



# HEALTHY DETOX II<sup>†</sup>

A DIETARY SUPPLEMENT TO SUPPORT LIVER HEALTH AND  
DETOXIFICATION FUNCTIONS<sup>†</sup>

## A dietary supplement to support liver health and detoxification functions.<sup>†</sup>

**Healthy Detox II<sup>†</sup>** is a comprehensive formula designed to support liver functions in the following ways:

- Phase I and Phase II liver detoxification<sup>†</sup>
- Fat metabolism<sup>†</sup>
- Antioxidant protection<sup>†</sup>
- Glutathione production<sup>†</sup>

**Phase I detoxification** involves a group of enzymes, known as the cytochrome P450 family, which are all imbedded in healthy cell membranes of liver cells. When cytochrome P450 metabolizes a toxin, it chemically transforms it to a less toxic form, and/or makes it water soluble for the Phase II enzymes.

**Phase II detoxification** involves a process called conjugation, which neutralizes the toxin and makes it easily excreted through the urine or bile. There are six Phase II detoxification pathways; glutathione conjugation, amino acid (namely glycine) conjugation, methylation, sulfation, acetylation and glucuronidation.

### Phase I detoxification support:

- Choline and Inositol are necessary components of all cell membranes.<sup>†</sup> It is essential for the membranes of liver cells to be healthy in order to support the Cytochrome P450 enzymes. Choline and Inositol also support fat and cholesterol metabolism within the liver.<sup>†</sup>
- DIM (diindolylmethane) is a naturally occurring sulfur compound found in cruciferous vegetables, like broccoli or cauliflower. It has been found to support both Phase I and Phase II liver detoxification as well as the detoxification of estrogen metabolites.<sup>†</sup>
- Biotin is a B vitamin which aids in cell growth, fat metabolism and energy generation.<sup>†</sup>

### Phase II detoxification support:

- Calcium glucarate is a buffered source of glucaronic acid which supports glucuronidation.<sup>†</sup> The glucuronidation process aids the body in detoxifying and eliminating fungal toxins, steroid hormones and automobile exhaust.
- Milk Thistle is an herb that has been used traditionally for liver health.<sup>†</sup> Its active constituent, silybin, acts as an antioxidant, supports glutathione levels and normal liver cell regeneration.<sup>†</sup>
- L-Methionine is an amino acid necessary for the production of SAME and the methylation pathway. Methionine is a sulfur-containing amino acid that aids in fat metabolism and glutathione production.<sup>†</sup>
- N-Acetyl Cysteine is a derivative of the amino acid cysteine. Cysteine is an important amino acid for the formation of glutathione.<sup>†</sup>
- L-Glycine is important for the amino acid conjugation pathway which is used to combine with and neutralize unwanted substances.<sup>†</sup> Those individuals on a low protein diet may become deficient in the glycine conjugation pathway when chronically exposed to toxins.<sup>†</sup>

- Alpha lipoic acid is a fat and water soluble antioxidant that may help recycle other natural antioxidants involved in liver metabolism.<sup>†</sup>
- Turmeric is an herb that has been used in traditional medicine in India for centuries.<sup>†</sup> Turmeric has a rich store of antioxidants which help to protect cells from free radicals.<sup>†</sup> It has also been shown to support gallbladder function, an important organ involved in the storage and release of bile.<sup>†</sup>

### Supplement Facts

#### Serving Size: 1 Capsule

#### Amount Per Serving

Biotin	50 mcg
Calcium (as Ca D-Glucarate)	6 mg
Choline (as Choline Bitartrate)	80 mg
Milk Thistle ( <i>Silybum marianum</i> ) Seed Extract	200 mg
yielding Silymarin	160 mg
L-Methionine	100 mg
Turmeric ( <i>Curcuma longa</i> ) Root Powder	80 mg
N-Acetyl Cysteine	50 mg
Inositol	25 mg
L-Glycine	25 mg
DIM® (a patented enhanced bioavailability complex of starch, diindolylmethane, Vitamin E as d alpha tocopheryl succinate, phosphatidylcholine, silica)	25 mg
Alpha Lipoic Acid	20 mg

Other Ingredients: vegetable cellulose, vegetarian leucine, microcrystalline cellulose.

**Warning:** If pregnant, nursing, or planning on becoming pregnant, do not take this product.

**Suggested Use:** As a dietary supplement, take 1 capsule, twice daily, or as directed by your healthcare practitioner.

DIM® is a registered trademark of, and is licensed from, BioResponse, LLC, Boulder CO US Patent # 6,086,915

Distributed by  
New England Family Health Center  
Weston, MA 02493  
781-237-8505  
[www.drbarrytaylor.com](http://www.drbarrytaylor.com)

02GP423.060

<sup>†</sup>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.

Copyright© 2018. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without prior written permission of the copyright owner.