

Healthy Detoxification Protocol†

DEVELOPED WITH FELICE GERSH, M.D.*

This protocol was designed to offer comprehensive support for healthy detoxification, using core nutrients, antioxidants, plant-based extracts, fiber and probiotics. The detoxification protocol supports foundational detoxification processes, healthy hormone metabolism, G.I. barrier integrity and the detoxification of common, mild environmental heavy metal exposure. Dr. Gersh recommends this protocol be followed for one month, two to three times per year, under the supervision of a healthcare provider.‡

CLINICAL OBJECTIVE‡	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Support for Healthy Detoxification‡	<p>Complete blood count and chemistry profile</p> <p>Essential nutrients (including 25-OH vitamin D, serum vitamin B₁₂)</p> <p>Genomics (including MTHFR, SOD2, NQO1)</p> <p>History of exposure</p>	<p>DIM & Detox</p> <p>Order Code: DD6C-C</p>	<p>Take 2 capsules daily with a meal.</p>
Gastrointestinal Detoxification and Barrier Integrity‡	Comprehensive stool analysis	<p>G.I. Fortify</p> <p>Order Codes: GIF4C-C</p>	<p>Powder: Add 1 scoop to 40-360 mL water. Shake, stir or blend briskly and drink immediately. Drink an additional 240-360 mL of water following.</p> <p>Daily water intake should be increased when consuming this product.</p>
		<p>Probiotic-5 (Dairy & Soy-Free)</p> <p>Order Code: PRB6C-C</p>	<p>Take 1 capsule daily, with a meal.</p>

Available for download at PureEncapsulations.ca/en/pure-resources

Please note that patients may not require all supplements listed.

*Dr. Felice Gersh is a retained advisor to Pure Encapsulations.

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