



HEAVY METAL DETOX

Need a clean bill of health? Enerex Heavy Metal Detox helps to cleanse your body's systems of heavy metals and environmental toxins such as lead, cadmium and mercury to decrease their burden on your health. It provides powerful Humic and Fulvic Acids found in mineralized Peat, partnered with detoxifying minerals such as Magnesium, Potassium and Zinc, and with Raw Kale, rich in nutrients known to help cleanse and revitalize the body. It supports organs including the liver, kidneys and colon to safely release metals and other toxins through your elimination system. It can be used daily to clean up your inner environment and protect from the outer environment.

- **Overview**
- **Features**
- **Ingredients**
- **Ailments**
- **Articles**
- **Packaging**
- **Testimonials**



OVERVIEW

Is it really necessary to detox? There's a lot of talk about detoxification: detox diets, cleansing therapies and spas that are promoted to help you lose weight, gain energy, boost mental clarity, beautify skin and purify your body.

Every day we are exposed to thousands of toxic chemicals that were unknown to our grandparents. It is estimated that there are now nearly 100,000 toxic chemicals in the environment, with a quarter of these known to be carcinogens.

Toxic metals such as lead, mercury, arsenic, cadmium and aluminum may be in the air you breathe, water you drink, and food you eat. Even if you've sworn off harsh chemical cleaners and questionable ingredients in junk food, your body still gets hit with a daily barrage of poisonous synthetic substances found in everything from carpet to cosmetics to plastic containers.

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The chemical load we're now exposed to is accumulating in our tissue faster than we can get rid of it. Our bodies were not designed to deal with the amount and variety accumulating, and the effects that hundreds of chemical elements create in combination.

Symptoms such as -

- unexplained fatigue accompanied by allergies
- low-grade infections,
- mental confusion,
- sluggish bowel elimination,
- bags under the eyes and
- irritated skin are sometimes attributed to toxin overload.

Over time, a buildup of toxins – and unchecked symptoms – can lead to serious and chronic health problems.

Enerex Heavy Metal Detox was created using all natural ingredients to deal with toxic overload in a safe and effective way. The main component of the formula is made from the organic biomass found in ancient peat bogs in Hungary. This peat is rich in Humic Acid and Fulvic Acid. These special compounds attach themselves directly to heavy metals in the body to gently remove them — without the concerns of reabsorption associated with other detox therapies. Enerex Heavy Metal Detox also adds Organic Raw Kale to balance the body's pH and offer abundant fibre to help carry toxins out of the body. Essential minerals including Potassium, Magnesium, Iron, Zinc, Manganese, Copper, Molybdenum, Vanadium, Cobalt and Selenium are also included in highly absorbable forms to provide a complex mineral supplement.

Why add Humic and Fulvic Acids?

As mentioned, Humic Acid and Fulvic Acid are found in the special peat-derived component within **Enerex Heavy Metal Detox**. These have been shown in research to be completely safe for human use. They can effectively reduce the toxicity of certain chemical toxins found in soil and water, and increase the bioavailability (ability to be absorbed) of nutrients and trace minerals in the food you eat.

The Humic and Fulvic Acids in Enerex Heavy Metal Detox are obtained from a 3,000 to 10,000 year old ancient peat deposit on the shores of Lake Balaton in Hungary. (It is considered a geologically young deposit because some peat is as old as 300 million years.)

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What is Ancient Peat?

Peat as most people know it is a material we put on our gardens to enrich the soil and help it retain moisture. It can also be dried and used as fuel. Peat is made of deposits of incompletely decayed remains of plants. Ancient Peat was created in certain areas where vegetation was allowed to die and accumulate in thick beds over thousands of years.

Peat helps the chelation of heavy metals (meaning it attaches to metals and carries them out of the body), and helps to balance mineral levels in the body. This is due to its Humic and Fulvic Acids. The Peat deposits contain many types of Humic and Fulvic Acids, which are by-products of this decomposed organic matter.

What are Humic and Fulvic Acids?

There are few substances more vital to human, animal and plant life than the biologically derived compounds known as Humic and Fulvic Acids (other than oxygen and water). Humic substances are the most common forms of organic carbon in the natural environment and are widespread on the surface of the Earth.

Most Humic substances are attached to components like clay, and a smaller part gets dissolved in soil. By organically binding to trace minerals, they assist in incorporating these trace minerals into organisms (plants and animals) more efficiently than inorganic forms — such as those found in most multi-vitamin/mineral supplements on the market today. That means your body absorbs the minerals much better in Humic Acids than in regular supplements.

In the body, Humic and Fulvic Acids

- act as free-radical scavengers (meaning they are antioxidants);
- supply vital electrolytes (minerals that we need to get energy);
- help to transport nutrients in your body and increase their assimilation (the amount that is absorbed and used);
- help to cause enzyme reactions which are vital for life;
- stimulate your metabolism;
- have an important role in bacteria, fungi and virus control; and,
- make major minerals and trace minerals organic by chelating them so that they can be absorbed by the human body.

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Increase your organs' defences against toxins

Your liver, colon, kidneys and lymph system are responsible for disposing of all things unwanted and unnecessary. These organs can become compromised through certain illnesses (such as hepatitis), lifestyle (such as smoking, drinking alcohol and coffee that deplete nutrients) and exposure to toxins. They need your help.

When possible, try to:

1. Avoid
2. Eliminate
3. Unload all environmental toxins.

Here are 6 keys to clear the toxic clutter:

1. Diet changes. Reduce the amount of processed foods with chemicals, non-organic plant foods with pesticides and herbicides, and meats with hormones and medications that you eat. Reduce caffeine in cold and hot drinks, and alcohol.
2. Drink lots of filtered water daily to help eliminate toxins through urination and bowel elimination.
3. Exercise. Get at least 30 minutes every day to increase perspiration which eliminates toxins through the skin's pores.
4. Sleep. Your body detoxifies and rebuilds at night so it's important to get eight hours of undisturbed sleep.
5. Reconsider lifestyle choices. Wear protective clothing when using chemicals at work and home whether you are cleaning, repairing, painting, or doing hobbies. Buy more naturally based personal hygiene, makeup and beauty products.
6. Consider using time-honoured herbs that naturally detoxify, and nutrients that assist the body's elimination processes.

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INGREDIENTS

EACH VEGETARIAN CAPSULE CONTAINS:

Medicinal Ingredients

Humic Acid (from 75 mg Ancient Peat)	37.5 mg
Organic Raw Kale (<i>Brassica oleracea</i>) Leaf	116.5 mg
Potassium (Citrate)	37 mg
Magnesium (Sulfate)	20 mg
Iron (Sulfate)	14 mg
Zinc (Sulfate)	10 mg
Manganese (Sulfate)	3 mg
Copper (Sulfate)	2 mg
Molybdenum (Citrate)	175 mcg
Selenium (Sodium Selenite)	125 mcg
Vanadium (Citrate)	91 mcg
Cobalt (Cyanocobalamin)	22 mcg

Non-Medicinal Ingredients:

Fulvic Acid (from 75 mg Ancient Peat), microcrystalline cellulose microcrystalline, silicon dioxide, vegetable magnesium stearate, vegetarian cellulose-complex capsule.

There are no other ingredients added to this formula.

*Certified Organic by QAI (Quality Assurance International).

Directions:

Take one capsule once or twice per day with food.

FEATURES

Scientists estimate that everyone alive today carries within their body at least 700 chemical contaminants, most of which have not been well studied. In good health, your body's natural defense system is resilient; however if the influx of toxins is too great, symptoms of ill health

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can occur. If you feel your overworked detox organs could use a helping hand, **Enerex Heavy Metal Detox** can come to your aid.

Enerex Heavy Metal Detox works in two ways:

1. This formula works as an organic detoxifier that, due to its Humic and Fulvic Acids' ion exchange properties, acts as a detoxifier binding with heavy metals such as lead, cadmium and mercury. This can be particularly helpful in minimizing the risk of brain damage from mercury based preservatives in vaccines and from mercury-based amalgam fillings.
2. This formula also works as an essential mineral and trace mineral supplement. Since Humic and Fulvic Acids support the normal absorption and distribution of nutrients in the body's tissues, this makes it an ideal companion to a mineral supplement as a "carrier" (to help your body absorb the minerals). This is why we have added several essential and trace minerals to Heavy Metal Detox.

Enerex Heavy Metal Detox uses a superior source of minerals.

Inorganic mineral forms, meaning from rocks or shells or manmade chemicals – such as calcium carbonate, a common lower-quality calcium supplement from dolomite, oyster shell or coral – are poorly absorbed because the body must first break them down through the digestive process before they can be absorbed.

This is a very inefficient process, and even in healthy people, less than 6% of the inorganic mineral will be transformed to the organic form for incorporation into your cells to help you. In the elderly, or in people with digestive disorders, the absorption of inorganic minerals can be close to zero.

In addition to Humic and Fulvic Acids, this formula provides the following ingredients:

Certified Organic Raw Kale

Kale helps to combat acidity in the body due to its high alkaline qualities; it is important to balance the body's pH (level of acidity vs. alkalinity) to reduce disease risk. Kale includes abundant fibre to help carry toxins out of the body by eliminating them through your intestines. (A one-cup serving of kale has 1-2 grams of fibre.)

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Raw Kale is also thought to naturally detoxify your body; it creates enzymes that may help your liver detoxify chemicals. Being a member of the cruciferous vegetable family like broccoli and cabbage, it has potent antioxidants and anti-inflammatory components that have clinically shown to both prevent and reduce cancers including breast, colon, ovarian and lung cancer.

Kale is full of nutrients including Vitamin A, K, B6, B3, B5, B1, calcium, iron, protein and magnesium.

Cobalt

The naturally occurring mineral form of Cobalt is an essential trace element, with a deficiency causing anemia. This is because Cobalt is known to influence iron metabolism and increase the haemoglobin concentration in red blood cells.

The human body uses Cobalt-containing enzymes to extract energy from proteins and fats in foods; it is therefore necessary for metabolism of amino acids, which are vital for all areas of the body including muscle and tissue repair.

Cobalt is often incorporated into Vitamin B12 supplements because Cobalt is necessary for the biological activity of B12. A healthy diet provides adequate amounts of Cobalt, but increasing amounts in the soil have been shown to markedly improve the health of grazing animals.

NOTE: Cobalt, when it is in the inorganic state, not the form that is useful to human health, can be toxic when it comes in contact with workers using it to make machinery or paint, or even when it seeps into the body from a hip replacement.

Copper

Copper is more than just a richly coloured shiny penny metal. In its organic form, it is important for our blood, nerves and brain function.

Copper helps to make red blood cells; it is needed to

- use and absorb haemoglobin, which is vital for red blood cell formation,
- help to maintain the outer covering of your nerves,
- metabolize (process and use) Vitamin C and fatty acids for energy,
- influences the amount of Iron and Zinc in the body and balances them;

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- when Copper is in proper balance with Zinc, the two minerals act as antioxidants by removing free radicals that can damage your body and cause illness and premature aging.

Copper deficiency may cause an increase in cadmium toxicity; therefore, being sure that you get a proper amount from foods and supplements may ensure that cadmium heavy metal toxicity does not take hold. The estimated safe and adequate daily dietary intake for copper is 1.5 to 3.0 mg/day. A normal diet provides about 0.9 to 1.2 mg/day, which is below the estimated adequate intake range. Therefore, a supplement may be required to assure that you get enough for health maintenance. (Taking too much Copper, however, may put other minerals off balance.)

Iron

Iron deficiency is one of the most common nutritional deficiencies. Iron is present in all cells in the human body, and has several vital functions.

Iron carries oxygen to the tissues from your lungs, and it is the most basic and important part of the hemoglobin (oxygen-carrying protein found in red blood cells) that acts as a transporter for electrons within your cells. Iron is an important part of enzyme reactions – without which you would die. That is why having too little iron can have serious repercussions on your health.

Iron deficiency can progress into becoming anemia when your stores of iron have been so depleted that the body is unable to maintain levels of hemoglobin in the blood. Children and pre-menopausal women are most prone to anemia. In addition to not getting enough in food, poor absorption is often a cause due to digestion issues or substances (in your diet or drugs) interfering with iron absorption.

Total body iron averages should be approximately 3.8 g in men and 2.3 g in women. Signs of deficiency before anemia sets in: fatigue, dizziness, pale skin, hair loss, twitches, weakness, headache, loss of appetite, brittle or grooved nails and restless legs syndrome.

Iron intake also helps to eliminate toxic lead from the body — which means it can act as a detoxifier.

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Magnesium

Magnesium is involved in more than 300 enzyme reactions in the body. One of its most important roles is maintaining the health of your nervous system and neuromuscular activities.

Magnesium is also involved in many things including -

- protein metabolism,
- influencing how well other minerals in the body are processed including calcium, phosphorus and sodium,
- low levels of Magnesium are associated with muscle and joint pain, and an increased risk for heart disease, high blood pressure and stroke,
- crucial for proper glucose metabolism and directly influences blood sugar control in diabetics. Magnesium deficiency may increase insulin resistance.

Taking Magnesium is thought to help protect against the toxic effects of excess aluminium in the body, which is a heavy metal.

Increasing Magnesium can help to correct deficiency symptoms. "Higher Magnesium consumption is likely beneficial for all groups, regardless of physical activity levels and hypertension status," wrote researcher Ruy Lopez-Ridaura, MD, from the Harvard School of Public Health.

(Ruy Lopez-Ridaura, MD, Walter Willett, MD et al, Department of Nutrition, Harvard School of Public Health, Boston, MA, *Diabetes Care*, January 2004 vol. 27 no. 1 134-140)

Manganese

Manganese helps your body to process and use protein and fat in foods. It is also important to create energy in the body. Manganese is required for bone growth and development.

A deficiency of Manganese can cause everything from skin dermatitis and changes in hair colour to growth problems in children and infertility. Diets high in refined carbohydrates and low in vegetables may result in a deficiency of this essential nutrient.

Note: If taking any type of Iron supplement, due to its effects on Manganese retention time in your system it is imperative to also include Manganese as a supplement along with Iron.

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Molybdenum

The under-appreciated essential trace mineral Molybdenum helps several of the body's enzymes to work properly. These enzymes help the body to use certain amino acids in protein, help antioxidants work to create healthy blood, and help process drugs and toxins and remove them from the body.

Molybdenum also works to reduce inflammatory and autoimmune diseases. Supplementing with it may reduce liver fibrosis, help prevent liver damage from medicinal drugs, and reduce heart damage which sometimes occurs from antibiotics.

Molybdenum also helps to counteract the toxic effects of acetaldehyde, a common toxic chemical found in everything from plastics to hair spray and also created when yeast overgrowth from *Candida albicans* has affected the body. Supplementing with "cofactor" (helper) minerals including Molybdenum may improve your ability to handle *Candida*-created acetaldehyde. Molybdenum also helps to turn harmful sulfites found in foods into harmless sulfates which is important in liver detoxification.

Potassium

Potassium is a key player in good health, and is the third most abundant mineral in the human body.

The benefits of Potassium include being an electrolyte, meaning it helps to create the electricity in every cell that produces the energy for life.

This mineral is required for -

- keeping your heart, brain, kidney and other organs healthy;
- helping to prevent stroke, high blood pressure, heart and kidney disorders,
- helping manage negative responses to stress such as anxiety,
- enhancing muscle strength and proper skeletal muscle control,
- increasing your metabolism,
- keeping fluids balanced in cells, and
- helping the nervous system transmit nerve impulses.

Potassium is such an essential element that you might not be getting enough from foods.

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Selenium

Selenium is best known as an antioxidant because of its relationship with Vitamin E, another top free-radical fighting antioxidant. Selenium is a trace mineral that is thought to be protective against the effects of toxic elements such as arsenic, mercury and cadmium; it has a chelating effect, meaning it binds to these metals.

According to clinical studies, Selenium may be protective against certain cancers. It may also help treat prostate cancer. Ongoing research is also exploring the relationship between low Selenium levels and heart disease.

Selenium -

- can help heal the skin following injuries,
- Is important to keep skin youthful,
- Selenium's antioxidant properties regenerate Vitamins E and C, antioxidants which decrease the aging process on skin,
- may also boost the immune system against bacterial and viral infections, herpes virus, and shingles; and
- increases the amount of HDL (good) cholesterol compared to LDL (bad) cholesterol for a healthy heart.

Vanadium

Vanadium is a trace mineral needed by the body that is used for many chemical reactions that take place. The presence of Vanadium in the brain may reduce cholesterol from forming in the blood vessels.

It is believed that Vanadium is involved in producing energy in the body by working as a cofactor (helper) of enzymes. It helps to support blood sugar and fat metabolism (processing and use), and is a factor in helping to build bones and teeth.

In studies, Vanadium has shown to be an essential trace element in the growth of animals (including humans). Recent research has been testing it in the treatment of diabetes and high blood pressure, and to lower cholesterol.

Although there is no established recommended daily amount for Vanadium, general recommendations are for 20-30 mcg per day. However the preferred range may be higher than that (52 mcg to 150 mcg) to show therapeutic benefits.

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Zinc

You might know that Zinc supplements work to keep colds and flu at bay or for maintaining prostate health, but in addition to being an immune booster, Zinc is one of the most important minerals in your body, playing many different roles. Zinc is an antioxidant — that means it helps to fight free radicals that cause damage to cells. Zinc is especially effective at detoxifying heavy metals from the brain.

MOOD

Zinc also affects your moods. This is because it helps neurotransmitter chemicals in the brain function, and helps maintain brain health. It helps to process melatonin; melatonin is not only important for sleep, it regulates dopamine, a chemical that boosts energy, mood and learning.

DEPRESSION

Zinc deficiency may increase depression. This is partly because Zinc aids in making hormones. According to a study in the *Journal of Affective Disorders*, women who were already using antidepressants that had low Zinc levels had a five times greater risk of ongoing depression. In women, the hormone estrogen is involved in making the brain chemical serotonin that makes you feel happy and energetic. Zinc increases the density of serotonin receptors in the brain.

BLOOD SUGAR

Zinc is needed for many other hormones including insulin to work well. That means it helps to maintain balanced blood sugar levels and prevent diabetes.

CO-FACTOR

Zinc is essential for the functioning of over 200 enzymes that conduct vital activities in many areas of the body. Zinc helps to

- reduce excess inflammation;
- it increases wound healing;
- is important for your central nervous system to work properly;
- is responsible for making your DNA and RNA.
- to build and maintain “biomembranes” (a critical function of Zinc).

Biomembranes are the surface layers of each cell that help to communicate with other cells and transport life-promoting chemicals into the cells.

Early research reports that people undergoing radiation for head and neck cancers had a better outcome after taking Zinc than those who didn't. There is other clinical interest in Zinc as a

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protective supplement against radiation-related toxicity. One study tested radiation-induced skin injuries: Zinc was found to be effective in preventing the skin from degenerating, reducing symptoms including water retention, reducing collagen fibre loss, and reducing stunted hair growth. Protection for radiated skin was substantial enough that the researchers felt further studies on radiation-treated cancer patients should be launched to help reduce radiation toxicity. (Ertekin MV, Tekin SB et al, "The effect of zinc sulphate in the prevention of radiation-induced dermatitis". J Radiat Res. 2004 Dec;45(4):543-8, Department of Radiation Oncology, Atatürk University F. of Medicine, Erzurum, Turkey)

Optimal amounts of Zinc needed ranges from 15-20 mg/day; men require 20 mg/day, particularly as they get older, and women need at least 17 mg/day, especially as they age.

AILMENTS

Cleansing & Detox

Spring cleaning time? **Enerex Heavy Metal Detox** helps to cleanse your body's systems of heavy metals and environmental toxins such as lead, cadmium and mercury to decrease their burden on your health. It provides powerful Humic and Fulvic Acids found in mineralized Peat, partnered with detoxifying minerals such as Magnesium, Potassium and Zinc, and with Raw Kale, rich in nutrients known to help cleanse and revitalize the body. It supports organs like the liver, kidneys and colon to safely release metals and other toxins through your elimination system. It can be used daily to clean up your inner environment and protect from the outer environment.

Radiation Protection

Undergoing radiation therapy? **Enerex Heavy Metal Detox** helps to cleanse your body's systems of heavy metals and environmental toxins to decrease their burden on your health. This includes radiation toxicity. It provides powerful Humic and Fulvic Acids found in mineralized Peat to detoxify the body. They are partnered with detoxifying minerals such as Magnesium, Zinc and Potassium to support the liver, kidneys and colon to safely release toxins. Ingredients including Zinc have been studied especially for their ability to decrease the negative side effects of radiation.

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ARTICLES

April 11, 2005: Chlorine - The paradox

February 05, 2004: Vaccine additive linked to brain damage in children. Mercury-based preservative tied to autism, ADHD, U.S. researchers say....

PACKAGING

Why should you care about Enerex Heavy Metal Detox's bottle? We chose this packaging because it protects the product and the planet.

Enerex products are housed in recyclable BPA-free PETE plastic containers to provide the best protection against oxidation, moisture, sunlight, and “chemical migration” from container to product (so the supplements don't acquire toxins from the plastic). In all of these areas, PETE is virtually equal to that of glass but without the larger environmental footprint left by glass packaging (it's very heavy to transport, using more fossil fuel).

PETE plastic is far superior to that of HDPE plastic: HDPE plastic is used for the majority of products on the market, but unlike more costly PETE bottles, HDPE plastic starts to immediately degrade the product inside because it doesn't provide a protective barrier to oxygen or moisture. Studies show high concentrations of chemicals that have migrated from HDPE bottles to the product inside compared to PETE and glass bottles.

TESTIMONIALS

Please leave a testimonial if you like this product.

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