



## Recommended Mercury Removal Protocol

It is important to prepare the body to capture any Mercury in the bloodstream before it enters any cellular tissue. **Glutathione** is an effective anti-oxidant produced by your body that has sulfhydryl groups that latch onto any free Mercury in the blood stream. **R-Alpha Lipoic Acid** is a potent anti-oxidant that also removes toxins from the body much the same way Glutathione does. And, **Vitamin C**, a potent anti-oxidant and free radical scavenger, assists in the excretion of the Mercury via your urine and stool. **All supplements are metal free and NON-GMO.**

### INSTRUCTIONS:

- 1) Take one pouch per day for three days. Each pouch contains the recommended dosage of each of Glutathione, R-Alpha Lipoic Acid, and Vitamin C for one day.
- 2) Take supplements with water.
- 3) Do not take more than one pouch per day. While not dangerous, we want to spread out the dosage over multiple days for maximum effect.

(Please consult with your physician about taking any supplements should there be a question or interaction with any medication you are taking or your current medical condition(s).)

*Possible Interactions: If you are currently being treated with any of the following medications, you should not use alpha-lipoic acid without first talking to your health care provider.*

*Medications for diabetes -- Alpha-lipoic acid can combine with these drugs to lower blood sugar levels, raising the risk of hypoglycemia or low blood sugar. Ask your health care provider before taking alpha-lipoic acid, and watch your blood sugar levels closely. Your health care provider may need to adjust your medication doses.*

*Chemotherapy medications -- Alpha lipoic acid may interfere with some chemotherapy medications. Always ask your oncologist before taking any herb or supplement, including alpha lipoic acid.*

*Thyroid medications, Levothyroxine -- Alpha-lipoic acid may lower levels of thyroid hormone. Your health care provider should monitor blood hormone levels and thyroid function tests closely.*

### PREGNANCY WARNING

*If pregnant, consult your health-care practitioner before using these products.*