

## Douglas Directives

## Detoxification Protocol

A suggested Nutrition Protocol to Support Detoxification\*

### Week One: INTESTINAL CLEANSING

#### Ultra-D Tox™ Capsules:

Before liver detoxification, it is advisable to detoxify the intestine to limit the reabsorption of the toxins which will be eliminated by the liver. Ultra-D Tox capsules help to achieve this.

**Product Code:** 7594

**Suggested Usage:** One capsule ½ to 1 hour before each meal for 2 weeks duration. Drink six to eight glasses of water daily.

#### Metabolic Cleanse™:

A low allergenicity protein supplement containing beneficial amounts of pea, rice and fish proteins, blended with a full spectrum of vitamins and minerals. Designed to provide complete GI support for a detoxification protocol.

**Product Code:** 57089

**Suggested Usage:** 1 scoop daily in water or juice, 1-2 times per day.

### Week Two: LIVER CLEANSING

#### Livdetox™:

A synergistic blend of nutrients for detoxifying and supporting liver health.

**Product Code:** 7600

**Suggested Usage:** One tablet with each meal until bottle is used. Continue to drink six to eight glasses of water daily.

#### Metabolic Cleanse™:

Continue taking 1 scoop daily

### Week Three: CONTINUED INTESTINAL CLEANSING

#### Ultra-D Tox™ Capsules:

**Suggested Dosage:** One capsule, once daily, ½ to 1 hour before the main meal of the day until bottle is used. Drink six to eight glasses of water per day. If a laxative effect is experienced at any time throughout the regimen, decrease dosage until effects subside.

#### Metabolic Cleanse™:

Continue taking 1 scoop daily

### **Additional Supplements for a Detoxification Regimen**

#### BroccoSabi™:

A unique combination of true Japanese wasabi with a specially standardized broccoli sprout concentrate to support the body's natural detoxification processes.\*

**Product Code:** 99245

**Suggested Usage:** Two capsules daily with meals

#### Lipoic Acid (100 mg):

**Product Code:** 83006

**Suggested Usage:** One capsule twice daily

#### De-Mer-Tox™:

If it has been determined that the patient has a heavy metal toxic condition, it is suggested that a course of treatment with this product be introduced. This would then be used in STEP TWO.

**Product Code:** 80317

**Suggested Usage:** Two capsules daily

\*Statements within have not been evaluated by the FDA. Products are not intended to diagnose, treat, cure or prevent any disease.

