

Name: _____

Date: _____

Detox Protocol

Level 2: Days “On”. Number Days On _____ (e.g. typically 5 days per week, usually M-F, but can jump to 10 days)

Morning	On rising	2 scoops IMD in 4-6 oz water with 2 pumps Ethereic Vitamin C with R-Lipoic Acid
	10-15 min later	2-3 caps Clear Way Cofactors and 2 pumps Ethereic Glutathione
	Breakfast	
Lunch Time	~30 minutes before Lunch	2-4 Pumps Etheric Vitamin C with R-Lipoic Acid and 2-4 pumps Etheric Glutathione
	10-15 min later	
	Lunch	Mineral supplements as needed
Dinner time	~30 min before Dinner	2-4 Pumps Etheric Vitamin C with R-Lipoic Acid and 2-4 pumps Etheric Glutathione (or can be done before Bed)
	10-15 min later	2-3 caps Clear Way Cofactors
	Dinner	
Before Bed		

What is flexible? All timing blocks (i.e. morning, lunch, dinner, bed) are flexible (e.g. If there is fatigue, try taking the “On rising” supplements at night). If Clear Way gives any stomach upset, take with meals. If taking Rentone, take 2-3 per day in divided doses with meals. Also, doses can be combined if there is a timing problem.

For “Days Off”: Number Days Off _____ (typically 2 days off for Level 2, but will go to 4 if Days On goes to 10)

Take a Multimineral according to directions at full or higher dosage and consider an extra 15-30mg Zinc.

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