

Detox & Cleansing Facts



Each minute of every day, the body systematically performs detoxification and cleansing processes to remove naturally occurring, internally generated metabolic waste plus the environmental toxins that invade our bodies. Without these highly specific functions, performed by various organs of the body, we would soon succumb to a build-up of toxins and waste material, now known to negatively impact cellular health, DNA integrity and our general health.

The organs and systems involved in this detoxification and cleansing process are the blood stream, digestive and intestinal tracts, kidneys, liver, lungs and skin.

THE DETOX & CLEANSE PROCESS

Here's how the body works to detoxify and cleanse itself:

The waste generated by cells – including their normal creation, destruction and metabolic debris – as well as the toxic material brought into the body through our diets, the air we breathe and the pores of our skin, all needs to be broken down in ways that will allow it to be eliminated.

Once toxins are recognized in the body, several processes are triggered. Through digestion, foods and liquids are broken down into the smallest particles possible so that they can pass through the intestinal walls into the blood stream; however, the intestinal tract cannot prevent all chemical toxins from passing through into the blood stream along with the beneficial substances. It needs help. This is where the liver comes into play.

Toxins present in the blood stream circulate first to the liver. The liver performs its role in the elimination process by turning the toxins into harmless liquids, solids or gases so that they can pass through the body.

Another action the liver goes through in its elimination and detoxification process is to send toxins, or pollutants, to fat storage sites in adipose (fat) tissues. This is a very sophisticated process, designed to protect the body from the toxins.

Later on, when the fat containing the toxins is burned for energy, the toxins will be released into the blood stream, recirculated throughout the body.

This can have major ramifications. Here's why. Cells create new "daughter" cells through a process called mitosis. Each cell uses the construction material available to it from the bloodstream, possibly including the liberated toxins, to create the new cells. As a result, the DNA might become damaged, corrupting the blueprint for this and future cells, possibly leading to poor health.

If the liver is overwhelmed with toxic material from the blood stream, it will become sluggish and not be able to nullify, eliminate or store the toxins as efficiently. This means the blood stream would continue to circulate those toxins. Then, as other cells in the body are going through mitosis, they would also use toxins from the blood as building material. This, in turn, would corrupt other cells throughout the body.

These excess toxins can eventually disrupt the body's homeostasis, or internal balance and harmony. Health can begin to diminish.

For many reasons, therefore, it is wise to assist the body in keeping the

blood stream as clean as possible. The primary concern is to ensure cells have clean material with which to nourish themselves and construct new cells.

"Dirty" blood can cause a multitude of problems. For example, as wastes are eliminated through the pores, they feed the bacteria that live on the skin, setting the stage for skin conditions such as acne. The cleaner the blood, the less likely that wastes will need to be eliminated through the skin after processing by the liver.

Effective detoxification and cleansing of the body includes all processes and organs related to elimination; it is not just the digestive tract that eliminates what needs to go. For example, if a person has a sluggish evacuation system, then some of the liquid waste in fecal matter could be reabsorbed into the body, creating a greater burden on the detoxifying system.

SUPPORTING THE BODY'S NATURAL EFFORTS

The best way to help the body in achieving a true, whole-body cleansing is to work on multiple levels at the same time. As a nutritional counselor, I always had my clients work on the intestinal tract, liver and blood stream as well as ways to increase fat metabolism to eliminate toxins from storage and eventually, from the body.

For the convenience of those who want to take a more proactive, comprehensive approach to supporting the body's whole-body detoxification and cleansing process, I suggest **Ultimate Detox & Cleanse,™** by Michael's® Naturopathic Programs.

Ultimate Detox & Cleanse™ is an important program for periodic use in supporting the body's organs and systems as they naturally detoxify and cleanse. It's a 14-day program that can be easily and conveniently used at home or while you are traveling. Simply take one packet of four tablets three times each day with meals. Each packet includes one tablet each of **Michael's® Liver Wellness,™** **Michael's® Blood Detoxification Factors,™** **Michael's® Fiber & More™** and **Michael's® Fat Metabolism Factors.™**



● With **Michael's® Liver Wellness,™** we use choline, inositol, methionine and lecithin to assist in the process of metabolizing fats in the liver. Additionally there are the herbs dandelion root, as a liver stimulant, and milk thistle, known to stimulate liver regeneration.

● To assist the body in its ongoing detoxification process, we include **Michael's® Blood Detoxification Factors.™** This formula provides iron, manganese and molybdenum, the specific nutrients that the body uses to maintain its detoxification system.

Detox & Cleansing Facts

MICHAEL'S® DETOX • CLEANSING PRODUCT FORMULAS

Kidney Factors™♦

Supplement Facts

Serving Size: Three (3) Tablets

Amount Per Serving	% Daily Value
Vitamin D (as Ergocalciferol)	300 IU 75%
Niacin (as Niacinamide)	60 mg 300%
Vitamin B-6 (as Pyridoxine Hydrochloride)	6 mg 300%
Vitamin B-12 (as Cobalamin)	30 mcg 500%
Magnesium (as Magnesium Chelate)	150 mg 38%

Proprietary Blend 2.34 g (2340 mg)*
Celery Seed (Apium graveolens), Hydrangea Root (Hydrangea arborescens), Juniper Berry (Juniperus communis), Parsley Leaf (Petroselinum sativum), Glutamine (as L-Glutamine), Glycine (as L-Glycine), Buchu Leaf (Barosma crenulata), Uva Ursi Leaf (Arctostaphylos uva ursi) & Bromelain (from Pineapple)

*Daily Value not established.

OTHER INGREDIENTS: Dicalcium Phosphate, Maltodextrin, Stearic Acid & Vegetable Magnesium Stearate.



Everyday Immune Wellness™♦

Supplement Facts

Serving Size: Three (3) Tablets

Amount Per Serving	% Daily Value
Vitamin A (as Beta Carotene)	15,000 IU 300%
Vitamin C (as Magnesium Ascorbate)	200 mg 333%
Vitamin E (as d-alpha Tocopheryl Succinate)	50 IU 167%
Vitamin K2 (as Menaquinone)(from Soy)	45 mcg 56%
Thiamin (as Thiamin Hydrochloride)	25 mg 1667%
Riboflavin	25 mg 1471%
Vitamin B-6 (as Pyridoxine Hydrochloride)	25 mg 1250%
Folic Acid (as Folate)	450 mcg 113%
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg 1000%
Magnesium (as Magnesium Ascorbate)	20 mg 7%
Zinc (as Zinc Citrate)	15 mg 100%
Selenium (as L-Selenomethionine)	150 mcg 210%

Proprietary Blend 525 mg*
Reishi Mushroom (Ganoderma lucidum), Maitake Mushroom (Grifola frondosa), Shiitake Mushroom (Lentinus edodes), N-Acetyl Cysteine, Citrus Bioflavonoids, Astragalus Root (Astragalus membranaceus), Arabinogalactan (from Western Larch)(Larix occidentalis)

*Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Dicalcium Phosphate, Stearic Acid, Vegetable Stearate, Modified Cellulose Gum & Silicon Dioxide.



Minerals For Men & Women

Supplement Facts

Serving Size: Four (4) Tablets

Amount Per Serving	% Daily Value
Calcium (as Calcium Chelate)	1,000 mg 100%
Iron (as Iron Chelate)	10 mg 56%
Phosphorus (as Phosphorus Chelate)	100 mg 12%
Iodine (from Kelp)	225 mcg 152%
Magnesium (as Magnesium Chelate)	500 mg 167%
Zinc (as Zinc Monomethionine**)	50 mg 332%
Selenium (as L-Selenomethionine)	10 mcg 14%
Manganese (as Manganese Chelate)	10 mg 500%
Chromium (as Chromium Polynicotinate**)	20 mcg 16%
Potassium (as Potassium Chelate)	99 mg 3%

Proprietary Blend 450 mg*
Alfalfa Leaf (Medicago sativa), Betaine Hydrochloride, Horsetail (Whole Plant)(Equisetum arvense), Marshmallow Root (Althea officinalis), Pumpkin Seed (Cucurbita pepo), Red-Clover Flower (Trifolium pratense), Beet Tops (Beta vulgaris) & Yellow Dock Root (Rumex crispus)

*Daily Values not established.

OTHER INGREDIENTS: Dicalcium Phosphate, Vegetable Magnesium Stearate and Stearic Acid.

**ChromMate® & OptiZinc® are Trademarks of InterHealth Nutraceuticals Inc.



Paraherbs™

Supplement Facts

Serving Size: One (1) Capsule

Amount Per Serving	% Daily Value
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Proprietary Blend 655 mg*
Papaya Seed (Carica papaya), Pumpkin Seed (Cucurbita pepo), Black Walnut Hull (Juglans nigra), Pau D'Arco Bark (Tabebuia impetiginosa), Garlic Clove (Powder Concentrate) (Allium sativum), Wood Betony (Whole Plant) (Stachys officinalis), Butternut Root Bark (Juglans cinerea), Clove (Flower Bud) (Caryophyllum aromaticum) & Wormseed (Whole Plant) (Chenopodium ambrosioides var. anthelminticum)

*Daily Values not established.

OTHER INGREDIENTS: Cellulose, Rice Flour and Vegetable Stearate.

CAUTION: Not to be taken by pregnant or lactating women. Keep out of reach of children.



W-Zymes Xtra™ Recovery Zymes™♦



30s



90s, 180s, 270s

Supplement Facts

Serving Size: Three (3) Tablets

Amount Per Serving	% Daily Value
Pancreatin (10X USP)**	300 mg *
Protease.....75,000 USP units** per serving	
Amylase.....75,000 USP units** per serving	
Lipase.....6,000 USP units** per serving	
Papain (360,000 USP units** per serving)	180 mg *
Anise Fruit (Pimpinella anisum)	150 mg *
Fennel Seed (Foeniculum vulgare)	150 mg *
Rutin	150 mg *
Bromelain (from Pineapple) (2400 GDU*** /gm)	135 mg *
Trypsin (75 USP units** /mg)	75 mg *
L-Chymotrypsin (25 USP units** /mg)	3 mg *

*Daily Value not established.

OTHER INGREDIENTS: Dicalcium Phosphate, Stearic Acid, Modified Cellulose Gum & Vegetable Stearate.

**United States Pharmacopeia units of enzyme activity

***Gelatin Decomposition Units

♦ This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Detox & Cleansing Facts

● **To aid in the sweeping process** of the intestinal tract, we include **Michael's® Fiber & More™**, which contains the fiber necessary to accomplish this gentle sweeping of the lining of the intestines, through which toxins pass into the blood stream. The formula also contains slippery elm and marshmallow root for their soothing properties. Additionally there is garlic and pumpkin seed, both traditionally used to support the natural cleansing cycle. Also included is apple pectin and clay, both known for their detoxifying abilities. Another unique ingredient is dandelion root, for liver support.

● **There is one more "essential" process** in the cleansing aspect of removing toxins from the body, and that is fat metabolism. You'll recall that the liver, in its efforts to protect the body, moves toxins into fat to store them. In order to remove these toxins, it is necessary to "burn" the fat, which releases the toxins so they can be eliminated from the system, in either a liquid, solid or gaseous form.

● **To support the natural fat metabolism process**, we include **Michael's® Fat Metabolism Factors™**. This formula is complete with choline, inositol, methionine, lecithin, guggul, and other fat metabolizers. Phenylalanine acts as an appetite suppressant. The inclusion of potassium and B-6 help the body get the help it needs to maintain proper fluid balance. This, in turn, facilitates removal of toxins in liquid form.

RESULTS OF A DETOX & CLEANSING

What can you expect after using the **Ultimate Detox & Cleanse™** kit? Because each person's body is different, the results from using the **Ultimate Detox & Cleanse™** or any of the **Michael's® Naturopathic Programs** formulas designed to bolster the cleansing process, will also be highly individualized. Depending on your body's levels of toxicity, you may experience several outcomes, including but not limited to more regular eliminations, improved digestion, increased food assimilation, increased vitality, and initial decrease in appetite, improved mental focus, weight loss and clearer skin.

In addition to the organs and systems most directly supported by **Ultimate Detox & Cleanse™**, support of the kidney's excretory function, which rids the body of toxins in liquid form, is critical. The kidney also regulates body fluid plus the concentrations of essential electrolytes and many biologically valuable organic compounds. Its basic functions include filtration, secretion, and re-absorption of these elements so important for health.

Michael's Kidney Factors™ includes ingredients designed to support proper kidney function. I consider this to be an important aspect to the cleansing and detoxification process of the body.

I also recommend that folks going through a cleansing program take my **Paraherbs™** formula. **Michael's® Paraherbs™** is an herbal combination of wormseed, pumpkin seed, garlic, black walnut and the all important papaya seeds. Papaya seeds are used in every tropical area for support in maintaining a clean intestinal tract.

A final formula that I often suggest taking in conjunction with detoxification and cleansing is **Michael's® W-Zymes Xtra™ Recovery Zymes™** containing proteolytic enzymes, which patrol the body along with and separately from the immune system. The enzymes consume mutated protein complexes that come about because of many different reasons. Mutations may be harmful for the body if not eliminated.

I know from years of personal experience and from seeing results with my clients that you, too, will enjoy a new sense of well being, revitalization and improved functions as reflected by having a clean body inside and out.

Be well,

Michael Schwartz
President, Michael's Naturopathic Programs

Ultimate Detox + Cleanse



Blood Detoxification Factors™

Supplement Facts	
Serving Size: Three (3) Tablets	
Amount Per Serving	% Daily Value
Iron (as Iron Chelate)	2 mg 9%
Zinc (as Zinc Monomethionine**)	9 mg 60%
Manganese (as Manganese Amino Acid Chelate)	9 mg 450%
Molybdenum (as Molybdenum Amino Acid Chelate)	600 mcg 800%
Proprietary Blend	2.4 g (2400 mg)*
Echinacea Root (Echinacea angustifolia), Red Clover Flower (Trifolium pratense), Burdock Root (Arctium lappa), Gotu Kola (Aerial Parts) (Centella asiatica) & Yellow Dock Root (Rumex crispus)	
*Daily Value not established.	
OTHER INGREDIENTS: Calcium Phosphate, Microcrystalline Cellulose, Modified Cellulose Gum, Sodium Alginate, Gum Acacia, Stearic Acid, Vegetable Stearate, Silica & Hydroxypropylmethyl Cellulose.	
**OptiZinc® A Trademark of InterHealth Nutraceuticals Inc.	
WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. KEEP THIS PRODUCT OUT OF THE REACH OF CHILDREN. In case of accidental overdose, call a physician or Poison Control Center immediately.	

Fiber & More™ Supplement Facts

Supplement Facts	
Serving Size: Three (3) Tablets	
Amount Per Serving	% Daily Value
Dietary Fiber	1.67 gm 6%**
Proprietary Blend	2 g (1998 mg)**
Apple Pectin, Montmorillonite (Clay), Flax Seed (Linum usitatissimum), Psyllium Seed Husk (Plantago psyllium), Peach Bark (Prunus persica), Rice Bran (Oryza sativa), Marshmallow Root (Althea officinalis), Slippery Elm Bark (Ulmus fulva), Garlic Clove (Powder Concentrate) (Allium sativum), Pumpkin Seed (Cucurbita pepo), Butternut Root Bark (Juglans cinerea) & Dandelion Root (Taraxacum officinale)	
*Percent of Daily Values are based on a 2,000 calorie diet.	
**Daily Value not established.	
OTHER INGREDIENTS: Calcium Phosphate, Microcrystalline Cellulose, Modified Cellulose Gum, Sodium Alginate, Gum Acacia, Stearic Acid, Vegetable Stearate, Silica & Hydroxypropylmethyl Cellulose.	

Fat Metabolism Factors™

Supplement Facts	
Serving Size: Three (3) Tablets	
Amount Per Serving	% Daily Value
Vitamin B-6 (as Pyridoxine Hydrochloride)	100 mg 5000%
Iodine (from Kelp)	225 mcg 150%
Chromium (as Chromium Polynicotinate***)	200 mg 167%
Potassium (as Potassium Amino Acid Complex)	210 mg 6%
Proprietary Blend	2.43 g (2430 mg)*
Lecithin (from Soy), Choline (as Choline Bitartrate), Inositol, Chickweed Leaf (Stellaria media), Sea Wrack Leaf (Fucus vesiculosus), Guggul Gum** (from Commiphora mukul) (2.5% Guggulsterones), Methionine (as L-Methionine Hydrochloride), Phenylalanine (as L-Phenylalanine) & White Ash Bark (Fraxinus americana)	
*Daily Value not established.	
OTHER INGREDIENTS: Modified Cellulose Gum, Microcrystalline Cellulose, Sodium Alginate, Gum Acacia, Calcium Phosphate, Stearic Acid, Vegetable Stearate, Silica & Hydroxypropylmethyl Cellulose.	
CAUTION: Contains phenylalanine and should be avoided by phenylketonurics and women who are pregnant or lactating.	
**Guggulipid® is a Trademark of Sabinsa Corp.	
***Chromelate® A Trademark of InterHealth Nutraceuticals Inc.	

Liver Wellness™ Supplement Facts

Supplement Facts	
Serving Size: Three (3) Tablets	
Amount Per Serving	% Daily Value
Vitamin A (as Beta Carotene)	1500 IU 30%
Vitamin E (as d-alpha Tocopheryl Succinate)	150 IU 500%
Vitamin K (as Phylloquinone)	45 mcg 100%
Thiamin (as Thiamin Hydrochloride)	30 mg 2000%
Niacin (as Nicotinic Acid)	30 mg 150%
Vitamin B-12 (as Cyanocobalamin)	300 mcg 5000%
Pantothenic Acid (as d-Calcium Pantothenate)	30 mg 300%
Proprietary Blend	2.84 g (2840 mg)*
Lecithin (from Soy), Dandelion Root (Taraxacum officinale), Choline (as Choline Bitartrate), Inositol, Milk Thistle Extract (Silybum marianum) (80% Silymarin), Burdock Root (Arctium lappa), Methionine (as L-Methionine Hydrochloride), Threonine (as L-Threonine), Butternut Root Bark (Juglans cinerea) & Yellow Dock Root (Rumex crispus)	
*Daily Value not established.	
OTHER INGREDIENTS: Calcium Phosphate, Microcrystalline Cellulose, Modified Cellulose Gum, Sodium Alginate, Gum Acacia, Stearic Acid, Vegetable Stearate, Silica & Hydroxypropylmethyl Cellulose.	

These 4 formulas are contained in the **Ultimate Detox & Cleanse™ Kit**. For information on **Kidney Factors™ Paraherbs™** and other products, please see back.

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Essential Substances for Proper Detoxification and Cleansing of the Body

Calcium – Essential for the function of nerves and muscles, important to all systems.

Choline – Essential for liver function as a constituent of lecithin, a group of phosphorus-rich fats found in the liver that are essential for transforming fats in the body. **LV**

Inositol and methionine – Two substances known as lipotropic nutrients, or "fat burners." **LV**

Iron – An element essential to life for its role in the transportation of oxygen in the body. Permits cellular respiration to occur. Also a part of the protein transport process.¹ Part of the cytochrome p450 protein, important to detoxification systems.² **B, L**

L-glutamine – An amino acid that works to detoxify ammonia in the blood. **K**

Magnesium – Involved in the contractibility of cardiac muscles and is essential for calcium transport and utilization.³ **L**

Manganese – Necessary for the function of glutathione synthetase. Glutathione functions in various detoxifying reactions: (1) in the destruction of peroxides and free radicals; (2) as a cofactor for enzymes; and, (3) in the detoxification of harmful compounds. Manganese is also necessary for the proper utilization of iron. **B**

Molybdenum – Certain molybdenum metalloenzymes oxidize and detoxify various compounds that play a role in uric acid metabolism and sulfate metabolism. **B**

Niacin – B-complex nutrient. Promotes growth and has a role in maintaining healthy skin. Aids in the metabolism of fats, carbohydrates and proteins. As a vasodilator, allows more blood to circulate in the upper body to remove toxins and deliver fresh nutrients. Constituent of two coenzymes involved in metabolism. **S, LV**

Pantothenic acid – Constituent of coenzyme A, essential for formation of cholesterol. **LV**

Potassium – Electrolyte, Important in fluid balance. Vital to overall health.

Vitamin A – Fat-soluble nutrient important to immune system and in formation of bones, teeth and skin. Helps maintain outer layer of many tissues and organs; supports growth and repair of body tissues. Important for non-cystic acne elimination. Due to its non-toxic nature, beta-carotene is the preferred source for vitamin A. The liver utilizes beta-carotene as needed to produce vitamin A, which is essential to healthy liver function. **S, LV**

Vitamin B-1 (thiamin) – Stored and excreted by the kidneys. Essential for nerve tissue and in maintaining health of the mouth, skin, eyes and hair. Participates in carbohydrate metabolism within the liver. Essential in the transformation of tryptophan to niacin. **S, K, LV**

Vitamin B-2 (riboflavin) – Supports healthy eyes, hair, skin and nails. Aids in the formation of red blood cells and antibodies. Important as part of the electron transport in enzyme systems. **S, B, K**

Vitamin B-6 – Necessary for healthy skin, nerves and muscles. Aids in antibody formation and in digestion. A coenzyme and precursor to an enzyme important in the breakdown of glycogen. Also important in fluid balance. **K, S**

Vitamin B-12 – Plays a role in cell growth. **S, LV**

Vitamin C – Promotes many metabolic reactions, particularly protein metabolism, including laying down collagen in formation of connective tissue. As a coenzyme, may combine with poisons, rendering them harmless until excreted. Works with antibodies. Promotes wound healing. An antioxidant. **S, LV, B**

B=Blood detoxification **K**=Kidney **LV**=Liver **L**=Lung **S**=Skin

Vitamin D – Becomes active in the body, after its synthesis in the kidneys. Intake also affects absorption efficiency of calcium in the intestines and re-absorption by the kidneys. **L, K**

Vitamin E – Protects fat-soluble vitamins and red blood cells. Works with other nutrients to help prevent blood clots; maintains healthy nerves and muscles; and strengthens capillary walls. Essential for hair, skin and mucous membranes. Functions as an antioxidant, protecting vitamin A and unsaturated fatty acids from oxidation. **S, LV**

Vitamin K – Plays an important role in liver function as a co-factor in the liver's synthesis of prothrombin and other coagulation factors.⁴ **LV**

Zinc – Though only small amounts of zinc are required by the body, inadequate levels can affect proper detoxification. One important enzyme of which zinc is an integral part takes carbon dioxide from cells and combines it with hemoglobin for expulsion by the lungs. Also supports kidney function and other detoxifying transactions. Essential for growth of new skin. **S, B, K**

B=Blood detoxification **K**=Kidney **LV**=Liver **L**=Lung **S**=Skin

Helpful Herbs

Gotu kola – Supports oxygen transport.

Milk thistle & dandelion root – Herbs traditionally used for their benefits to the liver.

Red clover flower, burdock root & yellow dock root – Herbs traditionally used to support the blood detoxification process.

Slippery elm & fenugreek – Mucilaginous herbs, which contains a gummy substance found in the seeds, roots or bark.

Sources of Fiber

Clay – Although not a fiber, it is favored for absorption and adsorption properties.

Flax seed, slippery elm & marshmallow root – These mucilaginous herbs not only soothe the intestinal tract, they also produce a "sweeping" type of cleansing action in the intestines.

Pectin – Soluble fiber found in fruits and vegetables, pectin adds bulk to the diet and is important to the function of the bowels.

Psyllium husks – Recognized as exceptional source of soluble dietary fiber. The small particles of husk are non-digestible and sweep the walls of the intestinal tract as they pass through.

Rice bran, peach bark & butternut root bark – Insoluble fiber that helps to "sweep" the intestinal lining.

REFERENCES

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3 Shils, Maurice E, M.D. and Young, Vernon R., Ph.D. (1988). Modern Nutrition in Health and Disease (7th. ed.). Philadelphia: Lea & Febiger, 167-171.

4 Paige, David M., M.D., M.P.H. (1988). Clinical Nutrition (2nd ed.). Washington, D.C.: C.V. Mosby Co. Publishers, 557.