

# CORE DETOX BUNDLE

## CLINICAL APPLICATIONS

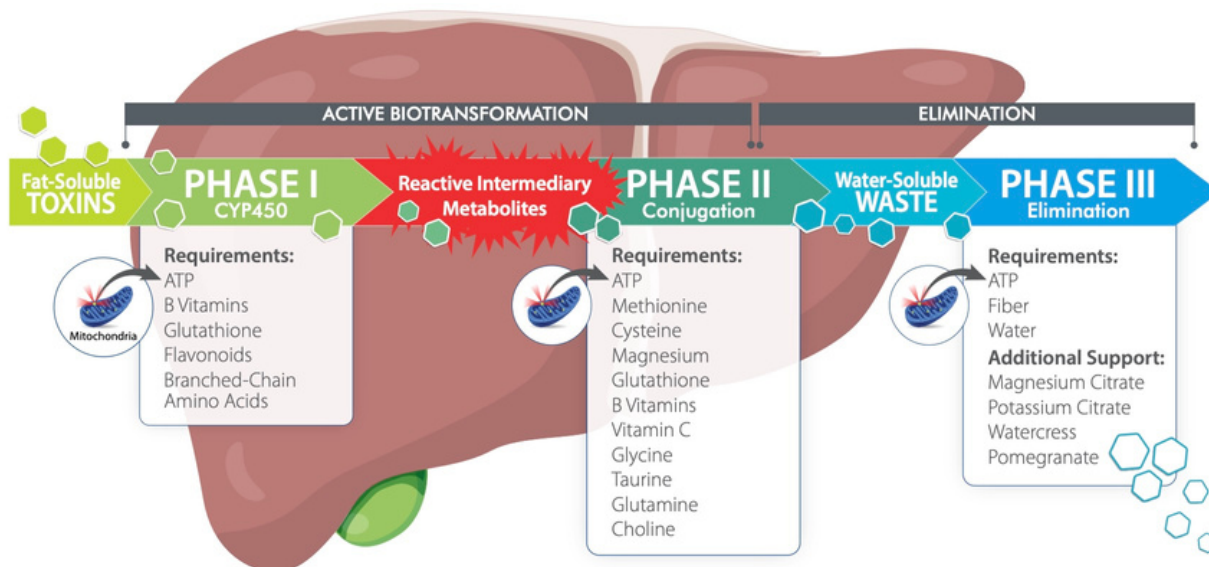
- Supports All Three Phases of Detoxification
- Provides the Necessary Energy Cofactors and Key Alkalinizing
- Factors to Support Toxin Excretion
- Supports Healthy Estrogen Detoxification
- Promotes Gastrointestinal Health



## DETOX SUPPORT

### What Is the CORE DETOX BUNDLE?†

The CORE DETOX BUNDLE is a strategic system designed to safely enhance and promote all three pathways of active detoxification. The CORE DETOX BUNDLE includes three active formulas- CORE DETOX, MULTIVITAMIN ENERGY SUPPORT, and LIVER SUPPORT- which function synergistically to provide the energy and nutritional cofactors critical for active biotransformation. These formulas support both Phase I and Phase II pathways of liver biotransformation while promoting Phase III elimination pathways, aiding in the safe processing and removal of environmental pollutants, hormone disruptors, unhealthy estrogen metabolites, xenoestrogens (synthetic compounds that imitate estrogen) and other harmful toxins from the body.<sup>1,2</sup> This powerful trio of specialized formulas provides essential micronutrients, phytonutrients and a source of easily digested, hypoallergenic protein that support the liver and fuel optimal biotransformation. The CORE DETOX BUNDLE provides an easy-to- follow, 7-day program (plus extra doses of the multivitamin) designed to reduce the incoming burden of toxins to restore optimal health.



## Overview of Detoxification\*

The CDC estimates that more than 100,000 chemicals are used by Americans annually, with approximately 1,000 new chemicals introduced each year.<sup>3</sup> Evidence suggests even low-level toxicity is related to a variety of health concerns. If toxins are not processed effectively, they can accumulate in the body, causing fatigue, mental fog, hormone disruption or unexplained weight gain. In addition, the standard American diet, which is high in sugar and caffeine while low in nutrient density and fiber, has been shown to slow detoxification mechanisms and reduce the elimination of toxins. Therefore, it is important to have a comprehensive, evidence-based detoxification strategy that supports the key phases of detoxification. The liver is the body's main organ of detoxification and requires vast amounts of energy in the form of adenosine triphosphate (ATP) to properly neutralize toxins. Each hepatocyte houses 1,000 to 2,000 mitochondria, comprising roughly one-fifth of the total liver volume.<sup>4</sup> If liver mitochondria do not produce adequate ATP, it reduces the rate of detoxification and can lead to health challenges. The detoxification process, also known as biotransformation, is a three-phase process where toxins are safely packaged and removed from the body. These detoxification systems are very complex and require energy and essential nutrient cofactors. In Phase I, a specialized family of enzymes known as the cytochrome P450 enzymes use oxygen to form a reactive site on toxic compounds. This process creates highly reactive compounds that are more harmful and reactive than the initial toxin. These strong free radicals can cause structural damage to lipids, proteins and DNA within the cell. This is why Phase II detoxification is a crucial step that must be ready to bind, package and neutralize these harmful intermediate metabolites so they can be safely excreted from the body. During the final step of detoxification, phase III, neutralized, water-soluble compounds can then be excreted in the urine, bile or stool.<sup>2,5</sup> The CORE DETOX BUNDLE is scientifically formulated to increase mitochondrial energy production and support all three phases of detoxification.

## CORE DETOX BUNDLE: INSTRUCTIONS

### DAY 1:

- AM: 2 SCOOPS OF CORE DETOX POWDER + 2 CAPSULES MULTIVITAMIN ENERGY SUPPORT
- PM: 2 SCOOPS OF CORE DETOX POWDER + 2 CAPSULES MULTIVITAMIN ENERGY SUPPORT

### DAY 2:

- AM: 2 SCOOPS OF CORE DETOX POWDER + 2 CAPSULES MULTIVITAMIN ENERGY SUPPORT
- PM: 2 SCOOPS OF CORE DETOX POWDER + 2 CAPSULES MULTIVITAMIN ENERGY SUPPORT

### DAY 3:

- AM: 2 SCOOPS OF CORE DETOX POWDER + 2 CAPSULES MULTIVITAMIN ENERGY SUPPORT + 2 CAPSULES LIVER SUPPORT
- PM: 2 SCOOPS OF CORE DETOX POWDER + 2 CAPSULES MULTIVITAMIN ENERGY SUPPORT + 2 CAPSULES LIVER SUPPORT

### DAY 4:

- AM: 2 SCOOPS OF CORE DETOX POWDER + 2 CAPSULES MULTIVITAMIN ENERGY SUPPORT + 2 CAPSULES LIVER SUPPORT
- PM: 2 SCOOPS OF CORE DETOX POWDER + 2 CAPSULES MULTIVITAMIN ENERGY SUPPORT + 2 CAPSULES LIVER SUPPORT

### DAY 5:

- AM: 2 SCOOPS OF CORE DETOX POWDER + 2 CAPSULES MULTIVITAMIN ENERGY SUPPORT + 2 CAPSULES LIVER SUPPORT
- PM: 2 SCOOPS OF CORE DETOX POWDER + 2 CAPSULES MULTIVITAMIN ENERGY SUPPORT + 2 CAPSULES LIVER SUPPORT

### DAY 6:

- AM: 2 SCOOPS OF CORE DETOX POWDER + 2 CAPSULES MULTIVITAMIN ENERGY SUPPORT + 2 CAPSULES LIVER SUPPORT
- PM: 2 SCOOPS OF CORE DETOX POWDER + 2 CAPSULES MULTIVITAMIN ENERGY SUPPORT + 2 CAPSULES LIVER SUPPORT

### DAY 7:

- AM: 2 SCOOPS OF CORE DETOX POWDER + 2 CAPSULES MULTIVITAMIN ENERGY SUPPORT + 2 CAPSULES LIVER SUPPORT
- PM: 2 SCOOPS OF CORE DETOX POWDER + 2 CAPSULES MULTIVITAMIN ENERGY SUPPORT + 2 CAPSULES LIVER SUPPORT

### IMPORTANT TIPS:

- FINISH THE REMAINING BOTTLE OF MULTIVITAMIN ENERGY SUPPORT BY TAKING 4 CAPSULES DAILY.
- BEST PAIRED WITH A GLUTEN AND DAIRY FREE DIET, NO ALCOHOL, AND NO PROCESSED FOODS.
- CONSULT YOUR HEALTHCARE PROVIDER BEFORE USE IF YOU ARE BEING TREATED FOR A MEDICAL CONDITION.
- NOT INTENDED FOR USE BY CHILDREN.

## REFERENCES

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† These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.