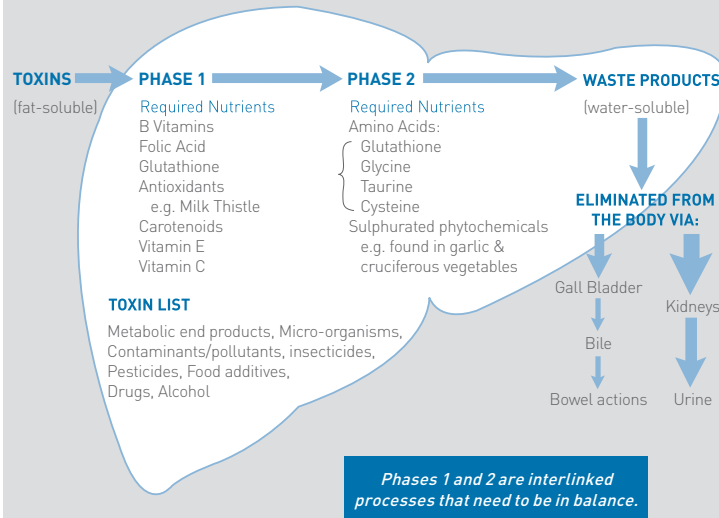


Prepare. Detox. Renew.
with Metabolic Rejuvenation®

DETOXIFICATION PATHWAYS

Your liver is the hardest-working organ for detoxification and functions in two phases to transform toxins so they can be eliminated from your body. The two phases must be in balance with one another and depend on different nutrients to perform optimally.‡



Phase 1 of Liver Detoxification

During phase 1, a family of over 50 enzymes called the Cytochrome P450 system converts non-water-soluble chemicals into water-soluble chemicals for easier elimination. However, this process may involve oxidation, which produces free radicals (oxidants).

Phase 2 of Liver Detoxification

The reactive intermediates produced naturally in phase 1 of detoxification have to be neutralized by the liver in phase 2. In a process called conjugation, the liver binds a water-soluble molecule – which is supplied through your diet or synthesized from dietary components – to these chemicals to make them water-soluble and prepare them for elimination. After conjugation, they leave the body largely through your bile (feces) or urine, though some are sweated out through your skin.