

Factors that improve endogenous eliminative pathways and will help reduce Mercury and other Heavy Metals

Chlorophyllin compounds **Porphyra-zyme** 3 tablets 1-3 times per day on an empty stomach

Whey protein **Whey Protein Isolate**, filtered to remove casein, 2 scoops per day, if food sensitivities are not present

Zinc, Selenium, Vit. E **BioProtect** - antioxidants 2 tid

Garlic **Garlic Plus** 2 tablets tid

Fiber, bran, probiotics, and any other factors that optimize bowel function, thus promoting proper demethylation of MeHg. **Colon-Plus** 3-5 capsules tid or, **Bio-Doph 7 Plus** provides prebiotics and probiotics.

Factors that support detoxification in general

Alpha lipoic acid **Lipoic Acid** each cap supplies 100 mg

N-acetyl cysteine **NAC** (N-Acetyl Cysteine) 1 capsule tid

Vitamin E **Bioprotect** 2 capsules tid, or **E-Mulsion** 1 cap tid

B vitamins, botanicals **MCS II** 1 capsule bid

Omega-3 fatty acids **Optimal EFA's** 2 capsules tid

Selenium **Pro Multi Plus** each cap 33 mcg.; 2 capsules tid or **SE-Zyme Forte** each tablet contains 100mcg, (Please keep in mind that selenium supplementation is most useful to correct the deficiencies caused by mercury toxicity. Due to the toxicity of the compound formed when selenium combines with mercury, use of selenium in amounts above those needed to correct deficiencies is questionable)

Glutathione **GSH-Plus** 1 capsule bid

Cilantro can be used as a pesto with olive oil, 2 tablespoons per day on vegetables. Cilantro really helps to keep metals out of the brain