



VibrantWellness | Detoxification Support Nutraceutical Guide

**This guide is designed for informational use only, and is not intended to serve as a product endorsement. These products are not intended to diagnose, treat, cure, or prevent any diseases. Health care practitioners should use clinical discretion in decision-making for dietary supplement suggested use.*

Vendor	Detox Formulas (Biotransformation) Supplement Facts Suggested Use	Binders & Chelators (Excretion) Supplement Facts Suggested Use	Amino Acids & Nutrients (Phase I/II Nutrient Support) Supplement Facts Suggested Use	Antioxidants (Oxidative Stress & Inflammation) Supplement Facts Suggested Use	Other- Kidney Detox Support, Estrogen Detox Support, Functional Foods, & Detox Kits Supplement Facts Suggested Use
Apex Energetics	<ul style="list-style-type: none"> • BileMin 1 cap/day (vit C, dandelion, milk thistle, phospholipids, taurine, ginger, beet, peptidase, lipase) • Lypomin-LV 1 cap 3 x day (B6, folate, choline, magnesium, carnitine, inositol, taurine, methionine, NAC) 	None	<ul style="list-style-type: none"> • Metacrin-DX 1 cap 2 x day (vit C, B1, B3, B5, magnesium, zinc, copper, molybdenum, milk thistle, dandelion, glycine, DL-methionine, NAC, gotu kola, Asian ginseng, L-glutathione, bromelain, TMG, betaine HCl, peptidase) • Methyl-SP 2caps 2-3 x day (vitamins C, E, B2, B6, and B12, folate, choline, magnesium, trimethylglycine, betaine, MSM, and beet methyl donors for liver methylation and transsulfuration support) 	<ul style="list-style-type: none"> • AC-Glutathione 250 1-2 caps 1-2 x day (S-acetyl-L-glutathione 250mg) • Glutathione Recycler 1 cap 3 x day (selenium, NAC, cordyceps, gotu kola, milk thistle, glutamine, alpha-lipoic acid) • Trizomal Glutathione Liquid & Packets 1 tsp or 1 packet 1-2 x day (NAC, phosphatidylcholine, reduced L-glutathione, S-acetyl-L-glutathione) • Turmero Active Liquid 5 ml/1 tsp 1-2 x day (turmeric 420mg, phosphatidylcholine, black pepper) • Turmero SE Active Softgel 1/day, (turmeric 420mg, phosphatidylcholine, black pepper) 	<ul style="list-style-type: none"> • ClearVite GL (vit A, C, D3, B1, B2, B3, B6 as P5P, folate, B12, biotin, choline, calcium, phosphorus, magnesium, zinc, manganese, chromium, molybdenum, and amino acid blend of L-glutamine, L-alanine, glycine, L-isoleucine, L-tyrosine, L-proline L-asparagine, L-threonine, taurine, L-valine, L-cystine, L-serine, L-lysine, L-arginine, L-phenylalanine, L-glutamic acid, NAC, L-leucine, ALCAR, L-histidine, L-tryptophan, D-aspartic acid, L-methionine, L-cysteine) (<i>Note: Also available ClearVite PSF, ClearVite PCH, ClearVite CLA, ClearVite ChC, ClearVite GLB</i>) • Hepato Synergy Packets- 1/day (Metacrin DX, BileMin, Methyl SP, Glutathione Recycler)
CellCore Biosciences	<ul style="list-style-type: none"> • Advanced TUDCA 1 cap 2 x day (tauroursodeoxycholic acid (TUDCA), NAC, melatonin, fulvic acid) • IFC 2 caps 2 x day (pomegranate, olive leaf, artichoke, acai, bromelain, L-citrulline, white mulberry, broccoli sprout, wheat grass, blueberry, astaxanthin, fulvic acid) 	<ul style="list-style-type: none"> • BioToxin Binder 2 caps 2 x day (molybdenum, humic acid, broccoli sprout, yucca root, fulvic acid, citric acid) • HM-ET Binder 1 cap 2 x day (humic acid, broccoli sprout, fulvic acid, zeolite clinoptilite) • ViRadChem Binder 2 caps 2 x day (broccoli sprout, humic acid, olive leaf, pomegranate, artichoke, acai, bromelain, white mulberry, L-citrulline, zeolite clinoptilite, wheatgrass, blueberry, fulvic acid, citric acid, astaxanthin) 	<ul style="list-style-type: none"> • CT-Minerals 10 drops in 8oz water 2 x day (polysaccharides, fulvic acid, ellagic acid, sesame seed oil, clove oil, rosemary oil, thyme oil) 	None	<ul style="list-style-type: none"> • KL Support 2 caps 2 x day (NAC, milk thistle, gymnostemma, stoneroot, marshmallow root, parsley, beet root, fulvic acid) • LymphActiv 1 cap 2 x day (sheep sorrel, slippery elm, burdock root, astragalus root, soursop leaf, cleavers, fulvic acid, Chinese rhubarb root, chuchuhuasai bark, humic acid, fulvic acid, citric acid)

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<u>Designs for Health</u>	<ul style="list-style-type: none"> • Hepatotone Plus 4 caps/day (NAC, reishi, cordyceps, milk thistle, skullcap, schisandra, burdock) • LV-GB Complex 3 caps/day with meals (vit A, B6, B12, L-methionine, milk thistle, taurine, inositol, ox bile, artichoke, beet powder) • Milk Thistle 1 cap/day (milk thistle 140mg standardized to 80% silymarin) • PaleoCleanse Plus 1 scoop in 10-12oz liquid/day (18g beef bone broth protein, vit A, C, D3, B1, B2, B3, B6 as P5P, folate, B12, biotin, B5, calcium, phosphorus, iodine, magnesium, zinc, selenium, copper, manganese, chromium, molybdenum, choline, sodium, potassium) • VegeCleanse 1 scoop in 8 oz liquid/day (pea protein, vit A, C, D3, B1, B2, B3, B6, folate, B12, biotin, B5, calcium, iron, phosphorus, iodine, magnesium, zinc, selenium, copper, manganese, chromium, molybdenum, choline, sodium, glycine, L-threonine, L-lysine, calcium-D-glucarate) 	<ul style="list-style-type: none"> • Metal-X-Synergy 6 caps/day with meals (sodium, potassium, modified citrus pectin, NAC, alginate, chlorella, garlic, reduced L-glutathione, R-lipoic acid) 	<ul style="list-style-type: none"> • Amino Acid Supreme 1 scoop in 8-10oz water daily (B6 as P5P, L-leucine, L-phenylalanine, L-valine, L-histidine, L-lysine, L-arginine, L-isoleucine, alpha-ketoglutarate, L-methionine, L-threonine, L-tryptophan, and stevia) • Amino Acid Synergy 4 caps/day between meals (B6 as P5P, L-histidine, L-leucine, alpha-ketoglutarate, L-arginine, L-lysine, L-phenylalanine, L-valine, L-isoleucine, L-methionine, L-threonine) • Amino-D-Tox 6 caps/day between meals (L-glutamine, glycine, MSM, NAC, taurine, alpha-ketoglutarate, L-glutathione, L-methionine, L-ornithine, calcium-D-glucarate) 	<ul style="list-style-type: none"> • Detox Antiox 2 caps/day with meals (vitamin C, biotin, zinc, selenium, manganese, molybdenum, NAC, L-leucine, green tea, turmeric, grape seed, R-lipoic acid, vitamin E) • Liposomal Glutathione 2 pumps hold in mouth for 30 seconds before swallowing (100mg reduced glutathione) • N-Acetyl-L-Cysteine 1 cap/day (900mg N-acetyl-L-cysteine) 	<ul style="list-style-type: none"> • Detox 14 Day Program with PurePea (VegeCleanse, PurePea, Amino-D-Tox, Detox Antiox kit) • Detoxification Support Packets 1 packet/day (Detox Antiox, LV-GB Complex, Amino-D-Tox) • Kidney Korrekt 2 caps/day (champignon, cordyceps, poria extract, American ginseng, astragalus) • Paleo Cleanse Plus 14 Day Detox Program (Paleo Cleanse, Amino-D-Tox, Detox Antiox) • UT Synergy 2 caps/day (B6 as P5P, D-mannose, bearberry, hibiscus, nettle, aloe, parsley, horsetail for genitourinary tract health) • VegeCleanse Plus 21 Day Detox Program (VegeCleanse Plus, Amino Detox, Hydolyzyme)
<u>Integrative Therapeutics</u>	<ul style="list-style-type: none"> • Lipotropic Complex 1-2 caps 3 x day (B6 as P5P, folate, B12, choline, magnesium, L-threonine, black radish, inositol, milk thistle, dandelion, fringe tree bark, beet, ox bile) • SLF Forte 2-4 caps 2 x day (vit C, B6, B12, choline, iodine, magnesium, L-methionine, dandelion, radish, artichoke, inositol, milk thistle, turmeric, beet) 	<ul style="list-style-type: none"> • Activated Charcoal 2 caps or as directed by healthcare professional, do not take with medications or other supplements (560mg activated charcoal) 	<ul style="list-style-type: none"> • Detoxification Factors 1-2 caps 3 x day (vit A, C, E, B1, B2, B3, B6 as P5P, folate, B12, biotin, B5, choline, magnesium, zinc, selenium, copper, manganese, molybdenum, calcium-D-glucarate, glycine, L-glutamic acid, L-glutamine, L-methionine, NAC, quercetin, taurine, broccoli sprout, inositol, L-ornithine HCL, L-carnitine, reduced L-glutathione, L-histidine, L-serine, milk thistle, turmeric, coQ10, green tea, grapeseed.) 	<ul style="list-style-type: none"> • Glutathione Cell Defense 1 cap with 12-16oz water 1-3 x day (reduced L-glutathione, anthocyanins blend- beet, bilberry, European elderberry, L-cysteine HCL) • NAC 1 cap 1-2 x day (600mg N-acetyl-L-cysteine) 	<ul style="list-style-type: none"> • Indolplex with BR-DIM 1-2 tabs/day with food (diindolylmethane (DIM) for healthy estrogen metabolism and detoxification)

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Metagenics	<ul style="list-style-type: none"> • AdvaClear 2 caps/day (vit A, C, D3, E, B1, B2, B3, B6, folate, B12, biotin, B5, zinc, selenium, copper, manganese, molybdenum, artichoke, watercress, taurine, sodium sulfate, artichoke, watercress, taurine. Pomegranate, NAC, decaf green tea, silymarin) • Lipo-Gen 2 tabs with meals 3 x day (vit C, B6, L-5-MTHF, B12, choline, magnesium, myo-inositol, taurine, L-methionine, betaine HCl, proprietary blend of artichoke and Chen Pi peel extracts) • MetalloClear use as directed by healthcare practitioner, take with food (zinc, hops, turmeric, andrographis) • Silymarin 80 1 tab 3 x day (milk thistle providing 56mg silymarin) 	<ul style="list-style-type: none"> • MetaFiber 1 scoop in 8oz liquid (6g oat and apple fiber) 	<ul style="list-style-type: none"> • BCAAs 1 scoop in 8oz chilled water (2:1:1 ratio of L-leucine, L-valine, L-isoleucine) • BioPure Protein 2 scoops in cold liquid once daily (16g whey protein, vit A, calcium, phosphorus, magnesium, sodium, potassium, whey protein concentrate, alanine, arginine, aspartic acid, cysteine, glutamic acid, glycine, histidine, isoleucine, leucine, lysine, methionine, phenylalanine, proline, serine, threonine, tryptophan, tyrosine, valine) • Perfect Protein Pea and Rice 2 scoops in 8oz chilled water once daily (20g pea and rice protein, vitamin D, calcium, iron, potassium, L-alanine, L-arginine, L-aspartic acid, L-cystine, L-glutamic acid, glycine, L-histidine, L-isoleucine, L-leucine, L-lysine, L-methionine, L-phenylalanine, L-proline, L-serine, et. al.) 	<ul style="list-style-type: none"> • CoQ10 ST 100, 200, or Nutra Gems CoQ10 300 (100mg, 200mg, or 300mg emulsified CoQ10) • GlutaClear 2 tabs 2 x day with food (Vit C, B3, selenium, NAC, broccoli seed extract) • SulforaClear 1-2 caps daily (calcium, phosphorus, broccoli sprout and seed extract sulforaphane and glucoraphanin for glutathione support) 	<ul style="list-style-type: none"> • Clear Change Daily Essentials 30-day kit (Adva Clear, Gluta Clear, Renagen DTX) • Meta I 3 C 1 cap 2 x day with food (150mg indole-3-carbinol and rosemary leaf extract for detoxification of xenoestrogens) • Renagen DTX 1 cap 1-2 x day (B6, L-5-MTHF, B12, cordyceps, Chinese salvia root, NAC for kidney support) • UltraClear 2 scoops in 8oz chilled water 2 x day (13g rice protein, vit A, C, D3, E, B1, B2, B3, L-5-MTHF, B12, biotin, B5, calcium, iron, phosphorus, iodine, magnesium, zinc, copper, manganese, chromium, sodium, potassium, glycine, DL-methionine, L-lysine, L-threonine, L-cysteine)
Orthomolecular Products	<ul style="list-style-type: none"> • PhytoCore 2-3 caps 2 x day (choline, dandelion, artichoke, inositol, L-methionine, milk thistle, garlic, turmeric) • SAMe 1-2 caps 2 x day (6S-5-MTHF and 400mg SAMe) • Silymarin Forte 1 cap 3 x day (200mg milk thistle standardized to 58% silymarin) 	<ul style="list-style-type: none"> • Fiber Plus Powder 1 scoop in 8oz liquid 1-2 x day (8g fiber from psyllium, flaxseed, rice bran, apple pectin, fig, prune) 	<ul style="list-style-type: none"> • Alpha Base 4 caps daily (vit A, C, D3, E, K1, B1, B2, B3, B6, 6S-5-MTHF, B12, biotin, B5, choline, calcium, iodine, magnesium, zinc, selenium, copper, manganese, chromium, molybdenum, potassium, inositol, mixed tocopherols, rutin, boron, vanadium, K2) • Core Restore Core Support 2 scoops in 8oz water 2 x day (rice protein, psyllium fiber, Phase I/II nutrients, NAC, glycine, taurine, lipoic acid, EGCG, rosemary, cruciferous veggie blend, schizandra) 	<ul style="list-style-type: none"> • Inflamma-bLOX 4 caps/day in divided doses (turmeric, propolis, skullcap) • InflammaCore 2 scoops in 8-10oz liquid 1 x day (19g pea and flax protein, D3, calcium, iron, phosphorus, magnesium sodium, potassium, L-glutamine, MCT oil, alpha linolenic acid, larch arabinogalactan, L-lysine, glycine, L-proline, quercitin, Chinese skullcap, turmeric, propolis, ginger, green tea, rosemary) • L-Glutathione 1 cap/day (250mg reduced L-glutathione) • N-Acetyl Cysteine 1+ caps/day (500mg N-acetyl-L-cysteine) 	<ul style="list-style-type: none"> • CDG Estro DIM 2 caps 1-2 x day (vit E, calcium, calcium-D-glucarate, indole-3-carbinol, and diindolylmethane for detoxification of xenoestrogens and glucuronidation support) • Core Restore 7-Day and 14-Day Detox Kits (Core Support, Alpha Base, Phyto Core) • Cystistatin 1-2 caps 3 x day (uva-ursi, berberine, marshmallow, bladderwrack, celery seed for genitourinary health) • UT Defense 1 cap/day (dandelion, hibiscus, cranberry for genitourinary health)

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<p><u>Pure Encapsulations</u></p>	<ul style="list-style-type: none"> • Lipotropic Detox 2 caps 3 x day with meals (B6, L-5-MTHF, B12,, choline, inositol, L-methionine, taurine, trimethylglycine, turmeric, milk thistle, artichoke) • Liver-GI Detox 2 caps/day with a meal (alpha lipoic acid, N-acetyl-L-cysteine, turmeric, milk thistle, broccoli sprout, artichoke, taurine, glycine, L-glutamine, L-methionine, chlorella) • LVR Formula 1 cap 2 x day between meals (milk thistle, artichoke, turmeric, N-acetyl-L-cysteine, alpha lipoic acid, luteolin) • SAMe 1 cap 1-2 x day (200mg) • Silymarin 1 cap 1-4 x day between meals (250mg milk thistle standardized to 80% silymarin) 	<ul style="list-style-type: none"> • HM Complex 3 caps/day between meals (zinc, selenium, sodium, potassium, modified citrus pectin, chlorella, broccoli sprout, sulphoraphane, NAC, L-methionine, alpha lipoic acid) • Pure Lean Fiber 2 scoops 1-3 x day (6 g fiber blend-cellulose, partially hydrolyzed guar gum, flax, glucomannan, prune, apple pectin) 	<ul style="list-style-type: none"> • Amino NR 3 caps 1-2 x day between meals (B6, B12, alpha lipoic acid, L-histidine, L-isoleucine, L-leucine, L-kysibe, L-methionine, L-phenylalanine, L-threonine, L-valine, L-alanine, L-arginine, L-glutamine, glycine, L-proline, L-serine, -tyrosine, L-tryptophan, taurine) • Essential Aminos 1 cap 1-3 x day between meals (L-histidine, L-isoleucine, L-leucine, L-lysine, L-methionine, L-phenylalanine, L-threonine, L-valine, L-tryptophan) • Whey Basics 1 scoop in 8oz liquid (cold-pressed undenatured whey) 	<ul style="list-style-type: none"> • AntiOxidant Formula 1 cap 1-2 x day with meals (vit A, E, B2, zinc, selenium, NAC, milk thistle, mixed carotenoid blend) • Liposomal Glutathione Liquid 2 pumps by mouth 2 x day on an empty stomach, hold in mouth 30 seconds before swallowing (100mg glutathione, phosphatidylcholine) • NAC 1 cap 1-3 x day between meals (600mg NAC) • NAC + Glycine Powder 1 scoop in 8oz water daily between meals (1,800mg NAC and 1,800mg glycine) • Nrf2 Detox 1 cap 1-3 x day with meals (broccoli sprout, 250mg reduced glutathione, resveratrol) 	<ul style="list-style-type: none"> • DIM Detox 2 caps daily with meals (diindolylmethane, calcium-D-glucarate, broccoli sprout, Norway spruce know wood, alpha lipoic acid, NAC, milk thistle, L-methionine, glycine, taurine) • Tri-Alkali Mineral Citrates 1 scoop 2 x day with meals (vitamin D3, calcium, magnesium, potassium, glycine, and stevia for kidney function support) • UltraDetox 10-Day Pure Pack 1 packet daily with a meal (vitamins A, C, D3, E, B1, B2, B3, B6, B12, L-5-MTHF, biotin, B5, choline, iodine, zinc, selenium, manganese, chromium, molybdenum, sodium, potassium, boron, inositol, lutein, lycopene, zeaxanthin, coenzyme Q10, alpha lipoic acid, NAC, turmeric, milk thistle, broccoli sprout, diindolylmethane, artichoke, taurine, glycine, L-glutamine, L-methionine, chlorella, PectaSol-C modified citrus pectin)
<p><u>Researched Nutritionals</u></p>	<ul style="list-style-type: none"> • Transfer Factor Enviro 1-2 caps/day (inositol hexaphosphate from rice bran, beta glucan, targeted transfer factors and proline-rich peptides from colostrum) 	<ul style="list-style-type: none"> • MycoPul 1 cap daily on empty stomach (activated charcoal, humic acid, fulvic acid, seolite clinoptilite, microchitosan, silica) • ToxinPul 3 caps once daily on empty stomach (vit C, fulvic acid, humic acid, cilantro, silica, chlorella) 	<ul style="list-style-type: none"> • Core Minerals 2 caps 2 x daily with food (D3, calcium, iodine, magnesium, zinc, selenium, copper, manganese, chromium, molybdenum,, potassium, boron, vanadium) • Physician's Daily Multivitamin + D3 1 cap daily with food (vit C, D3, E, K2, B1, B2, B3, B6, 6S-5-MTHF, B12, biotin, B5, choline, iodine, zinc, selenium, manganese, chromium, molybdenum, coQ10, alpha lipoic acid, inositol, lutein, boron, lycopene, zeaxanthin) 	<ul style="list-style-type: none"> • TriFortify Liposomal Glutathione Orange or Watermelon 1 teaspoon held under tongue for 30-60 seconds before swallowing (vitamin C, 450mg reduced glutathione, orange or watermelon natural flavors) 	<ul style="list-style-type: none"> • Glyphosate + Heavy Metal Detox Bundle (ToxinPul, TriFortify, Core Minerals) • Mycotoxin Detox Bundle (Tri-Fortify Liposomal Glutathione, MycoPul, Transfer Factor Multi-Immune Transfer Factor Enviro)

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Thorne	<ul style="list-style-type: none"> • Liver Cleanse 1 cap 1-3 x day (berberine, milk thistle, burdock root, chicory root) • Liver Support Bundle (MediBolic, Curcumin Phytosome, Siliphos) • S.A.T. 1 cap 2-3 x day (silybin phytosome, artichoke, turmeric root phytosome) • Siliphos 1 cap 2-3 x day (180mg silybin phytosome with phospholipid complex from sunflower) 	<ul style="list-style-type: none"> • Fiber Mend 1 scoop in 8-10oz liquid (7g fiber blend with partially hydrolyzed guar gum, rice bran, arabinogalactan, apple pectin, green tea) 	<ul style="list-style-type: none"> • Amino Complex 1 scoop in 8oz water 1-2 x day (L-leucine, L-lysine, L-isoleucine, L-valine, L-threonine, L-histidine, L-cystine, L-phenylalanine, L-methionine, L-tyrosine, L-tryptophan) • MediBolic 2 scoops in 12-14oz water (18g rice and pea protein blend with vit A, C, D3, E, K1, B1, B2, B3, B6 as P5P, L-5-MTHF, B12, biotin, B5, choline, calcium, magnesium, zinc, selenium, copper, manganese, chromium, potassium, and proprietary blend of partially hydrolyzed guar gum, trimethylglycine, Jambolan extract, glycine, L-isoleucine, cinnamon, green tea, trans-resveratrol, boron) 	<ul style="list-style-type: none"> • Curcumin Phytosome 1-2 caps 2 x day (1000mg curcumin phytosome with phospholipid complex from sunflower) • Crucera-SGS 1 cap 1-2 x day (sulforaphane glucosinolate) • Glutathione-SR 1 cap 2-3 x day (175mg sustained release reduced glutathione) • NAC 1 cap 2-3 x day (500mg N-acetyl-L-cysteine) 	<ul style="list-style-type: none"> • DIM Advantage 1 cap 1-2 x day (diindolylmethane, pomegranate, and sulforaphane glucosinolate for healthy estrogen metabolism and detoxification) • MediClear 2 scoops (20g rice and pea protein with vitamins A, C, D3, E, B1, B2, B3, B5, B6, and B12, L-5-MTHF, biotin, B5, choline, calcium, iron, magnesium, zinc, selenium, manganese, chromium, molybdenum, sodium, potassium, glycine, MCTs, L-glutamine, L-lysine, milk thistle, taurine, methyl sulfonyl methane, trimethylglycine, green tea, reduced glutathione, boron, lutein, vanadium) <i>(Note: also available Medi Clear Plus and MediClear SGS with sulforaphane glucosinolate)</i>

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<p>Xymogen</p>	<ul style="list-style-type: none"> • Liver Protect 1 cap 2 x day (selenium, milk thistle, alpha lipoic acid, NAC) • LipotropiX 2 caps 2 x day after meals (niacin, guggul, choline, L-methionine, taurine dandelion, greater celandine extract) • MedCaps DPO 2 caps/day (B6, 6S-5-MTHF, B12, artichoke, milk thistle, pomegranate, alpha lipoic acid, NAC, green tea, methylsulfonylmethane, calcium-D-glucarate) • PhosphaLine 2-3 softgels daily (soy-derived polyenylphosphatidylcholine) 	<ul style="list-style-type: none"> • CheleX 2-4 caps/day (Himalayan shilajit, EDTA, chlorella, NAC, alpha lipoic acid, allicin) • OptiFiber Lean 3-6 caps daily (6 caps contains 3g glucomannan from konjac root) 	<ul style="list-style-type: none"> • Calcium-D-glucarate 1 cap 2 x day (500mg calcium D-glucarate for glucuronidation support) • SAM-e & TMG 1 stick pack dissolved in mouth, or added to water daily (calcium, trimethylglycine, 400mg SAM-e) 	<ul style="list-style-type: none"> • ALAMax CR 1 tab 30 minutes before breakfast and dinner (biotin and 600mg controlled release alpha lipoic acid) • CoQmax ME, CoQmax Ubiquinol, CoQmax Ubiquinol 200, CoQmax 100 ME, CoQmax Omega 50, CoQmax Omega 100 • CurcuPlex-95 1 cap 2 x day (turmeric 500mg 95% curcuminoids) • Green Tea 600 1 cap/day (600mg green tea extract with 60% catechins, 30% EGCG, and 6% caffeine) • NAC 1-2 caps 2 x day between meals (600mg NAC per cap) • Nrf2 Activator 1-2 caps/day (turmeric, green tea, trans-pterostilbene, glucoraphanin) • OmegaMonoPure Curcumin EC 1-2 softgels/day (600mg fish oil concentrate with 276mg EPA and 120mg DHA and turmeric extract) • OncoPLEX 1 cap 2 x day (30mg glucoraphanin) (Note: Also available OncoPLEX ES 100mg) • Oraxinol 1 cap 2 x day (500mg superfruit blend of grapeseed, pomegranate, blueberry, chokeberry, mangosteen, cranberry, goji berry, apple, bilberry) • S-Acetyl Glutathione 1-2 caps 1-2 x day (acetylated glutathione) 	<ul style="list-style-type: none"> • DIMension 3 2 caps/day (calcium, turmeric, diindolylmethane, and black pepper extract for detoxification of xenoestrogens) • Hormone Protect 1-2 caps daily (300mg diindolylmethane and glucoraphanin for estrogen detoxification and glucuronidation support) • OptiCleanse Plus (24g pea and rice protein blend with vit A, C, B1, B2, B3, B6, 6S-5-MTHF, B12, biotin, B5, calcium, iron, phosphorus, iodine, magnesium, zinc, selenium, manganese, chromium, molybdenum, sodium, potassium, flaxseed, potassium d-glucarate, NAC, L-glutathione) (Note: Also available OptiCleanse GHI for GI plus detox support) • OrganiX PhytoFood 1 scoop in 6-8 oz chilled water (green and red powders) (vitamin C, organic fiber blend, organic greens and veggies blend, organic fruits and berries blend, antioxidant phytonutrients blend, digestive support blend, truebroc glucoraphanin) • UritraX 1 scoop in 2-4oz water (900mg D-mannose for genitourinary health) • Xeno ProtX 2 caps/day (6S-5-MTHF, calcium, selenium, calcium-D-glucarate, green tea, alpha lipoic acid, NAC, milk thistle, DIM, quercitin, turmeric, trans-resveratrol, trans-pterostilbene, glucoraphanin, dihydroquercitin, black pepper)

