



DYNAMIC

# DETOX

A Powerful Blend of Evidence-Based Nutrients for Supporting Both Phase I & Phase II Detoxification\*

VANILLA



## Dynamic 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.\* Yet, you might not know that lacking any of these nutrients may impair your body's ability to detoxify itself of potentially harmful substances, like PCBs, heavy metals, xenobiotics, and alcohol.

Research demonstrates that the nutrients and superfoods found in Dynamic Detox, such as pomegranate, curcumin, silymarin, sesamin and green tea are integral for supporting healthy detoxification processes and immune function.\*<sup>1,2,3</sup>

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

- Supports your body's natural detoxification processes\*
- Boosts antioxidant capacity\*
- Supports energy production and vitality\*
- Supports healthy immune and gastrointestinal function\*
- Helps you meet daily micronutrient requirements\*
- Includes pomegranate, turmeric, and milk thistle extracts as well as MCTs
- Zero sugar

## How Dynamic Detox Works

Dynamic Detox is a clinical-grade food supplement containing a comprehensive spectrum of essential micronutrients, cofactors, fatty acids, amino acids, and dietary fiber for supporting healthy detoxification pathways in your body.\* Dynamic Detox mixes easily, is gluten-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 Dynamic Detox support the primary phase II detoxification pathways including glucuronidation, sulfonation, methylation, glutathione conjugation, amino acid conjugation and acetylation.\* These enzyme systems are responsible for metabolizing unwanted chemicals by changing them into substances that can be safely excreted.

Dynamic Detox is formulated with select liver-supporting nutrients and cofactors, including taurine, N-acetylcysteine (NAC), methylsulfonylmethane (MSM), medium chain triglycerides (MCT), trimethylglycine (TMG), sesame seed (sesamins), quercetin, curcumin, green tea extract, milk thistle extract, grape seed extract, methyl folate and much more.\* These ingredients have been shown in contemporary clinical research to support healthy phase I and phase II detoxification in the liver, as well as support healthy immune function.\*<sup>4,5,6,7,8</sup>

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. Dynamic Detox contains a variety of gut-supporting nutrients as well, such as vitamin A, carotenoids, acacia, quercetin, and pea protein.\*<sup>9,10</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.\*

For more information, visit: [www.nutridyn.com](http://www.nutridyn.com)

Dynamic Detox also contains potassium citrate, which is naturally occurring 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 thus, healthy kidney function.\*

# Supplement Facts

Serving Size: About 1 Scoop (40.4 g)

Servings Per Container: About 21

Ingredients:	Amount	%DV*
Calories	160	
Calories from Saturated Fat	25	
Total Fat	5 g	7%*
Saturated Fat	2.5 g	13%*
Total Carbohydrates	9 g	3%*
Dietary Fiber	2 g	7%*
Protein	15 g	
Vitamin A (50% as beta carotene and 50% as retinyl palmitate)	1,200 mcg RAE	133%
Vitamin C (ascorbic acid)	500 mg	556%
Vitamin D3 (as cholecalciferol)	10 mcg	50%
Vitamin E (as d-alpha tocopheryl succinate)	134 mg	893%
Vitamin B1 (as thiamine HCl)	10 mg	833%
Vitamin B2 (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-methyltetrahydrofolate) (BioFolate®)	333 mcg DFE	83%
Vitamin B12 (as methylcobalamin)	25 mcg	1,042%
Biotin	100 mcg	333%
Pantothenic Acid (as Ca-D-pantothenate)	20 mg	400%
Calcium (as calcium citrate and dicalcium phosphate)	200 mg	15%
Iron (from pea protein isolate)	4 mg	22%
Iodine (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)	1 mg	111%

## Ingredients:

Ingredients:	Amount	%DV*
Chromium (as chromium polynicotinate)	50 mcg	143%
Sodium (from pea protein isolate)	70 mg	3%
Choline (as choline bitartrate)	50 mg	9%
Potassium (as potassium citrate)	750 mg	6%
Inositol	50 mg	**
Amino Acid Blend		
Glycine	1.6 g	**
Taurine	500 mg	**
L-Lysine (as Lysine HCl)	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; <i>Curcuma longa</i> )	500 mg	**
Quercetin (as quercetin dihydrate)	250 mg	**
Green Tea Extract (leaf; <i>Camellia sinensis</i> )	250 mg	**
MSM (methylsulfonylmethane)	200 mg	**
Milk Thistle Extract (seed; <i>Silybum marianum</i> )	200 mg	**
Betaine Anhydrous (trimethylglycine)	200 mg	**
Grape Seed Extract ( <i>Vitis vinifera</i> )	100 mg	**
Fiber Blend		
Medium Chain Triglycerides	3 g	**
Sesame Seed Powder	2 g	**
Acacia Fiber Powder (Gum Arabic tree)	2 g	**

**Other Ingredients:** Pea protein isolate, natural flavors, stevia leaf extract, guar gum, silica.

BioFolate® 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 tea: 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 injury and fibrogenesis by attenuating oxidative stress and suppressing inflammation. *Molecular pharmacology*.
- 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.
- 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.
- 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.
- 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.
- Kiso, Y. (2004). Antioxidative roles of sesamin, a functional lignan in sesame seed, and its effect on lipid and alcohol metabolism in the liver: A DNA microarray study. *Biofactors*, 21(1-4), 191-196.
- Gibson, G. R. (1999). Dietary modulation of the human gut microflora using the prebiotics oligofructose and inulin. *The Journal of nutrition*, 129(7), 1438S-1441S.
- 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.



NON-GMO



GLUTEN-FREE



DAIRY-FREE



PRODUCED IN A cGMP FACILITY

For more information, visit: [www.nutridyn.com](http://www.nutridyn.com)