



HEALTHY DETOX II†

A DIETARY SUPPLEMENT TO SUPPORT LIVER HEALTH AND
DETOXIFICATION FUNCTIONS‡

A dietary supplement to support liver health and detoxification functions.*

Healthy Detox II® is a comprehensive formula designed to support liver functions in the following ways:

- Phase I and Phase II liver detoxification*
- Fat metabolism*
- Antioxidant protection*
- Glutathione production*

Phase I detoxification involves a group of enzymes, known as the cytochrome P450 family, which are all imbedded in healthy cell membranes of liver cells. When cytochrome P450 metabolizes a toxin, it chemically transforms it to a less toxic form, and/or makes it water soluble for the Phase II enzymes.

Phase II detoxification involves a process called conjugation, which neutralizes the toxin and makes it easily excreted through the urine or bile. There are six Phase II detoxification pathways; glutathione conjugation, amino acid (namely glycine) conjugation, methylation, sulfation, acetylation and glucuronidation.

Phase I detoxification support:

- Choline and Inositol are necessary components of all cell membranes.* It is essential for the membranes of liver cells to be healthy in order to support the Cytochrome P450 enzymes. Choline and Inositol also support fat and cholesterol metabolism within the liver.*
- DIM (diindolylmethane) is a naturally occurring sulfur compound found in cruciferous vegetables, like broccoli or cauliflower. It has been found to support both Phase I and Phase II liver detoxification as well as the detoxification of estrogen metabolites.*
- Biotin is a B vitamin which aids in cell growth, fat metabolism and energy generation.*

Phase II detoxification support:

- Calcium glucarate is a buffered source of glucaronic acid which supports glucuronidation.* The glucuronidation process aids the body in detoxifying and eliminating fungal toxins, steroid hormones and automobile exhaust.
- Milk Thistle is an herb that has been used traditionally for liver health.* Its active constituent, silybin, acts as an antioxidant, supports glutathione levels and normal liver cell regeneration.*
- L-Methionine is an amino acid necessary for the production of SAMe and the methylation pathway. Methionine is a sulfur-containing amino acid that aids in fat metabolism and glutathione production.*
- N-Acetyl Cysteine is a derivative of the amino acid cysteine. Cysteine is an important amino acid for the formation of glutathione.*
- L-Glycine is important for the amino acid conjugation pathway which is used to combine with and neutralize unwanted substances.* Those individuals on a low protein diet may become deficient in the glycine conjugation pathway when chronically exposed to toxins.*

- Alpha lipoic acid is a fat and water soluble antioxidant that may help recycle other natural antioxidants involved in liver metabolism.*
- Turmeric is an herb that has been used in traditional medicine in India for centuries.* Turmeric has a rich store of antioxidants which help to protect cells from free radicals.* It has also been shown to support gallbladder function, an important organ involved in the storage and release of bile.*

Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving

Biotin	50 mcg
Calcium D-Glucarate	50 mg
Choline Bitartrate	200 mg
Milk Thistle (Silybum marianum) Seed Extract	200 mg
yielding Silymarin	160 mg
L-Methionine	100 mg
Turmeric	80 mg
N-Acetyl Cysteine	50 mg
Inositol	25 mg
L-Glycine	25 mg
DIM® (a patented enhanced bioavailability complex of starch, diindolylmethane, Vitamin E as d alpha tocopheryl succinate, soy phosphatidyl choline, silica)	20 mg
Alpha Lipoic Acid	20 mg

Other Ingredients: vegetable cellulose, vegetarian leucine, rice flour.

Contains: Soy.

Warning: If pregnant, nursing, or planning on becoming pregnant, do not take this product.

Suggested Use: As a dietary supplement, take 1 capsule, twice daily, or as directed by your healthcare practitioner.

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