# NutriDyn

## Detox

A Powerful Blend of Evidence-Based Nutrients for Supporting Both Phase I and Phase II Detoxification<sup>+</sup>

### NutriDyn Detox Supplementation

Chances are you already know the essential nature of vitamins, minerals, enzymes, fiber, fatty acids, and amino acids for supporting your longevity and well-being.<sup>•</sup> Yet, you might not know that lacking any of these nutrients may impair your body's ability to detoxify itself from potentially harmful substances, like PCBs, heavy metals, xenobiotics, and alcohol.

Research demonstrates that the nutrients and superfoods found in NutriDyn Detox, such as pomegranate, curcumin, silymarin, and green tea, are integral for supporting healthy detoxification processes and immune function. •1,2,3

As such, the benefits of NutriDyn Detox supplementation may include:

- Supports your body's natural detoxification processes<sup>+</sup>
- Boosts antioxidant capacity<sup>+</sup>
- Supports energy production and vitality<sup>+</sup>
- Supports healthy immune and gastrointestinal function<sup>4</sup>
- Helps you meet daily micronutrient requirements<sup>+</sup>
- Comes in two delicious flavors: chocolate and vanilla
- Zero sugar
- Includes pomegranate, turmeric, and milk thistle extracts as well as MCTs

### How NutriDyn Detox Works

NutriDyn Detox is a clinical-grade food supplement containing a comprehensive spectrum of essential micronutrients, cofactors, fatty acids, amino acids, and dietary fiber to support healthy detoxification pathways in your body.<sup>•</sup> NutriDyn Detox mixes easily, is glu-ten-free, non-GMO, naturally sweetened, and comes in delicious vanilla and chocolate flavors!

Your liver is one of the most crucial organs for removing toxic substances from your body; it helps filter blood from your gastrointestinal (GI) tract so that it can safely be sent throughout the rest of the body. Your liver is also a major site of drug/nutrient/chemical metabolism, thanks to its abundance of enzymes. When your liver function is compromised, phase I and phase II detoxification may be hindered and increase your risk of toxin buildup.

The ingredients in NutriDyn Detox support the primary phase II detoxification pathways, including glucuronidation, sulfonation, methylation, glutathione conjugation, amino acid conjugation, and acetylation.<sup>+</sup> These enzyme systems are responsible for metabolizing unwanted chemicals by changing them into substances that can be safely excreted.

NutriDyn Detox is formulated with select liver-supporting nutrients and cofactors, including taurine, N-acetylcysteine (NAC), methylsulfonylmethane (MSM), medium chain triglycerides (MCT), trimethylglycine (TMG), quercetin, curcumin, green tea extract, milk thistle extract, grape seed extract, methyl folate, and much more.<sup>•</sup> These ingredients have been shown in contemporary clinical research to support healthy phase I and phase II detoxification in the liver, as well as healthy immune function.<sup>•4,5,6,7</sup>





For more information, visit: www.nutridyn.com

#### How NutriDyn Detox Works Continued

The liver is just one component involved in detoxifying our body. Other organs are also necessary to remove toxins, including the skin, lungs, kidneys, and intestines. NutriDyn Detox contains a variety of gut-supporting nutrients as well, such as vitamin A, carotenoids, acacia, quercetin, and protein.<sup>48,9</sup> Healthy GI tract function is critical for keeping your body free from toxin buildup, as your gut contains a multitude of enzymes and microbes that expedite the removal of unwanted substances from the body.<sup>4</sup>

NutriDyn Detox also contains potassium citrate, which naturally occurs in fruits and vegetables such as prune, avocado, apricot, orange, banana, cantaloupe, spinach, Swiss chard, and sweet potato. Potassium citrate provides key electrolyte support throughout your body and is most relevant to detoxification by supporting a higher alkaline state at the renal tubules and healthy kidney function.

# Supplement Facts

VANILLA

Serving Size: About 1 Scoop (39.3 g) Servings Per Container: About 21

Amou	unt Per Serving	%DV*
Calories	160	
Total Fat	5 g	6%*
Saturated Fat	3 g	15%*
Total Carbohydrates	10 g	4%*
Dietary Fiber	2 g	7%*
Protein	15 g	
Vitamin A (50% as beta carotene	1,200 mcg RAE	133%
and 50% as retinyl palmitate)		
Vitamin C (ascorbic acid)	500 mg	556%
Vitamin D (as cholecalciferol)	10 mcg	50%
Vitamin E (as d-alpha tocopheryl succinate)	134 mg	893%
Thiamin (as thiamine HCI)	10 mg	833%
Riboflavin	10 mg	769%
Niacin (as niacinamide)	15 mg NE	94%
Vitamin B6 (as pyridoxal-5-phosphate)	15 mg	882%
Folate (as calcium L-5-	333 mcg DFE	83%
methyltetrahydrofolate) (BioFolate®)		
Vitamin B12 (as methylcobalamin)	25 mcg	1,042%
Biotin	100 mcg	333%
Pantothenic Acid	20 mg	400%
(as calcium-d-pantothenate)		
Choline (as choline bitartrate)	50 mg	9%
Calcium (as calcium citrate and	260 mg	20%
dicalcium phosphate)		
	2.73 mg	15%
lodine (from potassium iodide)	50 mcg	33%
Magnesium (as magnesium glycinate)	200 mg	48%
Zinc (as zinc picolinate)	10 mg	91%
Selenium (as L-selenomethionine)	70 mcg	127%
Copper (as copper gluconate)	0.5 mg	56%
Chromium (as chromium polynicotinate)	50 mcg	143%

Amoun	t Per Serving	%DV*
Sodium	70 mg	3%
Potassium (as potassium citrate)	285 mg	6%
Inositol	50 mg	
Amino Acid Blend		
Glycine	1.6 g	
Taurine	500 mg	
L-Lysine (as lysine HCI)	500 mg	
L-Threonine	300 mg	
N-Acetyl L-Cysteine	200 mg	
Phase 1 and 2 Modulators		
Pomegranate Extract (fruit; <i>Punica granatum</i> )	500 mg	
Turmeric Extract (root; Curcuma longa)	500 mg	
Quercetin (as quercetin dihydrate)	250 mg	
Green Tea Extract (leaf; Camellia sinensis)	250 mg	
MSM (methylsulfonylmethane)	200 mg	
Milk Thistle Extract (seed; Silybum marianum)	200 mg	
Betaine Anhydrous (trimethylglycine)	200 mg	
Grape Seed Extract (Vitis vinifera)	100 mg	
GI Blend		
Medium Chain Triglycerides	2 g	
Acacia Fiber Powder (Gum Arabic tree)	2 g	
Rice Bran Powder	1 g	

**Other Ingredients:** Organic brown rice protein, natural flavor, organic rice syrup solids, luo han quo fruit (monk fruit) extract, silica.

BioFolate<sup>®</sup> is a federally registered trademark of MTC Industries, Inc.

**Directions:** Shake canister before scooping. Mix 1 scoop in 8-12 ounces of water daily as a dietary supplement or as directed by your healthcare practitioner.

**Caution:** If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

#### **References:**

 Butt, M. S., & Sultan, M. T. (2009). Green taa: nature's defense against malignancies. Critical reviews in food science and nutrition, 49(5), 463–473.
Fu, Y., Zheng, S., Lin, J., Ryerse, J., & Chen, A. (2007). Curcumin protects the rat liver from CCl4-caused

 Fu, Y., Zheng, S., Lin, J., Ryerse, J., & Chen, A. (2007). Curcumin protects the rat liver from CCl4-cause injury and fibrogenesis by attenuating oxidative stress and suppressing inflammation. *Molecular* pharmacology.

3. Choudhury, S., Ghosh, S., Mukherjee, S., Gupta, P., Bhattacharya, S., Adhikary, A., & Chattopadhyay, S. (2016). Pomegranate protects against arsenic-induced p53-dependent ROS-mediated

inflammation and apoptosis in liver cells. *The Journal of nutritional biochemistry*, 38, 25-40. 4. Mato, J. M., & Lu, S. C. (2007). Role of S-adenosyl-L-methionine in liver health and injury. *Hepatology*, 45(5), 1306–1312.  Bagchi, D., Bagchi, M., Stohs, S. J., Das, D. K., Ray, S. D., Kuszynski, C. A., ... & Pruess, H. G. (2000). Free radicals and grape seed proanthocyanidin extract: importance in human health and disease prevention. *Toxicology*, 148(2-3), 187-197.

- 6. Jacobs, B. P., Dennehy, C., Ramirez, G., Sapp, J., & Lawrence, V. A. (2002). Milk thistle for the treatment of liver disease: a systematic review and meta-analysis. *The American journal of medicine*, 113(6), 506-515.
- 7. Rank, N., Michel, C., Haertel, C., Lenhart, A., Welte, M., Meier-Hellmann, A., & Spies, C. (2000). N-acetylcysteine increases liver blood flow and improves liver function in septic shock patients: results of a prospective, randomized, double-blind study. *Critical care medicine*, 28(12), 3799-3807.
- Gibson, G. R. (1999). Dietary modulation of the human gut microflora using the prebiotics oligofructose and inulin. The Journal of nutrition, 129(7), 14385-14415.
- 9. Wang, W. W., Qiao, S. Y., & Li, D. F. (2009). Amino acids and gut function. Amino acids, 37(1), 105-110.

• 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.

#### For more information, visit: www.nutridyn.com