

Questions to Consider

1. Do you often feel sluggish, fatigued, or experience low energy?
2. Do you find it difficult to lose weight, despite regular exercise and a balanced diet?
3. Is it hard to concentrate and focus on daily tasks for long periods of time?
4. Do you regularly experience digestive problems and/or skin irritations?

If you answered “yes” to any of these questions, **Speak with your health-care provider** about which Designs for Health detox support formulas may be right for you.*

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Why Choose Designs for Health?

For more than 30 years, Designs for Health (DFH) has been at the forefront of the natural and integrative medicine movement inspired by the vision of designing a well world™ for all.

With more than 320 research-based and quality-tested formulas, we continue to pioneer new approaches to nutritional science through a robust innovation pipeline, paired with uncompromising practitioner support and commitment to our Science-First™ philosophy. Steadfast in our focus on superior quality, we remain committed to utilizing the highest manufacturing standards from sourcing raw materials to final formulations with third-party testing and compliance to GMP — and NSF — certification guidelines.

Research guides us. Wellness inspires us.



designing a well world™

designsforhealth.com



Why Should You Consider a Detox Program?



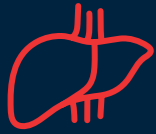
Science-based Approach to Detoxification

Many of the toxins abundant in the environment today can enter our bodies through the air, water, or food. These toxins may include certain pesticides, herbicides, medications, and industrial chemicals. Environmental and dietary toxins, hormones, and byproducts of normal metabolism can accumulate in body tissues, fat cells, and organs. These compounds need to be properly processed and eliminated; if not, they can enter the bloodstream causing poor health and impaired function.

While the body has an innate ability to process toxins, today's polluted environment may overburden our natural detoxification processes, negatively impacting health, reducing vitality, and eventually may contribute to weight gain.*

To ease potential toxic burden, consider adopting a structured program with targeted nutrients and herbs that support healthy detoxification.*

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How does our liver support our overall health?

The liver is our primary detoxifying organ. It works to keep us healthy by utilizing a two-phase detoxification system (described below) to eliminate harmful substances from the body. A **variety of nutrients** are required for these two detoxification pathways to work effectively.

Phase 1



One primary job of the liver is to transform toxic chemicals into less-harmful compounds that re-enter the bloodstream through a series of metabolic reactions. This process is supported by a variety of micronutrients and phytochemicals from foods and dietary supplements, including B vitamins, magnesium, vitamins C and E, zinc, selenium, manganese, branched-chain amino acids, flavonoids, and milk thistle.

Phase 2



The liver then transforms the compounds above into substances that the bladder and gastrointestinal tract can safely eliminate. This phase requires antioxidants, as well as the amino acids cysteine, taurine, glycine, glutamine, methionine, and N-acetyl-cysteine (NAC), along with the body's most powerful antioxidant, glutathione. Without these nutrients, the transformed toxins can cause further damage to the cells of our bodies.

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Promote Your Body's Ability to Manage Toxic Burden

These featured supplements are designed with the nutrients, antioxidants, and botanicals that support the two-phase detoxification process and promote healthy liver function and elimination.*



VegeCleanse Plus™ Detox Program

An ideal option for vegetarians, each kit provides VegeCleanse Plus™ plant-based protein and complete multivitamin/multimineral functional food powder packets that can serve as a meal supplement during detoxification protocols, along with packets of Amino-D-Tox™ and Detox Antiox™ capsules, which contains antioxidants and nutrients to support healthy glutathione production and clearance of chemicals and heavy metals*



Detoxification Support Packets

Convenient single-dose detoxification support packets. Each packet contains Detox Antiox™, Amino-D-Tox™, & LV-GB Complex™ capsules that provides nutrients and plant extracts to support the liver's two-phase detoxification processes and help promote normal bile flow (essential to excreting certain substances, including specific drugs and toxins) and fat elimination from the liver*



PaleoCleanse Plus™ Program

Contains PaleoCleanse Plus™, a bone broth protein and complete multivitamin/multimineral functional food powder that can serve as a meal supplement during detoxification protocols, along with Amino-D-Tox™ and Detox Antiox™ capsules, which contain antioxidants and nutrients to support healthy glutathione production and clearance of chemicals and heavy metals*



Liposomal Glutathione

The body's master antioxidant and vital detoxification support nutrient, glutathione, delivered in a liquid, liposomal formula for easy dosing and superior absorption*



N-Acetyl-Cysteine

Precursor to glutathione — may help promote optimal detoxification and protect against normal exposure to heavy metals*



LV-GB Complex™

Comprehensive nutrient, herb, and amino formula featuring milk thistle, artichoke, and beet powder extracts, along with ox bile to promote liver and gallbladder function and help support the digestion and absorption of fats and fat-soluble vitamins*

Ask your health-care practitioner about these and other researched-based Designs for Health formulas that are ideal for supporting your body's detoxification processes.*

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