

Mercury & Other Heavy Metals Detox Protocol

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

Chlorophyllin compounds **Porphyra-Zyme™** 3-5 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. Whey Isolate will provide building blocks to raise Glutathione

Zinc, Selenium, Vit. E **BioProtect™** - antioxidants & factors needed to generate depleted 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, **BioDoph-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 200®** 1 capsule tid

B vitamins, botanicals **MCS-2®** 1 capsule bid

Omega-3 fatty acids **Optimal EFAs®** 2 capsules tid

Selenium **ProMulti-Plus®** each cap 33 mcg; 2 capsules tid or **Se-Zyme Forte™** each tablet contains 100 mcg

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