



# Heavy Metal Detox

Nutritional supplement to detoxify mercury and other heavy metals

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Heavy metals (like lead, mercury, arsenic and cadmium) are major health hazards. In fact, they are some of the most toxic substances known to man. They are involved in the development of neurological disorders (such as dementia, autism and Alzheimer's), autoimmune disorders (like rheumatoid arthritis and multiple sclerosis) and may even contribute to cancer and heart disease. The high level of industrial contamination in our environment means heavy metal poisoning is very common in our culture, affecting the majority of north Americans.

We are exposed to heavy metals through industrial contamination of our water and air, dental fillings, building materials and paint, and even cosmetic products like antiperspirants. Heavy metals damage the immune and nervous systems and cause chronic inflammation, thus producing a wide variety of hard-to-diagnose symptoms.

The body has natural detoxification mechanisms so it can eliminate heavy metals and other contaminants, but these mechanisms require nutrients to function correctly. Because of the high level of exposure and the generally poor diets of most people, the body is often unable to properly eliminate these toxins.

Heavy Metal Detox is a nutritional supplement that supports the elimination of heavy metals. Here is a breakdown of the ingredients in the blend and how each supports heavy metal detoxification.

**N-Acetyl cysteine** (NAC) contains the amino acid cysteine, which is a building block for glutathione, a powerful antioxidant that protects tissues including the liver, respiratory and immune systems, and the eyes. It is an antioxidant produced in the liver from three amino acids: cysteine, glutamic acid and glycine. Glutathione helps cells eliminate drugs and heavy metals and protects the body from the damaging effects of smoking, radiation and alcohol. It protects healthy cells from damage by heavy metals and other toxic chemicals.

**L-methionine** is a sulfur bearing amino acid that acts as a powerful antioxidant. It is needed in extra amounts when toxins are present in the body because it protects glutathione. It can also be converted into cysteine to help produce more glutathione.

**Alpha lipoic acid** is a potent antioxidant. Because it is soluble in both water and fat, it has an especially wide range of protective actions. Even more, it enhances the function of other antioxidants like vitamin C, vitamin E, and glutathione. It helps increase energy production in the cells. Research suggests alpha lipoic acid supports heavy metal detoxification.

**Sodium alginate** is a mucilage derived from kelp. Kelp is a purifier of the oceans because the alginate in it bonds to heavy metals and other toxins to neutralize them. Sodium alginate binds to heavy metals such as lead and mercury in the intestinal tract and carries them out of body with regular bowel movements.

**Kelp** is also included in this formula. It serves as an additional fiber source to help absorb toxins. It also supplies iodine to the thyroid for the production of hormones that regulate overall body metabolism.

**Apple pectin** is soluble fiber that absorbs toxins being released from the liver and carries them out of the body through bowel elimination. Plenty of dietary fiber is important during any detoxification process.

**Cilantro** has been found useful in eliminating heavy metals from the body in clinical applications. It is especially helpful for mercury detoxification.

**Magnesium** (provided as easy-to-assimilate magnesium citrate) and **vitamin B6** are required by cells to maintain energy production. They are involved in numerous chemical processes throughout the body. For example, they help prevent and dissolve kidney stones and ease PMS symptoms. In this formula they also enhance the detoxification mechanisms in the liver.

## Suggested Use

Take 1 capsule twice daily. If you develop a strong cleansing reaction, stop taking it for a while, then restart with only 1 capsule per day. It can also be helpful to take extra fiber (such as algin or Psyllium Hulls Combination) when taking this formula.

## Selected References

*The Comprehensive Guide to Nature's Sunshine Products* by Tree of Light Publishing.  
*Coming Clean* by Steven H. Horne

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