

Metabolic Rejuvenation™

Prepare • Detox • Renew†

DESCRIPTION

Metabolic Rejuvenation™ is a comprehensive 28-day, 3-phase detoxification support program with nutrients specifically chosen to prepare the body through elimination, detox through support of phase 1 and 2 liver detoxification, and renewal of the body and intestinal tract.† One Metabolic Rejuvenation box includes 4 bottles (one for each week) with convenience packs and a patient guidebook.

FUNCTIONS

Week 1- Prepare†

The goal of the first week is to open pathways for elimination and prepare the body to properly detoxify in the next phase. The proprietary blend supplies a significant amount of detoxifying herbs, fibers, minerals, probiotics and vitamin C for proper bowel elimination and intestinal support.† Fiber from citrus pectin and psyllium seed husks can naturally stimulate the bowel and may contribute to immobilizing toxic compounds in the gastrointestinal tract. Magnesium may support regular bowel movements.†

Week 2 and 3- Detox†

The goal of week 2 and 3 is to support phase 1 and phase 2 detoxification of the liver. As the body's main detoxification organ, the liver is responsible for removing all potentially detrimental molecules. This detoxification process occurs in 2 phases. The supplements in week 2 and 3 convenience packs help to maintain liver structure and function in response to environmental toxins.† Choline, betaine, and methionine are involved in methyl group metabolism, which is essential for normal liver function.† Isothiocyanates (ITCs) found in *Wasabia japonica* are naturally occurring compounds that have the ability to stimulate liver detoxification pathways, and are 10-25 times more potent than ITCs found in cruciferous vegetables.† Sulforaphanes in broccoli powder have been found to significantly increase the activity of Phase II enzymes.† For efficient Phase two detoxification, the liver cells require sulphur-containing amino acids such as taurine, methionine and cysteine. N-Acetyl-L-cysteine is a biologically active precursor for glutathione synthesis, therefore raising intracellular glutathione levels. L-Glutathione scavenges toxic free radicals and inhibits peroxidation by slowing down free-radical catalyzed chain reactions.† Glutathione is involved in DNA synthesis and repair, protein and prostaglandin synthesis, amino acid transport, metabolism of toxins and carcinogens, immune system function, prevention of oxidative cell damage, and enzyme activation. Dietary sulfur assumes a major role in detoxification as part of the hepatic sulfur conjugation pathways. Glutathione, sulfur and NAC support mercury detoxification. High mercury in the body can inhibit antioxidant enzymes and deplete intracellular glutathione. B vitamins, vitamin C and lipoic acid perform as antioxidants to scavenge free radicals. Garlic appears to prevent endothelial cell depletion of glutathione, which may be responsible for its antioxidant effects.†

Week 4- Renew†

The goal of week 4 is to replenish lost nutrients through the detoxification phase and provide specific nutrients to help renew the gut. A multivitamin/mineral with an organic fruit and vegetable blend provides adequate amounts of vitamins, minerals, and antioxidants to nutritionally replenish the body. Omega-3 fatty acids from fish oil support normal regulatory processes. Glutamine helps maintain normal intestinal permeability, mucosal cell regeneration and structure, especially during periods of physiological stress.† Glutamine also carries potentially toxic ammonia to the kidneys for excretion, which helps maintain normal acid-base balance. Healthy bacteria in the intestinal tract can be removed during extensive or frequent bowel elimination, thereby making supplementation with probiotic bacteria cultures necessary after a detoxification regimen. A normal intestinal microflora rich in lactobacilli creates acidic conditions that are unfavorable for the settlement of undesirable microorganisms.

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The Patient Guidebook includes instructions on how to use the Metabolic Rejuvenation 28-day program, along with a suggested diet protocol (elimination diet), meal suggestions, shopping list, and overall reduction of toxin exposure.

INDICATIONS

Metabolic Rejuvenation is indicated for those individuals wanting to properly detoxify the body utilizing the 28-day comprehensive, convenient program.

FORMULA (#66841-56X)

Week 1 Preparation

SUPPLEMENT FACTS

Serving Size 2 Packs

Each Pack contains 5 Capsules: 4 Natursyl caps, 1 Magnesium Citrate cap

Amount Per Serving

Total Calories.....	5
Carbohydrate.....	1.5 g
Dietary Fiber.....	1.5 g
Magnesium (from Magnesium Citrate).....	150 mg
Proprietary Blend.....	1,800 mg
Psyllium Seed Husks (milled), Cellulose, Citrus Pectin, Lactobacillus acidophilus, Lactobacillus bifidus, Artichoke (leaf)	

Other ingredients: Gelatin (capsule) and vegetable stearate.

Week 2 Detox

SUPPLEMENT FACTS

Serving Size 1 AM and 1 PM Pack • **Each AM Pack contains:** 4 Capsules and 1 Tablet: 1 Livdetox tab, 1 De-Mer-Tox cap, 1 NAC cap, 1 Wasabia Detox cap, 1 B-Complex w/Metafolin cap **Each PM Pack contains:** 3 Tablets and 2 Capsules: 1 Natural C tab, 1 Alpha-lipoic acid tab, 1 Livdetox tab, 1 Wasabia Detox cap, 1 De-Mer-Tox cap

Total Amount Per Serving:

Thiamine.....	.75 mg
Riboflavin (as Riboflavin 5 Phosphate and Riboflavin).....	30 mg
Vitamin C (Ascorbic Acid).....	1,000 mg
Niacin/Niacinamide.....	56.6 mg
Vitamin B-6 (as Pyridoxal-5-Phosphate).....	20 mg
Folate (as L-methylfolate, Metafolin®).....	400 mcg
Vitamin B-12 (as methylcobalamin).....	.500 mcg
Biotin.....	500 mcg
Pantothenic Acid (Vitamin B-5, as d-calcium pantothenate).....	50 mg
Selenium (as Selenomethionine).....	100 mcg
Wasabia japonica.....	400 mg
(rhizome) (Providing 4,800 mcg of isothiocyanates as Allyl ITC, 3-butenyl ITC, and 4-pentenyl ITC)	
Broccoli powder (sprout) (BroccoPhane™).....	400 mg
(Standardized to 1,600 mcg of sulforaphane)	
N-Acetyl-L-Cysteine.....	1,000 mg
Dietary Sulfur.....	.500 mg
Choline (from Choline Bitartrate).....	470 mg
Garlic (bulb).....	250 mg
Alpha-Lipoic Acid.....	100 mg
Bioflavonoid Complex.....	100 mg

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Inositol	100 mg
Parsley (leaf)	100 mg
Glutathione	50 mg
Lecithin Granules (from non-GMO soy)	50 mg
Intrinsic Factor (from porcine)	20 mg
Betaine (from Betaine HCl)	38 mg
Dandelion (leaf) <i>Taraxacum officinalis</i>	33.3 mg
Turmeric (rhizome) <i>Curcuma longa</i>	33.3 mg
Milk Thistle (seed) <i>Silybum marianum</i>	33.3 mg
Globe Artichoke (leaf) <i>Cynara scolymus</i>	33.3 mg
Methionine.....	10 mg
Other ingredients: Gelatin (capsule), cellulose, vegetable stearate, silica, stearic acid and rose hips.	

Week 3 Detox

SUPPLEMENT FACTS

Serving Size 1 AM and 1 PM Pack • Each AM Pack contains 2 Tablets and 3 Capsules: 1 Livdetox tab, 1 Spectramin Chelate tab, 1 NAC cap, 1 Free Form Amino Acid cap, 1 Milk thistle cap Each PM Pack contains 3 Capsules and 1 Tablet: 1 Livdetox tab, 1 Wasabia Detox cap, 1 L-Taurine cap, 1 L-Methionine cap

Amount Per Serving

Niacin.....	6.7 mg
Calcium (from Calcium Krebs†)	150 mg
Iodine (from Potassium Iodide)	50 mcg
Magnesium (from Magnesium Krebs†)	63 mg
Zinc (from Zinc Krebs†).....	6 mg
Selenium (from Selenium Krebs†)	67 mcg
Copper (from Copper Krebs†).....	0.4 mg
Manganese (from Manganese Krebs†).....	10 mg
Chromium GTF.....	100 mcg
Molybdenum (from Molybdenum Krebs†).....	17 mcg
Potassium (from Potassium Krebs†).....	33 mg
N-Acetyl-L-Cysteine	500 mg
Taurine	500 mg
Choline (from Choline Bitartrate).....	470 mg
Wasabia japonica	200 mg
(rhizome) (Providing 2,400 mcg of isothiocyanates as Allyl ITC, 3-butenyl ITC, and 4-pentenyl ITC)	
Broccoli powder	200 mg
(sprout) (BroccoPhane™) (Standardized to 800 mcg of sulforaphane)	
Milk Thistle Herbal Extract.....	250 mg
(seed) (<i>Silybum marianum</i> [L.] Gaertn.) Standardized to provide 200 mg of silymarin	
Milk Thistle (seed) (non-standardized)	100 mg
Inositol	100 mg
Lecithin Granules (from soy)	50 mg
Betaine (from Betaine HCl)	38 mg
Dandelion (leaf) <i>Taraxacum officinalis</i>	33.3 mg
Turmeric (rhizome) <i>Curcuma longa</i>	33.3 mg
Milk Thistle (seed) <i>Silybum marianum</i>	33.3 mg
Globe Artichoke (leaf) <i>Cynara scolymus</i>	33.3 mg
Methionine	510 mg
Silicon	0.7 mg
Vanadium (from Vanadium Krebs).....	25 mcg
Boron (from Boron Citrate).....	33 mcg

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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-Cystine, L-Isoleucine, L-Proline, L-Histidine, L-Phenylalanine.
 Other ingredients: Cellulose, gelatin (capsule) vegetable stearate and silica.

Week 4 Renew

SUPPLEMENT FACTS

Serving Size 2 Packs • Each Pack contains 2 tablets, 1 softgel and 2 capsules: 2 Ultra Preventive X, 1 Opti-EPA softgel, 1 Multi-Probiotic 15 billion cap, 1 L-Glutamine cap

Amount Per Serving	Calories.....	16
	Calories from Fat.....	16
	Total Fat.....	1.8 g
	Vitamin A.....	7,500 IU
	(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
	(as Ascorbic Acid/Ascorbyl Palmitate/ Calcium and Magnesium Ascorbate complex)	
	Vitamin D3.....	500 IU
	Vitamin E.....	200 IU
	(natural, as d-alpha tocopheryl plus mixed tocopherols)	
	Thiamine.....	50 mg
	Riboflavin.....	25 mg
	Niacin/Niacinamide.....	95 mg
	Vitamin B6.....	50 mg
	(as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	
	Folate (as L-methylfolate, Metafolin®).....	400 mcg
	Vitamin B-12 (methylcobalamin).....	63 mcg
	Biotin.....	150 mcg
	Pantothenic Acid (as d-Calcium Pantothenate).....	250 mg
	Calcium (as Calcium Citrate/Ascorbate/Carbonate Complex).....	250 mg
	Iodine (from Kelp).....	100 mcg
	Magnesium.....	250 mg
	(as Magnesium Aspartate/Ascorbate/Oxide Complex)	
	Zinc (as Zinc Amino Acid Chelate).....	12.6 mg
	Selenium (as Selenium Krebs†/Kelp complex).....	100 mcg
	Copper (as Copper Amino Acid Chelate).....	1 mg
	Manganese (as Manganese Aspartate/Sulfate Complex).....	5 mg
	Chromium.....	100 mcg
	(Organically bound with GTF activity—low allergenicity)	
	Molybdenum (as Molybdenum Krebs†).....	25 mcg
	Potassium (as Potassium Aspartate/Chloride Complex).....	50 mg
	Glutamine.....	1,000 mg
	EPA (Eicosapentaenoic acid).....	660 mg
	DHA (Docosahexaenoic acid).....	340 mg
	Lutein(natural).....	3 mg
	Lycopene(natural).....	3 mg
	Zeaxanthin.....	0.5 mg
	Inositol.....	25 mg
	Trace Elements (from Sea Vegetation).....	approx. 50 mcg
	Choline (from Choline Citrate/Bitartrate).....	30 mg

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PABA (para-aminobenzoic acid)	25 mg
Boron (as Boron Aspartate/Citrate complex).....	0.75 mg
Vanadium (as Vanadium Krebs†)	25 mcg
L-Cysteine/N-Acetyl L-Cysteine	75 mg
Betaine (from Betaine HCl)	57 mg
Bromelain (2,000 GDU/g).....	25 mg
Glutamic Acid (from Glutamic Acid HCl).....	10 mg
Methionine	6.3 mg
RoseHips	50 mg
Lemon Bioflavonoids	50 mg
Red Wine Proanthocyanidins/Pine Bark Extract	25 mg
Hesperidin	17.5 mg
Rutin	2.5 mg
Proprietary Organic Fruit and Vegetable Blend.....	350 mg
Organic beet powder (root), Organic carrot powder (root), Organic black currant powder (fruit), Organic blueberry powder (fruit), Organic broccoli powder (whole plant), Organic Concord grape powder (fruit), Organic green cabbage powder (whole plant), Organic collard greens powder (leaf), Organic mountain cranberry powder (fruit), Organic kale powder (whole plant), Organic Parsley powder (whole plant), Organic pomegranate powder (fruit), Organic raspberry powder (fruit) and Organic spinach powder (whole plant).	
Garlic (bulb).....	50 mg
Cauliflower.....	50 mg
Spirulina.....	50 mg
Chlorella (broken cell wall)	50 mg
Green Papaya Extract (fruit)	50 mg
Blackberry (fruit)	40 mg
Celery powder (leaf)	35 mg
Black radish powder (root)	35 mg
Apricot powder (fruit).....	35 mg
Green Tea Extract (leaf).....	25 mg
Apple Pectin (fruit).....	25 mg
Multi-Strain Probiotic Blend.....	30 Billion CFU
Containing:	
<i>L. acidophilus</i> (DDS-1)	8.6 Billion CFU
<i>L. rhamnosus</i>	8.6 Billion CFU
<i>B. lactis</i>	3.8 Billion CFU
<i>L. lactis</i>	2.0 Billion CFU
<i>B. longum</i>	2.0 Billion CFU
<i>B. bifidum</i>	2.0 Billion CFU
<i>L. gasseri</i>	2.0 Billion CFU
<i>S. thermophilus</i>	1 Billion CFU
ProprietaryBlend.....	420 mg *

FOS (fructooligosaccharides) and *Ulmus fulva* (bark).

Contains: Milk from Multi-Probiotic Blend

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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SUGGESTED USE

As a dietary supplement, adults take as follows:

Week 1 - take 2 packs daily (1 in the AM and 1 in the PM before a meal)

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

Week 4 - take 2 packs daily (1 in the AM and 1 in the PM)

SIDE EFFECTS

Normal symptoms of headache, fatigue, change in bowel movements or skin eruptions may occur in some individuals during a detoxification program.

WARNING: Do not take if pregnant or lactating. Consult a healthcare professional before use if taking medications, especially blood thinners, or have an immune-compromised condition.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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For more information on Metabolic Rejuvenation visit douglaslabs.com

† 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.

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Your patients trust you.**