

# PaleoCleanse Powder & Amino D-Tox

## Comprehensive Support for Liver Detoxification and Cleansing

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### Clinical Need:

All of us live in an ever-increasing toxic environment. Body burden from environmental toxins, including pesticides, herbicides, chemical solvents, and industrial chemicals of all types come to us through our food, water, and air supply. Internal toxins from our own metabolism add to this burden, as does toxins from our intestinal tract, particularly when imbalances in intestinal microbial ecology exist.

This increased toxic load puts a tremendous burden on the liver to detoxify and render harmless these chemicals, which have the potential to produce excessive oxidative stress in the body, leading over time to chronic disease. Fatigue-related disorders and lethargy are among the most common complaints confronted by today's health care provider, and increased toxic load is often implicated as a potential cause.

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### PaleoCleanse Powder

#### *Functional food powder supplying:*

- Quality hypoallergenic protein and macronutrients to fuel detox pathways
- Full multivitamin/multimineral for detox enzyme support
- Specific nutrients to support and balance Phase I & II metabolic pathways
- High levels of antioxidant support for safe detoxification
- Botanical hepatics, alteratives and cholagogues to promote liver function and elimination
- The only detox powder that tastes great and does not contain fructose

PaleoCleanse provides support for balanced Phase I (CP-450) activity with a full suite of B-vitamins, while providing a mixture of antioxidants (C, A, carotenoids, Zn, Cu, Mn, Se, quercetin, green tea catechins, and various bioflavonoid-containing botanicals) to mitigate the damage of the radical toxic intermediate molecules of the detoxification process. A complete profile of Phase II (conjugation) substances to support sulfation, glutathione conjugation, glycination, and glucuronidation, are provided, including: NAC, cysteine, taurine, glycine, lysine, threonine, MSM, sodium sulfate, and calcium D-glucarate. PaleoCleanse provides the most comprehensive mixture of botanical substances (silymarin/milk thistle, celandine/chelidonium, dandelion/taraxicum, and fringe tree/chionanthus) to support hepatic function and elimination available today.

Through extensive product development and cutting-edge food technology, this impressive formulation is delivered in a low carbohydrate, truly pleasant tasting shake with a wonderful mouth feel. This product is fructose-free which is extremely important for your patients since a tremendous amount of research is pointing to fructose as a major contributor to the obesity epidemic and the high incidence of metabolic syndrome.

This formula contains enough Molybdenum, 50 mcg, to aid sulfite oxidase activity, which allows the conversion of inorganic sulfate to phosphoadenosyl phosphosulfate (PAPS), the activated form that binds with unwanted xenobiotics. Since Molybdenum is also required for xanthine oxidase and aldehyde oxidase for Phase I detoxification, a higher dose of molybdenum would not be ideal as it could potentially upregulate Phase I with Phase II remaining weak. This could result in an increase in the production of more toxic intermediates and increased oxidative stress in patients with high Phase I/Phase II ratios when entering therapy. Designs for Health, in designing this formula, was very conscientious in avoiding unwanted side-effects for patients with compromised liver function. PaleoCleanse contains a full multivitamin-mineral core. It is advisable not exceed 50 mcg of molybdenum while patients are using PaleoCleanse, including from all other supplement sources.

## Amino D-Tox

- Encapsulated formula for support of liver detoxification
- Perfect for those who may need added cleansing support in addition to PaleoCleanse
- Ideal for patients who prefer not to use functional powders
- Convenient for travel and for taking to work for mid-day dosing
- Supports Phase II (conjugation) without upregulating Phase I (CP-450) for imbalanced or pathological detoxifiers
- Formulated for the absolute minimal potential for allergenicity (no botanicals)
- Suited for the most sensitive of patients, such as those with multiple chemical sensitivity (MCS)

Amino D-Tox was designed by clinicians to biochemically upregulate Phase II detoxification. It is free of herbals, minerals and B vitamins which would also upregulate Phase I detoxification. Patients who are chemically injured, who have chronic illness, and who are pathologic detoxifiers (slow Phase II pathways), will find that this product will gently upregulate all conjugation pathways, resulting in excretion of the pollutants without mobilizing more oxidized toxins from body fat stores.

These oxidized pollutants can be more toxic and harmful than the original substance. The Phase II conjugating pathways must be prepared to deal with Phase I metabolites before these pathways are stimulated. For enhancing the liver's ability to detoxify chemicals, this product should be used before any other powdered or encapsulated detoxification formula until all conjugating pathways are all working optimally.

### PaleoCleanse Detoxification Protocol

**PaleoCleanse Powder:** Start at 1/2 scoop twice daily. Over the course of a week build up slowly to 2 scoops twice daily and consume this level during week two. After week two consume 2 scoops three times daily during week three. Starting at week four, reduce dosage to 2 scoops twice daily. Finish with 1 scoop twice daily during week five. Consider use of elimination supporting modalities, such as saunas and colonics, only after week two of program in order to properly prepare for elimination of mobilized toxins.

**Diet:** Follow a standard whole-food, macronutrient-balanced, elimination diet during the detoxification program. This diet should emphasize well washed organic fresh vegetables and fruits, as well as lean protein. Choose free-range organic lean animal proteins, such as poultry and mercury-free fish. For optimal results, eliminate gluten-containing grains and dairy from the diet during the detoxification program.

Remember that PaleoCleanse is a full functional food powder, and as such, contains caloric density. You will need to eat less as you increase your consumption of the PaleoCleanse powder to maintain a reasonable calorie load per day. PaleoCleanse also provides a full multivitamin core.

**Optional (for more intense cleansing):** Amino D-Tox Caps and LV-GB Complex (2 caps three times daily throughout detox program).

**For Sensitive Patients (Multiple Chemical Sensitivity known as MCS, pathological or imbalanced detoxifiers):** Consider using Amino D-Tox only, for at least several weeks before applying the above PaleoCleanse program.

## References

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