

Name: _____

Date: _____

Detox Protocol

Level 3 Intensive: Days “On”. Number Days On _____ (e.g. typically 10 days). Usually patient does 2-4 cycles like this, but more may be needed for strong clinical response.

Morning	On rising	2 scoops IMD in 4-6 oz water with 4 pumps Etheric Vitamin C with R-Lipoic Acid
	10-15 min later	2-4 caps Clear Way Cofactors and 3-6 pumps Etheric Glutathione
	Breakfast	
Lunch Time	~30 minutes before Lunch	2-4 Caps Clear Way Cofactors; 4-6 Pumps Etheric Vitamin C with R-Lipoic Acid, and 3-6 pumps Etheric Glutathione
	10-15 min later	
	Lunch	Mineral supplements as needed
Dinner time	~30 min before Dinner	1-2 scoops IMD in 4-6 oz water with 4 pumps Etheric Vitamin C with R-Lipoic Acid (or can be taken before bed)
	10-15 min later	2-4 caps Clear Way Cofactors and 3-6 pumps Etheric Glutathione (or can be done before Bed)
	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 4 days off)

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

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