

# **DETOXIFICATION PROGRAM FOR HEAVY METALS**

**Duration:** 100 days, although it can be extended for as long as one likes.

## **Ingredients needed:**

- ◆ Vitamin B6: take 1 capsule at breakfast.
- ◆ Vitamin C (ascorbic acid): take 1 capsule at breakfast and 1 at lunch.
- ◆ Vitamin E: take 1 capsule at breakfast.
- ◆ Calcium: take 1 capsule at dinner.
- ◆ Selenium: take 1 capsule at dinner.
- ◆ Zinc: take 1 capsule at lunch.
- ◆ Cysteine: take 1 capsule at lunch and another at dinner.
- ◆ Methionine: take 1 capsule at dinner.
- ◆ Vitamin B complex: take 1 capsule at lunch.
- ◆ MSM (methyl-sulphonyl-methane): take 1 capsule at breakfast, another at lunch, and another at dinner.
- ◆ Alpha-lipoic-acid (thioctic acid): take 1 capsule at breakfast.

Take the capsules with a glass of cold water during or after meals.