

WEEKS TWO & THREE: DETOX

8 9 10 11 12 13 14

Supplement Facts		
Serving Size 1 AM and 1 PM pack • Each AM pack Contains: 2 tablets and 3 capsules		
Each PM pack contains 3 capsules and 1 tablet		
Servings Per Container 7		
Amount Per Serving	%DV	
Niacin	6.7 mg	34%
Calcium (from Calcium Krebs†)	150 mg	15%
Iodine (from Potassium Iodide)	50 mcg	33%
Magnesium (from Magnesium Krebs†)	63 mg	16%
Zinc (from Zinc Krebs†)	6 mg	40%
Selenium (from Selenium Krebs†)	67 mcg	98%
Copper (from Copper Krebs†)	0.4 mg	21%
Manganese (from Manganese Krebs†)	10 mg	500%
Chromium GTF	100 mcg	83%
Molybdenum (from Molybdenum Krebs†)	17 mcg	22%
Potassium (from Potassium Krebs†)	33 mg	1%
N-Acetyl-L-Cysteine	500 mg	*
Taurine	500 mg	*
Choline (from Choline Bitartrate)	470 mg	*
Wasabia japonica	200 mg	*
(rhizome) (Providing 300 mcg of isothiocyanates as Allyl ITC, 3-butyl and 4-pentenyl ITC)		
Broccoli powder	200 mg	*
(sprout) (BroccoPhane™) (Standardized to 800 mcg of sulforaphane)		
Milk Thistle Herbal Extract (seed) (Silybum marianum [L.] Gaertn.) Standardized to provide 200 mg of silymarin	250 mg	*
Milk Thistle (seed) (non-standardized)	100 mg	*
Inositol	100 mg	*
Lecithin Granules (from soy)	50 mg	*
Betaine (from Betaine HCl)	38 mg	*
Dandelion (leaf) Taraxacum officinalis	33.3 mg	*
Turmeric (rhizome) Curcuma longa	33.3 mg	*
Milk Thistle (seed) Silybum marianum	33.3 mg	*
Globe Artichoke (leaf) Cynara scolymus	33.3 mg	*
L-Methionine	510 mg	*
Silicon	0.7 mg	*
Vanadium (from Vanadium Krebs†)	25 mcg	*
Boron (from Boron Citrate)	33 mcg	*
Free Form Amino Acids	600 mg	*
Proprietary Blend		
L-Arginine, L-Ornithine, L-Glutamic Acid, L-Aspartic Acid, L-Lysine, Glycine, L-Leucine, L-Valine, L-Threonine, L-Methionine, L-Alanine, L-Serine, L-Tyrosine, L-Cysteine, L-Isoleucine, L-Proline, L-Histidine, L-Phenylalanine		

*Daily Value not established.

Other ingredients: Cellulose, gelatin (capsule) vegetable stearate and silica.

†Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

WEEK FOUR: REPAIR

22 23 24 25 26 27 28

Supplement Facts		
Serving Size 2 Packs • Each Pack Contains: 2 tablets, 1 softgel and 2 capsules		
Servings Per Container 7		
Amount Per Serving	%DV	
Calories	16	*
Calories from Fat	16	*
Total Fat	1.8 g	3%
Vitamin A	7,500 IU	150%
(33% as Vitamin A Palmitate [2,500 IU]/ 67% [5,000 IU] as Natural Beta-Carotene) from D. Salina with full spectrum carotenoids††		
Vitamin C	700 mg	1,167%
(as Ascorbic Acid/Ascorbyl Palmitate/ Calcium and Magnesium Ascorbate complex)		
Vitamin D-3	500 IU	125%
Vitamin E	200 IU	667%
(natural, as d-alpha tocopheryl plus mixed tocopherols)		
Thiamine	50 mg	3,333%
Riboflavin	25 mg	1,471%
Niacin/Niacinamide	95 mg	475%
Vitamin B-6	50 mg	2,500%
(as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)		
Folate (as L-methylfolate, Metafolin®)	400 mcg	100%
Vitamin B-12 (methylcobalamin)	63 mcg	2,100%
Biotin	150 mcg	50%
Pantothenic Acid (as d-Calcium Pantothenate)	250 mg	2,500%
Calcium (as Calcium Citrate/Ascorbate Complex)	250 mg	25%
Iodine (from Kelp)	100 mcg	67%
Magnesium	250 mg	63%
(as Magnesium Aspartate/Ascorbate Complex)		
Zinc (as Zinc Amino Acid Chelate)	12.6 mg	84%
Selenium (as Selenium Krebs†/Kelp complex)	100 mcg	143%
Copper (as Copper Amino Acid Chelate)	1 mg	50%
Manganese (as Manganese Aspartate Complex)	5 mg	250%
Chromium	100 mcg	83%
(Organically bound with GTF activity—low allergenicity)		
Molybdenum (as Molybdenum Krebs†)	25 mcg	67%
Potassium (as Potassium Aspartate Complex)	50 mg	1%
L-Glutamine	1,000 mg	*
EPA (Eicosapentaenoic acid)	8.6 Billion CFU	*
DHA (Docosahexaenoic acid)	3.8 Billion CFU	*
Lutein (natural)	340 mg	*
Lycopene (natural)	3 mg	*
Zeaxanthin	1 mg	*
Inositol	25 mg	*
Trace Elements (from Sea Vegetation)	approx. 50 mcg	*
Choline (from Choline Citrate/Bitartrate)	50 mg	*
PABA (para-aminobenzoic acid)	25 mg	*
Boron (as Boron Aspartate/Citrate complex)	0.75 mg	*
Vanadium (as Vanadium Krebs†)	25 mcg	*

Other ingredients: Cellulose, ultra refined fish oil concentrate (from sardine, anchovy and mackerel), gelatin, vegetable stearate, silica, glycerin, water, rosemary extract, ascorbyl palmitate, mixed tocopherols, ethylcellulose, coconut oil, ammonium hydroxide, sodium alginate and stearic acid.

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Metabolic Rejuvenation

Prepare Detox Repair

A 28 Day Program

A Dietary Supplement



4 Bottles

WEEK ONE: PREPARATION

1 2 3 4 5 6 7

Supplement Facts		
Serving Size 2 packs • Each Pack contains 4 capsules		
Servings Per Container 7		
Amount Per Serving	%DV	
Total Carbohydrate	2 g	<1%
Dietary Fiber	2 g	8%
Vitamin C	60 mg	100%
Magnesium	336 mg	84%
(from Magnesium Citrate)		
Proprietary Blend	2,740 mg	*
Psyllium Seed Husks (milled), Citrus Pectin, Acidophilus (dairy free, freeze-dried), Bifidus (dairy free, freeze-dried), Artichoke (leaf), Cellulose, Bentonite Powder, Magnesium Citrate, Psyllium Powder, Barley (leaf), Chlorella, Garlic (bulb) (deodorized, Pure-Gar®), Lactobacillus Acidophilus (minimum of 10 billion C.F.U./gram), Bromelain, Celery Powder (seed), Aloe Vera Powder (leaf), Prune Concentrate (fruit),		
Mint (leaf), Flax Powder (seed) and Anise (seed).		
*Daily Value not established		
Other ingredients: Gelatin (capsule), cellulose and vegetable stearate.		

Manufactured in the USA by: Douglas Laboratories, 600 Boyce Road, Pittsburgh, PA 15205 USA, www.douglaslabs.com, 1.800.245.4440

Suggested Usage: As a dietary supplement, adults take as directed on each individual bottle or as directed by your healthcare professional.

Week 1 - take 2 packs daily

Week 2 and 3 - take 1 AM and 1 PM pack daily

Week 4 - take 2 packs daily

KEEP OUT OF REACH OF CHILDREN. For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Component #BX-28DAYDETOX
Formula #65901-56X

