Pharmacology.</i> 2002 Jan;64(1):18-27. Manna SK, et al. Silymarin suppresses TNF-induced activation of NF-kappa B, c-Jun N-terminal kinase, and apoptosis. <i>J Immunol.</i> 1999;163(12):6800-9. Speroini E, et al. Efficacy of different <i>Cynara scolymus</i> preparations on liver complaints. <i>J Ethnopharmacol.</i> 2003 Jun;86(2-3):203-11. Raggi MA, et al. The choleric effects of licorice: identification and determination of the pharmacologically active components of <i>Glycyrrhiza glabra</i>. <i>Boll Chim Farm.</i> 1995 Dec;134(11):634-8.
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PHASE I & PHASE II DETOXIFICATION*

<p>Detoxification Factors™* 146003 – 60 capsules 146004 – 120 capsules</p> <p>Vitamin C Folic acid Vitamin B12 Choline NAC (N-acetyl L-cysteine) L-Methionine Calcium D-Glucarate GSH (L-Glutathione, Reduced)</p>	<p>Take 1-2 capsules 3 times daily, between meals. Two capsules contain: 167 mg 200 mcg 44 mcg 66 mg 66 mg 66 mg 66 mg 16 mg</p>	<ul style="list-style-type: none"> Nutritional support for Phase I and Phase II detoxification pathways of the liver*¹⁻³ Supports healthy detoxification and microbial byproducts*¹⁻³ Reduced glutathione (GSH) is an important intracellular antioxidant and the <i>only</i> free radical scavenger found within mitochondria*¹ NAC is a precursor to GSH, which promotes detoxification and directly quenches free radicals*² Calcium D-glucarate inhibits the action of beta-glucuronidase, thereby promoting detoxification processes*³ 	<ol style="list-style-type: none"> Corcoran GB, et al. Role of glutathione in prevention of acetaminophen-induced hepatotoxicity by N-acetyl-L-cysteine in vivo: Studies with N-acetyl-D-cysteine in mice. <i>J Pharm Exp Ther.</i> 1986;238:54-61. DeFlora S, et al. Detoxifying activities in alveolar macrophages of rats treated with acetylcysteine, diethyl maleate and/or aroclor. <i>Anticancer Res.</i> 1986 Sep-Oct;6(5):1009-12. Dwivedi C, et al. Effect of calcium glucarate on beta-glucuronidase activity and glucarate content of certain vegetables and fruits. <i>Biochem Med Metabol Biol.</i> 1990;21(2):83-92.
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Product & Ingredient	Dosage	Features	Reference
GASTROINTESTINAL DETOXIFICATION*			
Blue Heron™ 146001 – 120 UltraCaps™ Flax (<i>Linum usitatissimum</i>) Psyllium (<i>Platago ovate</i>) Slippery Elm (<i>Ulmus rubra</i>) Marshmallow (<i>Athaea officinalis</i>) Triphala Blend: <i>Terminalia bellerica</i> <i>Phyllanthus emblica</i> <i>Terminalia chebula</i>	Take 3-6 UltraCaps 2 times daily on an empty stomach with 8 oz. of water. 6 UltraCaps contain: 1200 mg 1200 mg 150 mg 48 mg 150 mg	<ul style="list-style-type: none"> Supports healthy intestinal elimination and detoxification*^{1,2} Promotes healthy intestinal flora*^{1,2} Psyllium enhances detoxification of steroid metabolites*² <i>Terminalia bellerica</i> and <i>Terminalia chebula</i> support healthy bowel function*³ Convenient encapsulated formula 	<ol style="list-style-type: none"> Reddy BS. Prevention of colon carcinogenesis by components of dietary fiber. <i>Anticancer Res.</i> 1999 Sep-Oct;19(5A):3681-3. Buhman KK, et al. <i>J Nutr.</i> 1998;128(7):1199-203. Chevallier A. <i>Encyclopedia of Medicinal Plants</i>. New York, NY: DK Publishing; 1996.
HEAVY METAL DETOXIFICATION*			
Metal Magnet™ 78643 – 30 UltraCaps Blend of: Humic, Fulvic, and Phenolic Acids	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.	<ul style="list-style-type: none"> Supports the elimination process of heavy metals from the body*¹⁻³ 	<ol style="list-style-type: none"> Sallay E. HUMET-R Open-labeled prospective clinical research on volunteers exposed to lead. Proprietary documentation. 1998.† Hudak A, et al. The favorable effect of humic acid based complex micro-element preparations in cadmium exposure. <i>Orc Hetil.</i> 1997;138:1411-6. Hammock D, et al. The effect of humic acid on the uptake of mercury(II), cadmium(II), and zinc(II) by Chinook salmon (<i>Oncorhynchus tshawytscha</i>) eggs. <i>Arch Environ Contam Toxicol.</i> 2003;44:83-8.
Mercury Detox™* 146010 – 60 UltraCaps Selenium N-Acetyl L-Cysteine L-Methionine L-Isoleucine L-Valine Taurine L-Glutathione (reduced GSH)	Take 2 UltraCaps twice daily between meals. Two UltraCaps contain: 150 mcg 400 mg 200 mg 200 mg 200 mg 200 mg 150 mg 100 mg	Additional Mercury Detoxification Support* <ul style="list-style-type: none"> Provides a synergistic blend of powerful antioxidants, amino acids and nutrients to support heavy metal detoxification.*^{1,2} Helps to protect tissues from toxic metals*^{1,2} 	<ol style="list-style-type: none"> Yoneda S, et al. Detoxification of mercury by selenium by binding of equimolar Hg-Se complex to a specific plasma protein. <i>Toxicol Appl Pharmacol.</i> 1997 Apr;143(2):274-80. Girardi G, et al. Effectiveness of N-acetylcysteine in protecting against mercuric chloride-induced nephrotoxicity. <i>Toxicology.</i> 1991 Apr 8;67(2):155-64.

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