



The Detox Quartet®

REPLENISH ADRENALS, SUPPORT LIVER & GI FUNCTION, AND REMOVE ENVIRONMENTAL TOXINS



The **Detox Quartet®** is a safe, easy, and effective combination for removing heavy metals, chemicals and pesticides, supporting the organs of elimination, and replenishing adrenal energy.

BPA interferes with synapses in the brain."

–Dr. Andrew W. Campbell, MD

Scientists find BPA in more than 90% of urine samples of the US population¹."

– CDC

Intake Instructions For BIORAY® Detox Quartet

Step 1 - Environmental toxins create stress in the body until they are removed. Likewise, as we detoxify we put our body under a another type of stress.

Loving Energy® is a superior tonic which restores your adrenal reserves with adaptogenic herbs and mushrooms. It gives your body just what it needs to relieve stress, balance histamine, restore energy and thrive.*

Loving Energy®

INTAKE INSTRUCTIONS:

Shake well. Start with 13 drops in water or juice. Increase by 13 drops, or as tolerated to optimal intake. Regular use produces a more powerful effect.

Loving Energy®

OPTIMAL DOSE BY WEIGHT:

- Under 40 lbs: 1 dropper (26 drops) 2x a day
- 41 - 75 lbs: 2 droppers (52 drops), 2x a day
- Over 75 lbs: 3 droppers (78 drops), 2x a day

Loving Energy® Tip

Improvements are dose related. An additional 6-8 droppers can be given to mitigate irritations from detox, high histamines or in times of stress.

Step 2 - Nourish Your Liver – The liver is the primary organ responsible for filtration and detoxification. It is imperative that we support the liver with herbs that will strengthen its function. **Liver Life®** supports the body's natural detoxification abilities and is foundational for overall health and to support a healthy metabolism. This product is imperative for people who live in the city, enjoy alcohol or use western medications*



Liver Life®

INTAKE INSTRUCTIONS:

Shake well. Submerge dropper and squeeze 3 times to draw up 1 ml of liquid into the glass pipette. Adults: Start with 10 drops in water or juice. Increase intake by 5 - 10 drops per day up to optimal dose. Children and Sensitive Individuals: Start with 1 drop in water or juice. Increase intake by 1 drop per day or as tolerated. The intake above is for BIORAY's new updated blunt tip droppers. If you have a pointed tip dropper, please follow the intake instructions on your bottle.

Liver Life®

OPTIMAL DOSE BY WEIGHT:

- Under 40 lbs: 15 drops, 2x a day
- 41 - 75 lbs: 2 droppers (52 drops), 2x a day
- 75 - 150 lbs: 3 droppers (78 drops), 2x a day
- Over 150 lbs: 4 droppers (104 drops), 2x a day

Liver Life® Tip

When beginning **Liver Life®**, increase water and fresh lemon intake for the first 5 – 7 days. This super hydration will assist the liver and bowels to find homeostasis.

¹https://www.cdc.gov/biomonitoring/pdf/BisphenolA_factSheet.pdf

*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.



The Detox Quartet®

Detox 

Immunity 

Energy 

Replenish 

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Step 3 - Balance Your Gastrointestinal Tract and Colon – The GI and colon host both beneficial and unfriendly bacteria. When we have a higher level of unfriendly bacteria we experience stomach upset, digestion issues and immune imbalances. CytoFlora®, a liquid probiotic lysate, pushes unfriendly bacteria out of the GI and colon³. An intervention study with **CytoFlora®** shows a decrease in gut irritation and improvements in leaky gut within 35 days.*

CytoFlora®

OPTIMAL INTAKE CHILDREN AND ADULTS:

Shake well. Squeeze bulb 3x while dropper is submerged to draw up 1 ml of liquid into the glass pipette. Serve in water or juice on an empty stomach.

- Adults & Children: 2ml, 2x a day
- Sensitive Individuals: start with 5 drops, increase intake by 5-10 drops per day, or as tolerated, up to 2ml (40 drops) 2x a day.

CytoFlora® Tip

Many parents report additional improvements in speech and communication with a higher dose once a day versus a lower dose twice a day. After your child has been at 2ml, twice a day for a week, try 4 ml, once a day, in the morning to see if additional improvements are noted.

Step 4 - Toxic heavy metals, chemicals, pesticides, chlorine, and BPA interfere with the healthy functioning of all systems in the body; especially the brain and nervous system. Due to its unique properties, **NDF Plus®**, actively removes over 200% more toxins through the urine compared to what is removed prior to ingestion⁴. Gentle and safe, **NDF Plus®** removes toxic elements while replenishing essential nutrients and supporting cellular energy.* After **Loving Energy®**, **Liver Life®** and **CytoFlora®** are established, begin **NDF Plus®**.

NDF Plus®

INTAKE INSTRUCTIONS:

Adults – Start with 6 drops in water or juice. Increase intake by 6 drops a day until reaching optimal dose of 2 droppers (52 drops), twice a day. Children and Sensitive Adults – Start with 3 drops in water or juice. Increase intake by 3 drops per day or as tolerated to optimal dose by weight.

NDF Plus®

OPTIMAL DOSE BY WEIGHT:

- Under 40 lbs: 13 drops, 2x a day
- 41 - 75 lbs: 1 dropper (26 drops), 2x a day
- Adults & children over 75 lbs: 3 droppers (78 drops), 2x a day

Continue all products at optimal dose for 6 weeks. If any signs of irritation occur, increase intake of **Loving Energy®** by 1 dropper or give 1-2 capsules of activated charcoal. For best results, make sure bowels are moving daily and stay hydrated with fresh squeezed lemon juice in water.

How To Add More Than One Product At A Time

When the adrenals are properly supported with **Loving Energy®**, most people do very well with introducing other products fairly quickly. As with any new remedy or product, add one at a time and allow 24 hours to pass before adding another. This allows you to see what is happening after each remedy. If you are sensitive, wait 3-4 days or longer between introducing each new product and increase your dose of **Loving Energy®**.

If something bothers you, you will know which product it is and will be able to decrease the dose or take it out entirely. As you see that you are tolerating the products and dose well, you can mix them together in juice, water or smoothies.

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