



DETOXIFICATION PROTOCOL

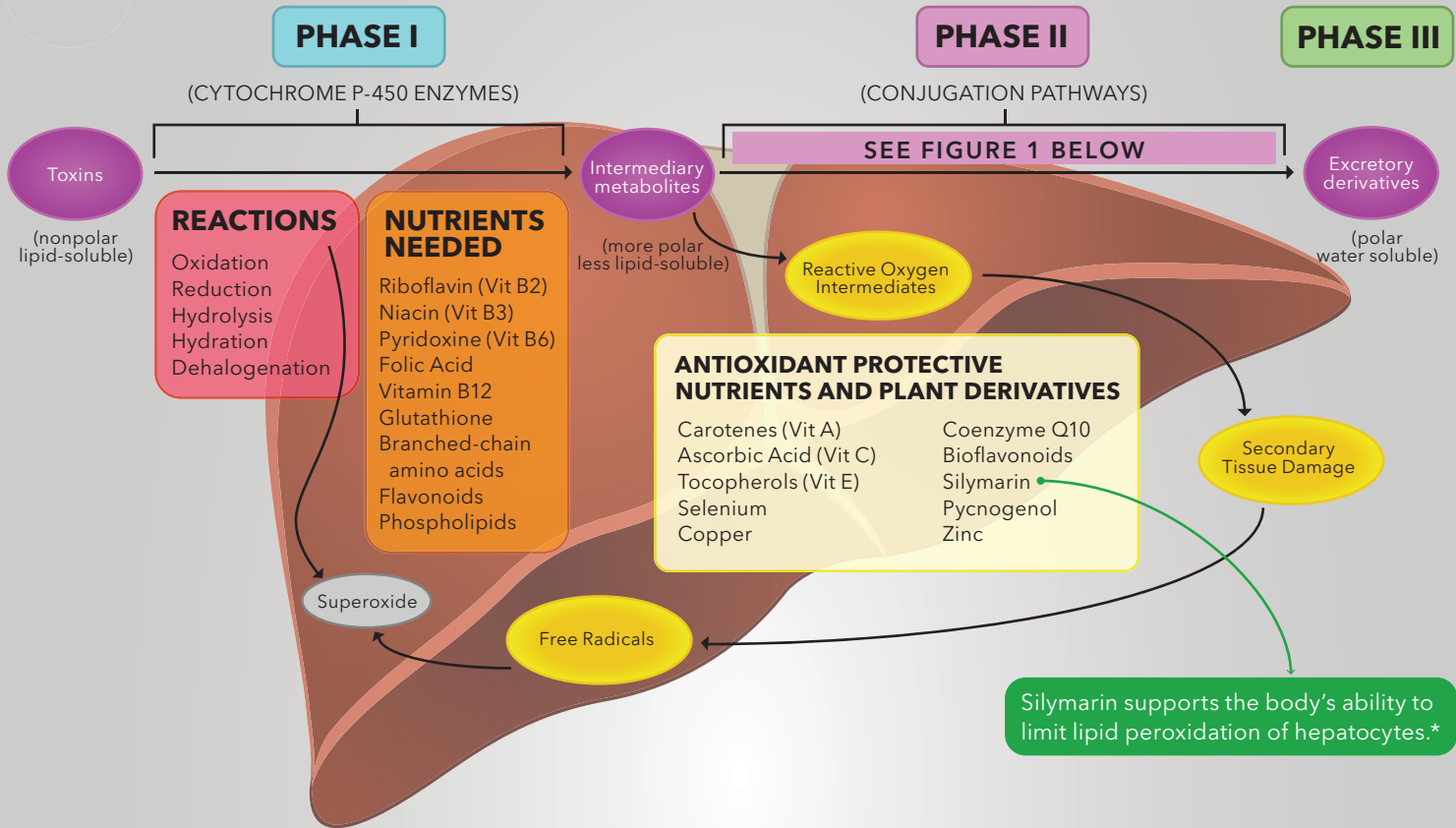


FIGURE 1

REACTION	NUTRIENTS NEEDED	REACTION	NUTRIENTS NEEDED
Acylation	Free Amino Acids Super Algae	Glucuronidation	L-Glutamine Magnesium Complex Super Omega-3 EPA B-Complex Limonene
Methylation	Methionine Vitamin B6 & B12 Folic Acid Choline Betaine Magnesium SAM-e	Sulfation	Methionine Cysteine Taurine Glutathione MSM Garlic Onions Vitamin B1 & B2 N-Acetyl-Cysteine
Acetylation	Pantothenic Acid Vitamin C Thiamine	Glutathione Conjugation	Vitamin C Alpha-Lipoic Acid Raw Whey Protein Free Amino Acids Indole-3-Carbinol N-Acetyl-Cysteine

PHASE I

- Is called oxidation, activation or modification
- Liver excretes cytochrome P-450 low-specificity enzymes
- Enzymes convert toxic molecules to more water-soluble forms by incorporating oxygen atom (with NADH cofactor)
- Conversion process is called biotransformation
- Readies toxins for excretion

PHASE II

- Necessary follow-up to process oxidative stress from Phase I
- Major conjugation reactions include glucuronidation, amino acid conjugation, sulfation, glutathione conjugation, acetylation and methylation
- Requires selenium and sulfur-containing amino acids: glutamine, glycine, taurine, cysteine
- Support the body's ability to maintain microbial balance for elimination pathways in the gut and kidneys

PHASE III

- Actual elimination through excretion
- Health of this phase depends on success of Phases I and II

*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.

RATIONALE FOR PROTOCOL STEPS:

The three steps of DaVinci's Detoxification Health Protocol parallel the three phases of the detoxification process, working to support all steps, from neutralization through elimination and repair.*

STEP 1 is a preparation phase that provides nutrients for structural support and digestive support to prime the body for the Cleanse Phase (Phase II).*

*Note: GI Benefits is aimed at supporting the integrity of the gut and providing permeability support so that reabsorption of mobilized toxins does not take place during Phase II.**

STEP 2 is a cleansing phase: support for neutralization, elimination of toxins and estrogen metabolism*

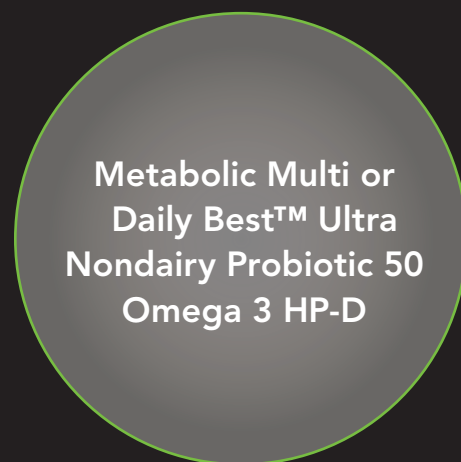
STEP 3 is a rebuilding phase that provides support for healthy bacterial repopulation and distribution, protein synthesis, and cell membrane flexibility*

Other important nutrients, and where they fit in the detoxification process, can be explored within diagram to left.

STEP 1: PREP PHASE

STEP 2: CLEANSE PHASE

STEP 3: REBUILD PHASE



G.I. Benefits: 1-2 scoops per day
Mega Probiotic-ND™: 3-6 capsules daily
Digenzyme™ or All-Zyme™: 1 tablet with each meal
Hepaticlear™: 2 capsules daily

Right Whey™: 1 scoop daily
Multiphase Detox™: 6 capsules daily
Estro Benefits™: 2 capsules daily
Colon Cleanse: 4 capsules daily
Candid-Away: 3 capsules daily
Spectra Greens™: 1 scoop daily


Metabolic Multi: 3 capsules twice daily
Daily Best™ Ultra: 1 capsule daily
Nondairy Probiotic 50: 1 capsule daily for 4 weeks then transition to 3 capsules of Mega Probiotic ND, ongoing
Omega 3 HP-D: 2 softgels daily

***If diagnostic testing reveals parasitic population, substitute Para-Shield*



OTHER QUICK CONSIDERATIONS:
 Transition to natural soaps, lotions, dyes, dental products and cookware that are free of known neuroendocrine disruptors and carcinogens.

Fred Pescatore, M.D., M.P.H., C.C.N.



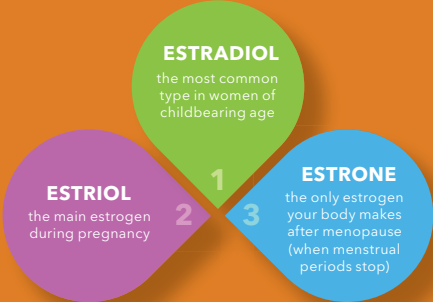
"It's important to discourage "toxing" as part of a detox strategy. Conventional coffee and it's brewing using hot water through plastic is a common source. I encourage folks to opt for glass pour over (organic) coffee makin'. It's just as convenient and the coffee tastes better!"



ESTROGEN METABOLISM PROTOCOL

ESTROGEN =

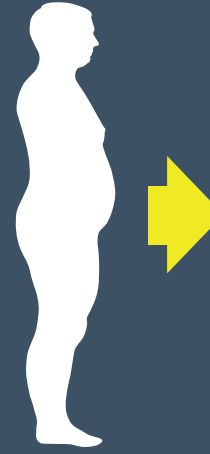
FAMILY OF THREE HORMONES:



Estriol is the weakest. Estradiol is the most active. And Estrone is the inactive storage form.

How these are metabolized is a key factor in our health. So is their balance with other hormones progesterone and testosterone.

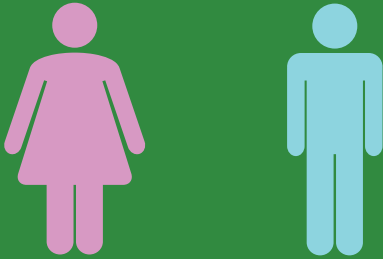
The form of Estrogen that is actually converted from testosterone into Estradiol or E2 through a process called aromatization. This conversion causes men to store fat in the belly. It is the stored belly fat that then creates more aromatization increasing fat storage in the belly, which in turn causes more aromatization.



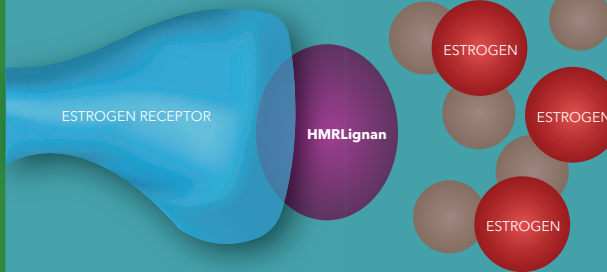
THE VICIOUS ESTROGEN/ BELLY FAT CYCLE



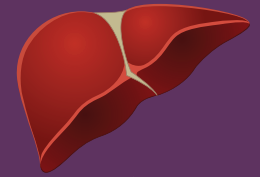
ESTROGEN SUPPORT IS FOR BOTH FEMALES & MALES



When estrogen levels decline, lignans may have a weak estrogen-like effect, mimicking the presence of estrogen. When estrogen levels are high, lignans occupy and block the estrogen receptors, thereby smoothing both peaks and valleys.



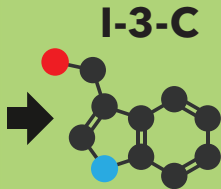
LIVER DETOX



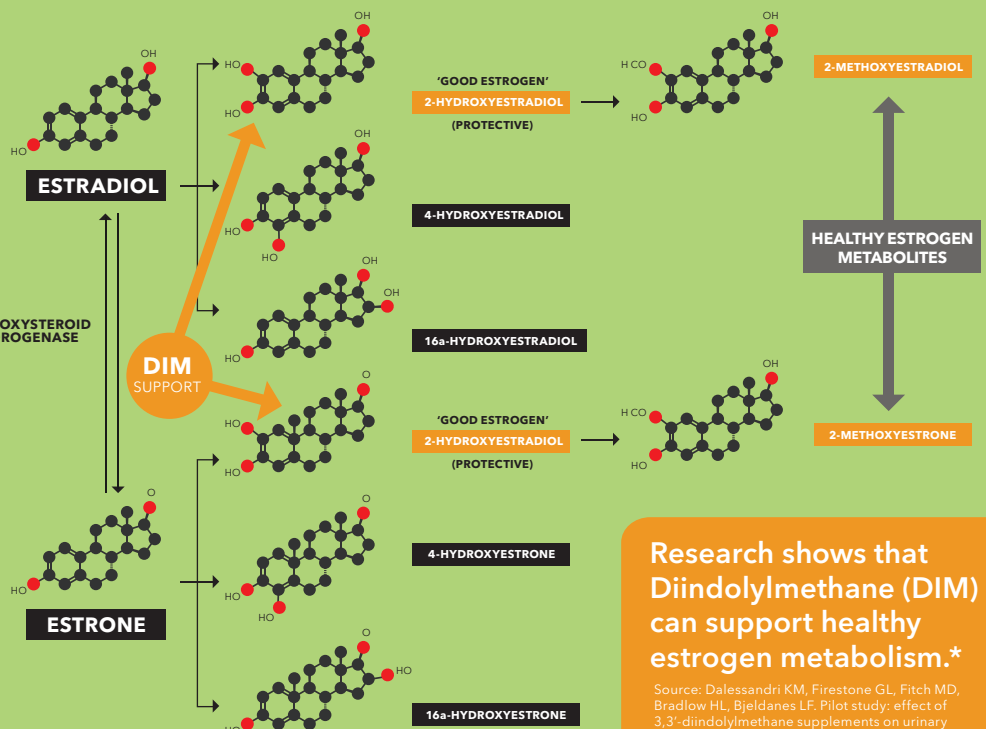
PHASE I → PHASE II

Once estrogen goes through Phase I, it becomes a potentially damaging compound that needs to be ushered through Phase II as efficiently as possible. Amino acids and curcumin may support balance between Phases I and II.*

THE DIM FACTOR



17-HYDROXYSTEROID DEHYDROGENASE



Many nutrients are involved in estrogen metabolism and overall hormone balance as it relates to estrogen. These include DIM (diindolylmethane), a natural compound found in cruciferous vegetables that supports our natural ability to burn fat and promotes healthy estrogen metabolism in both men and women, and I3C, one of whose byproducts is DIM.*

Research shows that Diindolylmethane (DIM) can support healthy estrogen metabolism.*

Source: Dalessandri KM, Firestone GL, Fitch MD, Bradlow HL, Bjeldanes LF. Pilot study: effect of 3,3'-diindolylmethane supplements on urinary hormone metabolites in postmenopausal women with a history of early-stage breast cancer. Nutr Cancer. 2004;50(2):161-7

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PRIMARY SUPPORT

Metabolic Multi or
Daily Best™ Ultra
Estro Benefits™
Multiphase Detox™
*DIMPRO® 150
(optional)

Metabolic Multi: 3 capsules twice daily
Daily Best™ Ultra: 1 capsule daily
Estro Benefits™: 2 capsules daily
*If additional DIM is needed consider
DIMPRO® 150: 1-2 capsules daily
(Can be taken concurrently with Detox
Benefits™ or alternating with Detox
Benefits™ every 30 days)
Multiphase Detox™: 6 capsules daily

FOR ADDITIONAL PHASE II LIVER SUPPORT*

Right Whey or
Amino 21™
Curcumin C3
Complex®

Right Whey: 1 scoop daily
Amino 21™: 1 capsule, 3 times daily
Curcumin C3 Complex®: 1 capsule with
breakfast, 1 capsule with lunch

SECONDARY SUPPORT

FOR MEN

Prostate Health
Zinc Lozenges
Libido

Prostate Health: 2 capsules daily
Zinc Lozenge: 1-2 lozenges daily
Libido: 3 capsules daily away from
food (2 weeks on, 2 weeks off)

FOR WOMEN

Adrenal Benefits™
Gamma-Lin 1300
Libido

Adrenal Benefits™:
2 capsules daily prior to 2 pm
Gamma-Lin 1300: 2-3 softgels daily
ongoing, 3-6 softgels during
menstrual cycle
Libido: 2 capsules daily away from
food (2 weeks on, 2 weeks off)

Cocoa HGH
DHEA Spray

IF ADDITIONAL HORMONE SUPPORT IS NEEDED & INDICATED BY HORMONE TESTING

Cocoa HGH: 1 scoop daily
**Liposomal
DHEA Spray:** 1-2 sprays daily

CONSIDER THESE TESTS TO PROVIDE THE BEST SUPPORT FOR ESTROGEN HEALTH:

- CMP
- Essential Estrogens by Genova Diagnostics
- Female Hormone Panel (FHP) by diagnostechs

Annalisa Behling, NMD



"For enhanced estrogen balance, I recommend three lifestyle changes: implement a lifestyle plan that lowers insulin, cut back on plastic exposure and increase cruciferous vegetables."



METABOLISM PROTOCOL

BLOOD SUGAR

Glucevia*
GlucodOX™*
Berberine*

SUPPORTING ESTROGEN LEVELS

DIM*
Turmeric*
Taurine*

SUPPORTING HEALTHY ESTROGEN LEVELS IN TURN SUPPORTS HEALTHY INSULIN LEVELS

Source: Cagnacci A, et al. Maturitas 1997

INSULIN SENSITIVITY

Chromium*
Alpha Lipoic Acid*

PERIPHERAL NERVE FUNCTION

B6 (pyridoxyl 5 phosphate)*
Benfotiamine*

INSULIN SUPPORT

Chromium*
Vanadium*
R-Alpha Lipoic Acid*
Trans Resveratrol*
Vitamin D*
B6*
B12*
Biotin*
Cinnamon*

GLYCATION SUPPORT

OTHER SYSTEMS:

ADRENAL

BLOOD PRESSURE

CHOLESTEROL

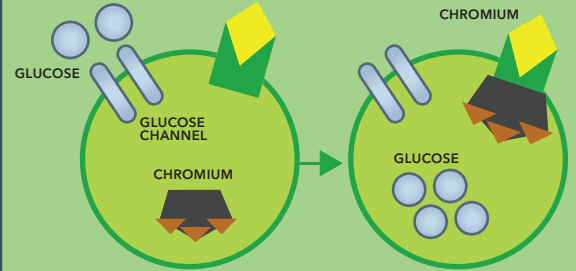
DETOX

WEIGHT



CHROMIUM

Interaction between chromium and insulin and insulin receptors supports glucose uptake into the cell.



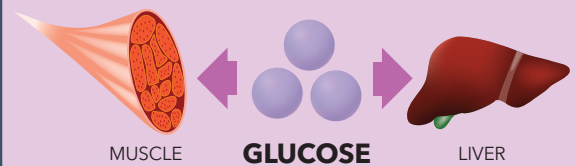
BENFOTIAMINE

supports the production of transketolase, an enzyme responsible for efficiently converting potentially harmful byproducts of glucose breakdown into easily eliminated, harmless compounds. This is one way benfotiamine helps support the small blood vessels and nerves in the distal extremities.*



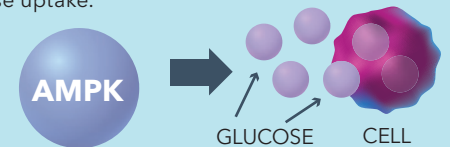
GLUCEVIA

is standardized to 10% Nuzhenide and GI3, two compounds that were shown in preclinical animal studies to support the rate of glucose absorption in liver and muscle.

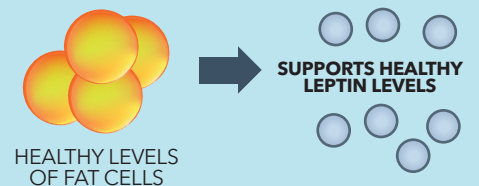


GlucodOX™

demonstrates energizing action through its ability to stimulate the production of AMPK.* AMPK acts as the body's master regulator of glucose uptake.



In addition, GlucodOX™ supports the transformation of pre-adipocytes to adipocytes, which aids in supporting healthy leptin levels.*



PRIMARY SUPPORT

Metabolic Multi or
Daily Best™ Ultra
Right Whey
Omega 3 HP-D
Gluco Benefits™

SECONDARY SUPPORT

GlucoSynergy™
Berberine Force
Adrenal Benefits™ or
Cortisol Benefits™†

†(depending on results of
Adrenal Stress Index)

TERTIARY SUPPORT

Enz-Flame™
CoQ10 Chew/Melt
Estro Benefits™

Metabolic Multi: 3 capsules twice daily
Daily Best™ Ultra: 1 capsule daily
Right Whey™: 1 scoop daily
Omega 3 HP-D: 2-4 softgels daily
Gluco Benefits™: 3 capsules daily

Enz-Flame™: 1 scoop daily
CoQ10 Chew/Melt: 1-2 tablet daily
GlucoSynergy™: 2-3 capsules daily
Berberine Force: 3 capsules daily until
optimal metabolism is achieved and then
transition to 1-2 capsules daily
**Adrenal Benefits™ or
Cortisol Benefits™** 2 capsules daily

Enz-Flame™: 1 scoop daily
CoQ10 Chew/Melt: 1-2 tablet daily
Estro Benefits™: 2 capsules daily

Metabolism and Metabolic Syndrome: The multifaceted nature of metabolic support involves many systems. This protocol outlines each individually. The needs of the patient will dictate the combination of systems that should be supported. Keep in mind there is product crossover with each of these protocols.

TESTS: BASIC METABOLISM PROFILE:



- CBC • CMP • Lipids • Hgb alc.
- Thyroid panel (TSH, T4, T3 uptake, Free T3)

EXPANDED CARIAC ASSESSMENT:

- hs-CRP • Homocysteine • Fibrinogen
- Vitamin D (25 OH)
- Cortisol • DHEA-s • Insulin • B12 & Folate.
- NMR instead of regular lipid panel [NMR LipoProfile® test is an advanced cardiovascular diagnostic test that uses nuclear magnetic resonance (NMR) spectroscopy]



FOR CHOLESTEROL SUPPORT

see page 18



FOR BLOOD PRESSURE SUPPORT

see page 19



FOR DETOXIFICATION SUPPORT

see page 20-21



FOR WEIGHT MANAGEMENT SUPPORT

see page 42-43



FOR ADRENAL SUPPORT

see page 6-7