



# Step 4



## KEY BENEFITS

- Optimizes immune and mitochondrial health\*
- Promotes systemic detoxification\*
- Supports lymphatic drainage\*

## WHAT'S INCLUDED

### Para 4

A blend of 11 potent herbs known for supporting digestion, detoxification, and immunity, including celery seed, cordyceps, holy basil, horse tail, noni root, and sarsaparilla.\* Together, these herbs also promote a balanced gut microbiome and red blood cell production.\*

### BC-ATP

The highly charged organic acids support metabolism and the ATP cycle in being at peak efficiency.\* These carbons also assist in the body's natural detoxification processes and contribute to a balanced gut microbiome.\* In clinical practice, BC-ATP is generally well-tolerated by sensitive individuals and may help improve protocol tolerance.

## DOSING

	WAKE UP	MORNING	NOON	EVENING	BEDTIME
BC-ATP		2		2	
HM-ET Binder		1		1	
LymphActiv		1		1	
Para 4	2				2

= capsules

Dosage charts included

### LymphActiv

A blend of eight herbs to support the body's natural detoxification processes and lymphatic motion needed to establish healthy drainage pathways — including astragalus root, chuchuhuasi bark, rhubarb root, sheep sorrel, slippery elm, and soursop leaf.\* These botanicals also support healthy adrenal and liver function, immunity, and mental clarity.\*

### HM-ET Binder

A later stage binder, HM-ET Binder promotes the body's natural ability to detoxify in the cells and tissues.\* It also offers increased support to cellular repair, energy production, immunity, and mitochondrial health, as well as helps protect against life's everyday stressors.\*

**\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**