

Name: _____

Date: _____

Detox Protocol

Level I: Days “On”. Number Days On _____ (e.g. typically 5 days per week, usually M-F)

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|----------------|-----------------------------|--|
| Morning | On rising | ½ or 1 scoop IMD in 4-6 oz water with 2 pumps Etheric Vitamin C with R-Lipoic Acid |
| | 10-15 min later | 2 or 3 caps Clear Way Cofactors and 2 pumps Etheric Glutathione |
| | Breakfast | |
| Lunch Time | ~30 minutes before Lunch | |
| | 10-15 min later | |
| | Lunch | Mineral supplements as needed |
| Dinner time | ~30 min before Dinner | 2 Pumps Etheric Vitamin C with R-Lipoic Acid and 2 pumps Etheric Glutathione (or can be done before Bed) |
| | 10-15 min later | |
| | Dinner | |
| Before Bed | | |

What is flexible? All timing blocks 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.

For “Days Off”: Number Days Off _____ (typically 2 days off for Level I)

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

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