

CORE RESTORE 14-DAY KIT



CLINICAL APPLICATIONS

- Revitalizes Liver Health and Supports Natural Detoxification Mechanisms
- Focuses on Both Phases of Liver Detoxification
- Provides Micronutrients, Phytonutrients, and Cofactors that Support Detoxification of Xenobiotics and Xenoestrogens
- Supports Healthy Estrogen Metabolism
- Increases Antioxidant Protection and Glutathione Production
- Promotes Gastrointestinal Health

DETOX SUPPORT

What is the Core Restore Program?

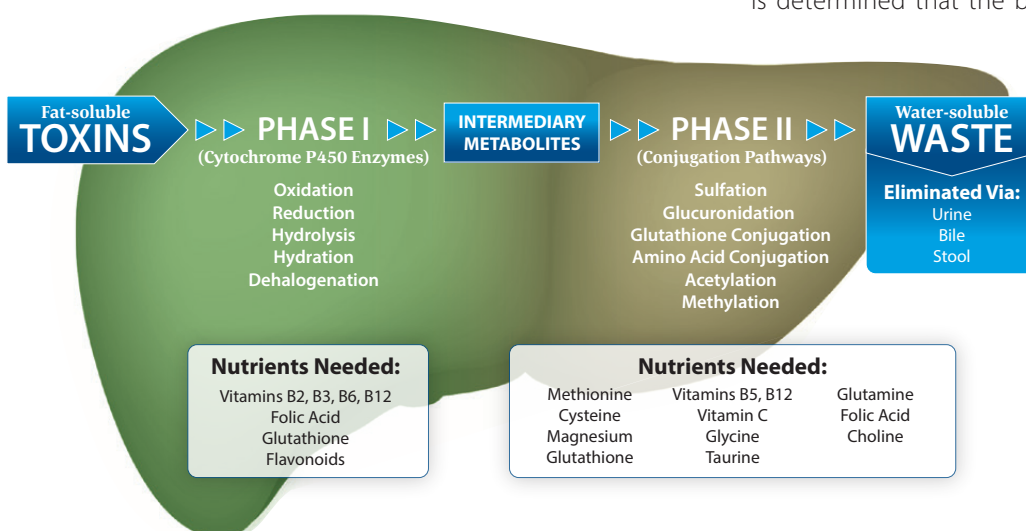
The Core Restore program is a strategic system designed to safely enhance and promote the primary pathways of detoxification in the liver. The Core Restore Kit provides three active formulas – Core Support, Alpha Base, and PhytoCore – which function synergistically to support Phase I and Phase II pathways of liver detoxification to help neutralize environmental pollutants, hormone disruptors, unhealthy estrogen metabolites, xenoestrogens (synthetic compounds that imitate estrogen), and other harmful toxins. This powerful trio of specialized formulas provides essential micronutrients, phytonutrients, and a source of easily digested, low- allergen protein that purify the liver and fuel optimal biotransformation. The Core Restore Kit provides an easy-to-follow, 14-day program designed to reduce the incoming burden of toxins to restore optimal health.

Overview of Detoxification†

Our increasingly toxic world creates a major burden on our bodies. Exposure through the air we breathe, the stress we feel and the food we ingest can add up to over 14 pounds of pesticides, herbicides, food additives and preservatives per year for the average American. The liver, together with the gastrointestinal (GI) tract, is the organ responsible for removing these toxins through a process called biotransformation. If the liver is not working at full speed, every other system in the body is at risk as fat soluble toxins, which are poorly excreted, become stored in the body. The process of biotransformation is performed through a two-step enzymatic process known as Phase I and Phase II detoxification.¹

Why 14 days?

The extended Core Restore program may be recommended for patients experiencing increased toxic burden, or when it is determined that the body contains an excess of toxins and cannot efficiently handle them. Patients who do not feel fully rejuvenated after the 7-day Core Restore program may be better suited for the 14-day Core Restore program, and should continue on the extended program under the guidance of their health care professional.



† 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.

These two pathways help to breakdown toxins into harmless substances. Phase I is composed of a series of enzymes, called cytochrome P450, which chemically change harmful, fat-soluble toxins into more toxic substance called intermediate metabolites.² Since the “intermediary metabolites” are often more toxic than the original fat- soluble toxin, they must then go through Phase II processing into safe and water-soluble form through their attachment to other molecules, to form inert compounds which are then safely released from the body. The Core Restore program is a science-based system strategically designed to enhance Phase II mechanisms first, ensuring proper clearance of toxins, then provides nutritional support for Phase I detoxification making sure each step of biotransformation is in sync and reducing the toxic burden on the body.

Products Included in the Core Restore Kit:

Core Support†

Core Support powder enhances Phase II detoxification by providing clean protein, gentle fiber, and specific nutrients which help eliminate toxins during the 14-day detoxification program. Core Support provides nutrients needed for Phase II detox including N-acetyl cysteine, glycine, taurine, lipoic acid, green tea extract, ellagic acid, and a unique blend of vegetable phytonutrients. The antioxidant activity of this unique blend of nutrients is protective against cell damage by free radicals and helps induce Phase II enzymes which facilitate the removal of toxins from the body and scavenge free radicals.³ Research has shown that glutathione and the amino acid cysteine help to regulate Phase II conjugation reactions⁴ and epigallocatechin-3-gallate (EGCG), the major polyphenol in green tea, has also been shown to induce expression of glutathione S-transferase and glutathione peroxidase.⁵ Core Support provides brown rice protein as a satisfying and hypoallergenic energy source, as well as 6 g of fiber per serving, essential for binding toxins for elimination.

Directions

Mix 2 scoops of Core Support with 8 oz. of water or the beverage of your choice two times daily or as recommended by your health care professional.

Cautions

Without drinking enough liquid, this product may swell in throat, causing blockage or choking. DO NOT use if you have ever had esophageal narrowing or swallowing difficulties. Seek immediate medical help if symptoms of esophageal blockage (chest pain/pressure, regurgitation or difficulty swallowing) occur. May cause allergic reaction in persons sensitive to inhaled or ingested psyllium.

Supplement Facts ^{v3}		
Serving Size 2 Scoops (37.5 Grams)		
Servings Per Container About 14		
2 scoops contain	Amount Per Serving	% Daily Value
Calories	150	
Total Fat	2 g	3%*
Total Carbohydrate	13 g	5%*
Dietary Fiber	6 g	21%*
Total Sugars	5 g	**
Includes 5g Added Sugars		10%*
Protein	15 g	30%*
Calcium	20 mg	2%
Iron	1 mg	6%
Magnesium (as Magnesium Citrate USP)	100 mg	24%
Sodium	30 mg	1%
Potassium (as Potassium Citrate USP)	170 mg	4%
Rice Protein	18.8 g	**
Psyllium Husk Powder (Organic)	5.17 g	**
Glycine USP	500 mg	**
Vegetable Antioxidant Blend (2,500 ORAC):	500 mg	
Broccoli Sprout Concentrate		**
Onion Extract		**
Tomato		**
Broccoli		**
Carrot		**
Spinach		**
Kale		**
Brussels Sprout		**
Taurine	250 mg	**
L-Glutamine USP	150 mg	**
Acetyl L-Carnitine Hydrochloride	125 mg	**
N-Acetyl-L-Cysteine USP	125 mg	**
Alpha Lipoic Acid	50 mg	**
Green Tea Leaf Extract (Standardized to contain 45% EGCG (Epigallocatechin gallate))	50 mg	**
Rosemary Leaf Extract	50 mg	**
Schisandra Berry Extract	50 mg	**
Ellagic Acid	25 mg	**
Glucosinolates	1 mg	**

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established

Core Support Vanilla ID# 680001 NET WT. 1 lb 2.5 oz (18.5 oz) (525 g)

Supplement Facts ^{v4}		
Serving Size 2 Scoops (37 Grams)		
Servings Per Container About 14		
2 scoops contain	Amount Per Serving	% Daily Value
Calories	150	
Total Fat	2.5 g	3%*
Saturated Fat	1 g	5%*
Total Carbohydrate	13 g	5%*
Dietary Fiber	6 g	21%*
Total Sugars	5 g	**
Includes 5 g Added Sugars		10%*
Protein	15 g	30%*
Calcium	20 mg	2%
Iron	4 mg	22%
Magnesium (as Magnesium Citrate USP)	100 mg	24%
Sodium	15 mg	<1%
Potassium (as Potassium Citrate USP)	500 mg	11%
Rice Protein	17.34 g	**
Psyllium Husk Powder (Organic)	4.16 g	**
Glycine USP	500 mg	**
Vegetable Antioxidant Blend (2,500 ORAC):	500 mg	
Broccoli Sprout Concentrate		**
Onion Extract		**
Tomato		**
Broccoli		**
Carrot		**
Spinach		**
Kale		**
Brussels Sprout		**
Taurine	250 mg	**
L-Glutamine USP	150 mg	**
Acetyl L-Carnitine Hydrochloride	125 mg	**
N-Acetyl-L-Cysteine USP	125 mg	**
Alpha Lipoic Acid	50 mg	**
Green Tea Leaf Extract (Standardized to contain 45% EGCG (Epigallocatechin gallate))	50 mg	**
Rosemary Leaf Extract	50 mg	**
Schisandra Berry Extract	50 mg	**
Ellagic Acid	25 mg	**
Glucosinolates	1 mg	**

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established

Core Support Chocolate ID# 681001 NET WT. 1 lb 2.3 oz (18.3 oz) (518 g)

† 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.

EFFICACY
the power of e

PhytoCore[†]

PhytoCore is added on the third day of the Core Restore program to stimulate Phase I activity once Phase II has been established. The specialized blend of nutrients in PhytoCore has been shown to stimulate Phase I and II biotransformation and support the body's natural liver cleansing function during detoxification. Each capsule includes silymarin, artichoke extract, curcumin, methionine, choline, inositol, garlic, and dandelion root. These botanicals and plant extracts include phytonutrients, antioxidants and other compounds that protect plants from environmental challenges including exposure to radiation and toxins, and defend them against pests and infectious agents. In humans, this array of biologically active compounds has been shown to increase cellular defenses, upregulate detoxification, and protect DNA.^{6,7}

Silymarin has been found to possess substantial protective effects and free radical scavenging capacity, protecting the liver against oxidative damage while it neutralizes toxic environmental contaminants.⁸ Curcumin, another compound in PhytoCore, has also been linked with increased expression of the detoxification enzymes glutathione-S-transferases, glutathione reductase, epoxide hydrolase, HO-1, catalase and NQO1 in liver, small intestine and kidney tissues.⁹

Directions

2-3 capsules two times per day or as recommended by your health care professional.

Supplement Facts ^{v2}		
Serving Size 3 Capsules Servings Per Container 19		
3 capsules contain	Amount Per Serving	% Daily Value
Choline (as Choline Bitartrate)	72 mg	13%
Dandelion Root Extract	225 mg	*
Artichoke Leaf Extract (Standardized to contain 5% Cynarin)	145 mg	*
Inositol NF	140 mg	*
L-Methionine USP	140 mg	*
Milk Thistle Seed Extract (Standardized to contain 80% Silymarin)	130 mg	*
Garlic Bulb	100 mg	*
Turmeric Root Extract (Standardized to contain 95% Curcuminoids)	100 mg	*
Beet Leaf	65 mg	*

* Daily Value not established

PhytoCore

ID# 523058 58 Capsules

Alpha Base[†]

Alpha Base provides a multi-nutrient foundation to ensure the liver has adequate amounts of important trace minerals and vitamins needed for the energy/nutrient intensive process of detoxification. Nutrients such as vitamin C, vitamin E, and the B vitamins are required for cytochrome P450 activity.¹ In addition

to vitamins and trace minerals, carotenoids are included to help scavenge free radicals and protect cells while toxins are removed.

Directions

4 capsules per day as part of the Core Restore program, or as recommended by your health care professional.

Cautions

All forms of vitamin K may interact with blood thinning medications. If you are taking such medicines please consult with your physician before taking this product.

Supplement Facts^{v7}

Serving Size 4 Capsules
Servings Per Container 14

4 capsules contain	Amount Per Serving	% Daily Value
Vitamin A (from 7,500 IU as Betatene [®] Natural Mixed Carotenoids, Palmitate)	2,250 mcg	250%
Vitamin C (as Calcium Ascorbate USP, Ascorbic Acid USP)	500 mg	556%
Vitamin D (D3 as Cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin E (from 100 IU as d-Alpha Tocopherol Succinate USP)	67 mg	447%
Vitamin K (K1 as Phytonadione, K2 as Menaquinone-7 (MK-7, MenaQ7 [™] PRO))	62.5 mcg	52%
Thiamin (Vitamin B1) (from Thiamine Hydrochloride USP)	25 mg	2,083%
Riboflavin (Vitamin B2 USP)	25 mg	1,923%
Niacin (as Niacin USP, Niacinamide USP)	25 mg	156%
Vitamin B6 (as Pyridoxine Hydrochloride USP)	37 mg	2,176%
Folate (from 400 mcg as Quatrefolic [®] (6S)-5-Methyltetrahydrofolic acid glucosamine salt)	680 mcg DFE	170%
Vitamin B12 (as Methylcobalamin)	500 mcg	20,833%
Biotin	200 mcg	667%
Pantothenic Acid (as d-Calcium Pantothenate USP)	150 mg	3,000%
Choline (as Choline Bitartrate)	19 mg	3%
Calcium (as DimaCal [®] Dicalcium Malate, Calcium Ascorbate USP, d-Calcium Pantothenate USP)	100 mg	8%
Iodine (from Kelp)	112 mcg	75%
Magnesium (as DiMagnesium Malate, TRAACS [®] Magnesium Lysinate Glycinate Chelate)	200 mg	48%
Zinc (as TRAACS [®] Zinc Bisglycinate Chelate)	10 mg	91%
Selenium (as Selenium Glycinate Complex)	100 mcg	182%
Copper (as TRAACS [®] Copper Bisglycinate Chelate)	1 mg	111%
Manganese (as TRAACS [®] Manganese Bisglycinate Chelate)	2 mg	87%
Chromium (as O-polynicotinate) [†]	200 mcg	571%
Molybdenum (as TRAACS [®] Molybdenum Glycinate Chelate)	25 mcg	56%
Potassium (as Potassium Citrate USP)	50 mg	1%
Inositol NF	50 mg	*
Mixed Tocopherols	50 mg	*
Rutin	25 mg	*
Boron (as Bororganic [™] Glycine)	1.5 mg	*
Vanadyl Sulfate Hydrate	1 mg	*

* Daily Value not established

Alpha Base Capsules without Iron

ID# 152056 56 Capsules

[†] 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.

References

1. Liska, D. J. The detoxification enzyme systems. *Altern Med Rev.* 1998; 3(3):187-198.
2. Liska, D., Lyon, M. et al. Detoxification and Biotransformational Imbalances. 2005;(22):275-298.
3. Wattenberg LW. Inhibition of carcinogenesis by minor dietary constituents. *Cancer Res (Suppl)* 1992;52: 2085s-2091s.
4. Bland JS. Detoxification and rejuvenation. The 20-day rejuvenation diet program. 1997:105-120.
5. HK, Surh YJ. Modulation of Nrf2-mediated antioxidant and detoxifying enzyme induction by the green tea polyphenol EGCG. *Food Chem Toxicol.* 2008 Apr;46(4):1271-8. Epub 2007 Oct 17. Na.
6. Tuteja N, Singh MB, Misra MK, Bhalla PL, Tuteja R. Molecular mechanisms of DNA damage and repair: progress in plants. *Crit Rev Biochem Mol Biol* 2001;36:337–397.
7. Huffman MA. Animal self-medication and ethno-medicine: exploration and exploitation of the medicinal properties of plants. *Proc Nutr Soc* 2003;62:371–381.
8. Kiruthiga PV, Shafreen RB, Pandian SK, Devi KP. Silymarin protection against major reactive oxygen species released by environmental toxins: exogenous H₂O₂ exposure in erythrocytes. *Basic Clin Pharmacol Toxicol.* 2007 Jun;100(6):414-9.
9. Shen G, Xu C, Hu R, Jain MR, et al. Modulation of nuclear factor E2-related factor 2-mediated gene expression in mice liver and small intestine by cancer chemopreventive agent curcumin. *Mol Cancer Ther* 2006;1:39–51.