



Everyday Detox

Designed for those seeking detoxification support within their everyday routine, the Everyday Detox Protocol promotes wellness with minimal effort and maximal impact.

If provided with the necessary nutrients, the liver does a stellar job of processing a wide variety of potentially toxic chemicals for excretion. Everyday Detox provides three products aimed at optimizing nutritional support for detoxification while promoting antioxidant protection. Whether you seek to reset healthful habits or gain energy and mental clarity these products can be an aid in refocusing your body care.

The Metabolic Detox[®] Complete protein powder is the foundational product for the Everyday Detox, providing potent nutritional support for Phase I and II detoxification processes in the liver. It provides a multivitamin in a base of 20 grams of plant-based protein for an easy meal replacement. Additional liver supportive plant extracts and amino acids have been included to assist this valuable organ in its daily detoxification role.

Along with the nutritional shake, Everyday Detox provides additional fiber with Organic Psyllium Husk Powder. Fiber aids timely excretion of liver byproducts and sweeps the gastrointestinal tract for further cleansing.

Cellular protection is boosted with antioxidant vitamins A, C, and E and green tea extract provided in the Metabolic Detox Complete powder as well as enhanced by the third product in the protocol, Silymarin. Silymarin is the component of milk thistle that provides support for healthy liver tissue and promotes the production of glutathione, the master cellular antioxidant.

Everyday Detox Protocol: Three products to support daily liver detoxification processes

- Metabolic Detox[®] Complete (Natural Vanilla or Natural Chocolate):** 2 scoops in 8-12 ounces of water or as directed by a healthcare professional
- Silymarin:** 1 capsule per day, between meals or as directed by a healthcare professional
- Organic Psyllium Husk Powder:** 1 scoop stirred into 8 ounces of water 1-2 times per day, or as directed by a healthcare professional



Metabolic Detox[®] Complete (Natural Vanilla or Natural Chocolate)

This nutrient-enhanced protein powder provides a healthful meal replacement with a complete multivitamin, amino acids, and plant extracts to enhance daily nutrition and promote optimal liver function.

Starting the day with protein provides multiple benefits. Protein provides a stable source of energy for the body and slows the absorption of carbohydrates, minimizing mid-morning snack cravings and energy slumps.

- Provides 20 grams of pea, rice and hemp protein for sustained energy
- Nourishes Phase I and II detoxification pathways*
- Enhanced with liver protective nutrients and plant extracts*

Silymarin

Silymarin is a constituent of milk thistle, an herb long used in supporting liver health. Studies show it supports both cellular protection in the liver and normal inflammatory balance. Silymarin aids in calming Phase I pathways while promoting Phase II pathways, minimizing the body's exposure to the toxic byproducts of Phase I activity.

- Supports liver tissue and function*
- Aids in liver detoxification processes*
- Supports balanced Phase I and II processes*

Organic Psyllium Husk Powder

Up to 95 % of Americans do not get enough fiber in their daily diet. Fiber increases feelings of satiety, reducing feelings of hunger. It also supports healthy gastrointestinal elimination, an important step of our everyday detoxification processes.

- Provides an excellent source of soluble fiber
- Aids in bowel regularity*
- Supports detox protocols by aiding elimination*

Lifestyle Tip: Balance is the goal

Everyday wellness involves seeking balance. Certain substances in the diet are extra tough on the liver, including caffeine, alcohol and sugar. For many, total elimination of these chemicals is not realistic. One can, however, add in some healthy behaviors to reduce the impact of these substances. For instance, drink a glass of water before your cup of coffee or with each alcohol-containing drink. Pair sugary items with foods containing fiber, fat, or protein to reduce the glycemic impact of your treat.

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