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DIRECTIONS: Blend, shake, or briskly stir 2 level scoops (62 g) into 10-12 ounces chilled, pure water (or mix amount for desired thickness) and consume once daily, or use as directed by your healthcare professional . Do not take within 5 hours of bedtime as it may interfere with sleep.

Consult your healthcare professional prior to use. Individuals taking medication should discuss potential interactions with their healthcare professional . Do not use if tamper seal is damaged.

⚠ WARNING: Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause reproductive harm. For more information, go to www.P65Warnings.ca.gov.

For more information regarding California Proposition 65 see:
www.seekinghealth.com/media/Prop65.pdf

STORAGE: Keep closed in a cool, dry place out of reach of children.

Optimal Detox is a comprehensive, fructose-free, low-allergy–potential dietary supplement designed to support gastrointestinal (GI) function and balanced detoxification. It features Optimal Protein, Seeking Health, LLC’s proprietary amino acid and pea/rice protein blend; Aminogen®, to facilitate protein absorption; phytonutrients; mineral amino acid chelates; and activated B vitamins, including Quatrefolic® and methylcobalamin. In conjunction with a modified elimination diet, Optimal Detox addresses GI and hepatic function as well as eicosanoid balance and cytokine metabolism. This formula is suitable for vegans.*

*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.

DOES NOT CONTAIN: Wheat, gluten, yeast, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives.

With 26 Grams of protein from our proprietary Optimal Protein per serving, Optimal Detox Supports Three Main Functions:		
Gastrointestinal* Glutamic Acid (approx. 5 g) Quercetin Aminogen® MeadowPure® Preventium®	Hepatic/Detoxification* Ellagic Acid Watercress NAC Sodium Sulfate	Cytokine Balance* Curcumin Ginger Bioflavonoids Rutin Niacinamide

P H Y S I C I A N F O R M U L A T E D



Seeking Health Optimal Detox

Detoxification Support Powder*

Chocolate

Dietary Supplement

NET WT 30.62 oz (868 g)

Supplement Facts

Serving Size: 2 Scoops (about 62 g)
Servings Per Container: About 14

Amount Per Serving				%Daily Value†			
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Calories 240		Molybdenum (as TRAACS® molybdenum glycinate chelate)		35 mcg	47%		
Calories from Fat 80		Sodium (naturally occurring)		500 mg	21%		
Total Fat 9 g		14%		Potassium (naturally occurring)		520 mg	15%
Saturated Fat 2.5 g		13%					
Total Carbohydrate 18 g		6%		MeadowPure® Stabilized Flaxseed Complex		5.6 g	**
Dietary Fiber 6 g		24%		Alpha-Linolenic Acid		1.28 g	**
Sugars 5 g		**		Linoleic Acid		392 mg	**
Protein 26 g		52%		Pomegranate Extract (<i>Punica granatum</i>)(hull)(40% ellagic acid)		400 mg	**
Vitamin A (as natural beta-carotene)	2500 IU	50%		Betaine Anhydrous (trimethylglycine)		250 mg	**
Vitamin C (as sodium ascorbate)	250 mg	417%		Lemon Bioflavonoid Complex (<i>Citrus × limon</i>) (fruit peel)(25% bioflavonoids)		250 mg	**
Thiamin (as thiamine HCl)	15 mg	1000%		Quercetin		250 mg	**
Riboflavin (as riboflavin 5'-phosphate sodium)	5 mg	294%		(as quercetin dihydrate from <i>Dimorphandra mollis</i>)(pod)			
Niacin (as niacinamide and niacin)	40 mg	200%		Preventium® (potassium d-glucarate)		250 mg	**
Vitamin B6 (as pyridoxal 5'-phosphate)	5 mg	250%		Rutin (from <i>Sophora japonica</i>)(bud)		200 mg	**
Folate (as Quatrefolic® (6S)-5-methyltetrahydrofolate acid, 200 mcg	200 mcg	50%		Turmeric Extract (<i>Curcuma longa</i>)(rhizome) (95% curcuminoids)		200 mg	**
Vitamin B12 (as methylcobalamin)	50 mcg	833%		N-Acetyl-L-Cysteine		150 mg	**
Biotin	150 mcg	50%		Ginger (<i>Zingiber officinale</i>)(rhizome)		150 mg	**
Pantothenic Acid (as d-calcium pantothenate)	35 mg	350%		Methylsulfonylmethane (MSM)		120 mg	**
Calcium (as DimaCal® di-calcium malate and ingredients with naturally occurring calcium)	260 mg	26%		Choline (as choline bitartrate)		100 mg	**
Iron (naturally occurring)	8 mg	44%		Sodium Sulfate Anhydrous		100 mg	**
Iodine (as potassium iodide)	60 mcg	40%		Watercress (<i>Nasturtium officinale</i>)(herb)		100 mg	**
Magnesium (as Albion® di-magnesium malate)	140 mg	35%		Green Tea Aqueous Extract (<i>Camellia sinensis</i>)(leaf) (80% polyphenols, 60% catechins, 30% EGCG, 6% caffeine)		82 mg	**
Zinc (as TRAACS® zinc bisglycinate chelate)	10 mg	67%					
Selenium (as Albion® selenium glycinate complex)	100 mcg	143%					
Manganese (as TRAACS® manganese bisglycinate chelate)	2 mg	100%					
Chromium (as TRAACS® chromium nicotinate glycinate chelate)	60 mcg	50%					

† Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.

Other Ingredients: Optimal Protein (Seeking Health, LLC’s proprietary blend of pea protein concentrate, pea protein isolate, taurine, glycine, rice protein concentrate, and L-glutamine), dried cane syrup, cocoa powder, natural flavors (no MSG), sunflower oil, medium-chain triglyceride oil, tripotassium citrate, cellulose gum, xanthan gum, Aminogen®, stevia leaf extract, guar gum, and silica.

Preventium® is a registered trademark of Applied Food Sciences, LLC. (US patents 4,845,123, 5,364,644, 5,561,160).



Albion®, DimaCal®, TRAACS® and the Albion Gold Medallion design are registered trademarks of Albion Laboratories, Inc. Malates covered by US patent 6,706,904.

Typical Amino Acid Profile Per Serving:

Alanine	1,129 mg
Arginine	2,260 mg
Aspartic Acid	3,049 mg
Cysteine	248 mg
Glutamic Acid	4,450 mg
Glycine	1,578 mg
Histidine	652 mg
Isoleucine	1,214 mg
Leucine	2,208 mg
Lysine	1,910 mg
Methionine	279 mg
Phenylalanine	1,432 mg
Proline	1,141 mg
Serine	1,404 mg
Threonine	981 mg
Taurine	500 mg
Tryptophan	258 mg
Tyrosine	1,005 mg
Valine	1,317 mg

Manufactured in a GMP compliant facility.



Quatrefolic® is a registered trademark of Gnosis S.p.A. Produced under US Patent 7,947,662.



AMINOGEN® is a registered trademark of Triarco Industries. AMINOGEN® is protected under U.S. patent 5,387,422.

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