



## Innate Detox<sup>™</sup>

### Natural detoxification support<sup>♦</sup>

- Synergistic blend of NAC, milk thistle, schizandra, turmeric root, and dandelion root to support liver health<sup>♦</sup>
- Whole food blend

43005 - 90 tablets

Innate Detox<sup>™</sup> supports the body's own detoxification pathways by combining botanicals such as milk thistle and turmeric, along with a therapeutic dosage of N-acetyl cysteine, and a signature whole food blend. This formula is a foundational purification product that is ideal for broad spectrum liver support<sup>♦</sup>

### A Look At Key Ingredients:

**Milk Thistle:** Milk thistle extract may support the liver by optimizing detoxification pathways.<sup>♦</sup> Silymarin exerts antioxidant effects<sup>1</sup>, which becomes critical during the detoxification process, especially after phase 1 is completed.<sup>♦</sup>

**N-Acetyl Cysteine:** NAC is an amino acid and precursor to intracellular cysteine and glutathione, both of which are integral to supporting the detoxification pathways.<sup>♦</sup> Studies have demonstrated that NAC appears to exert protective effects by modulating glutathione metabolism.<sup>2♦</sup>

#### The Importance of Whole Food

One of the hallmarks that INNATE has built its foundation on has been its respect and embrace of whole foods. The following foods have been included for their detoxifying properties.<sup>♦</sup>

**Broccoli:** In particular, the sulfur-containing part of plant cells in broccoli, sulforaphane, has been demonstrated to be an indirect antioxidant.<sup>♦</sup> A 2012 study published in Frontiers in Genetics, demonstrated that sulforaphane, a compound found in broccoli, has the ability to support the induction of phase 2 antioxidant enzymes.<sup>♦</sup> This is done by signaling genes in the cell nucleus. These particular enzymes activate the detoxification and antioxidant process.<sup>♦3</sup>



Innate Detox<sup>™</sup>

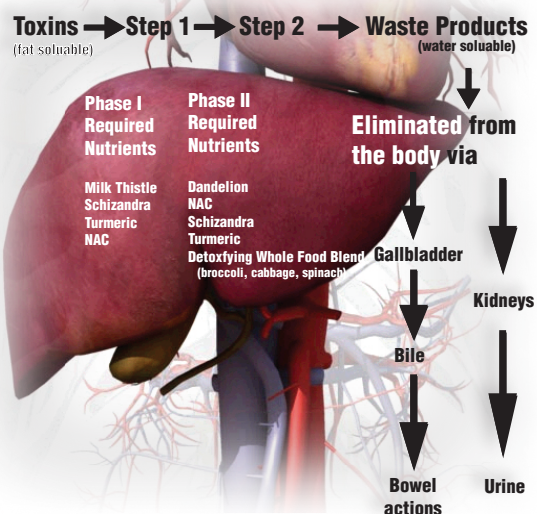
**Cabbage:** Cruciferous vegetables such as cabbage have been long known to promote the body's ability to detoxify itself.♦ This study published in 2004 demonstrates the supportive nature of cruciferous vegetables during phase II detoxification of the liver, specifically with CYP1A2 expression.♦<sup>4</sup>

1. Feher J, Lang I, Deak G, et al. Free radicals in tissue damage in liver diseases and therapeutic approach. *Tokai J Exp Clin Med* 1986;11:121-34.

2. De Flora S. In vivo effects of N-acetylcysteine on glutathione metabolism and on the biotransformation of carcinogenic and/or mutagenic compounds. *Carcinogenesis*. 1985 Dec;6(12):1735-45.

3. S. Boddupalli, et al. Induction of phase 2 antioxidant enzymes by broccoli sulforaphane: perspectives in maintaining the antioxidant activity of vitamins A, C, and E. *Frontiers in Genetics* 2012; 3:7. <http://www.ncbi.nlm.nih.gov/pubmed/22303412>

4. Walters DG, et al. Cruciferous vegetable consumption alters the metabolism of the dietary carcinogen 2-amino-1-methyl-6-phenylimidazo[4,5-b]pyridine (PhIP) in humans. *Carcinogenesis*. 2004 Sep;25(9):1659-69. Epub 2004 Apr 8.



## Supplement Facts

Serving Size 3 Capsules

Amount per Serving	% Daily Value ▼
N-Acetyl L-Cysteine.....	500 mg *
Milk Thistle Seed Standardized Extract .....	450 mg *
Schizandra Berry Extract.....	300 mg *
Turmeric Root Extract.....	250 mg *
Organic Dandelion Root.....	200 mg *
<b>Whole Food Blend</b> .....	200 mg *
Broccoli Leaf, Cabbage Leaf, Spinach Leaf	

\* Daily Value not established

**Other Ingredients:** Cellulose, Ascorbyl Palmitate

The detoxification pathways of the liver need nutritional support in order to function properly and safely when effectively removing harmful toxins from the body. Innate Detox™ employs the most potent, well researched nutritional and botanical constituents in order to provide the best possible support.♦



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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.