

2+ months protocol



Take the **EMPowerPlus Advanced** 2 capsules from day one.



Drink 7ml (measuring cup is supplied with the bottle) of **Flavin7 Gold** daily.



SmartSelenium 1000 – Take orally 1 drop per day, preferably with a meal.



Take a **ToxDetox™** suppository every second night over the first two weeks and a full one afterward every evening.



Take 2 capsules of **StopReabsorb** every evening, one hour before taking the suppository.



Switch from Toxdetox (once finished) to **Glutathione 1.5** and take it nightly.



The program gives you the flexibility to take less or more based on your doctor's advice and based on your personal experiences as you go along.



2+ months protocol

Day 1

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

ToxDetox 1 suppository at night

Day 3

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

ToxDetox 1 suppository at night

Day 5

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

ToxDetox 1 suppository at night

Day 7

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime,

one hour before taking the suppository

ToxDetox 1 suppository at night

Day 2

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime

Day 4



EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime

Day 6



EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime

Day 8



EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime

2+ months protocol

Day 9

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

ToxDetox 1 suppository at night

Day 11

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

ToxDetox 1 suppository at night

Day 13

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

ToxDetox 1 suppository at night

Day 15

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

ToxDetox 1 suppository at night

Day 10

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime

Day 12



EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime

Day 14



EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime

Day 16



EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime. one hour before taking the suppository

ToxDetox

1 suppository at night

2+ months protocol

Day 17

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

ToxDetox 1 suppository at night

Day 19

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

ToxDetox **1 suppository** at night

Day 21

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

ToxDetox 1 suppository at night

Day 23

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

ToxDetox 1 suppository at night

Day 18

EV

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

ToxDetox 1 suppository at night

Day 20



EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

ToxDetox

1 suppository at night

Day 22



EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

ToxDetox

1 suppository at night

Day 24



EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

ToxDetox

1 suppository at night

2+ months protocol

Day 25

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

ToxDetox 1 suppository at night

Day 27

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

ToxDetox 1 suppository at night

Day 29

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

ToxDetox 1 suppository at night

Day 31

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

ToxDetox 1 suppository at night

Day 26

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

ToxDetox 1 suppository at night

Day 28



EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

ToxDetox

1 suppository at night

Day 30



EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

ToxDetox

1 suppository at night

Day 32



EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

ToxDetox

1 suppository at night

2+ months protocol

Day 33

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

ToxDetox 1 suppository at night

Day 35

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

ToxDetox **1 suppository** at night

Day 37

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

ToxDetox 1 suppository at night

Day 39

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

Glutathione 1.5 **1 suppository** at night

Day 34

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

ToxDetox **1 suppository** at night

Day 36



EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

ToxDetox

1 suppository at night

Day 38



EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

Glutathione 1.5 1 suppository at night

Day 40



EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

Glutathione 1.5 1 suppository at night

2+ months protocol

Day 41

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

Glutathione 1.5 **1 suppository** at night

Day 43

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

Glutathione 1.5 **1 suppository** at night

Day 45

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

Glutathione 1.5 **1 suppository** at night

Day 47

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

Glutathione 1.5 **1 suppository** at night

Day 42

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

Glutathione 1.5 **1 suppository** at night

Day 44



EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

Glutathione 1.5 **1 suppository** at night

Day 46



EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

Glutathione 1.5 1 suppository at night

Day 48



EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

Glutathione 1.5 1 suppository at night

2+ months protocol

Day 49

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

Glutathione 1.5 **1 suppository** at night

Day 50

O EN

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

Glutathione 1.5 1 suppository at night

Day 51



EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

Glutathione 1.5 **1 suppository** at night

Day 52



EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime, one hour before taking the suppository

Glutathione 1.5 1 suppository at night

Day 53



EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime

Day 54



EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime

2+ months protocol

Day 55

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime

Day 57

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime

Day 59

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

StopReabsorb 2 capsules at bedtime

Day 56

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

Flavin7 Gold

Drink 7ml

StopReabsorb 2 capsules at bedtime

Day 58

EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

StopReabsorb 2 capsules at bedtime

Day 60



EMPowerPlus Advanced

2 capsules

SmartSelenium 1000

1 drop

StopReabsorb 2 capsules

at bedtime until it lasts

Why a Suppository?

Chelation Suppositories: Safer, More Effective, More Affordable Alternative to Traditional IV Chelation

An alternative delivery method has opened up the whole world of heavy metal detoxification, making it available to everyone. Our Chelation Suppositories are medically equivalent to the traditional IV EDTA chelation method but eliminate the problems that are associated with IV EDTA delivery. The very same ingredient that goes into the IV (CaNa2EDTA or calcium disodium EDTA) has been incorporated into rectal suppositories and became available in a cocoa butter base.

IV Chelation has several disadvantages; it is time consuming, difficult, inconvenient, potentially dangerous and expensive

- A chelation physician needs to be located in your city, and many people have had to travel several hours to find one.
- Once you get there, chelation is usually administered in 3000mg dosages in a procedure that lasts three to four hours. This is generally done two to four times a week, for 30–60 weeks (or more).
- By forcing a chelation dose of 3 grams into the body over a short period of time, unnecessary stress is placed on organs, such as the kidneys since more toxins try to leave than the body is able to safely excrete through the detoxification channels.
- The cost is usually \$100.00 to \$150.00 per session, not counting travel and time away from work.
- Blood studies reveal that plasticizers from the IV bags and tubing accumulate in the bloodstream and later end up contaminating the rest of the body. These plastics from IV's often end up in the peroxisomes – little organelles inside the cells (except mature red blood cells because they have lost their nuclei). The accumulated plasticizers can lead to further diseases, including high blood pressure.

The Advantages of Chelation Suppositories

The dosage in a chelation suppository is smaller, compared to IV chelation, and this lower level of EDTA is more managable by the body, including the liver and the kidneys.

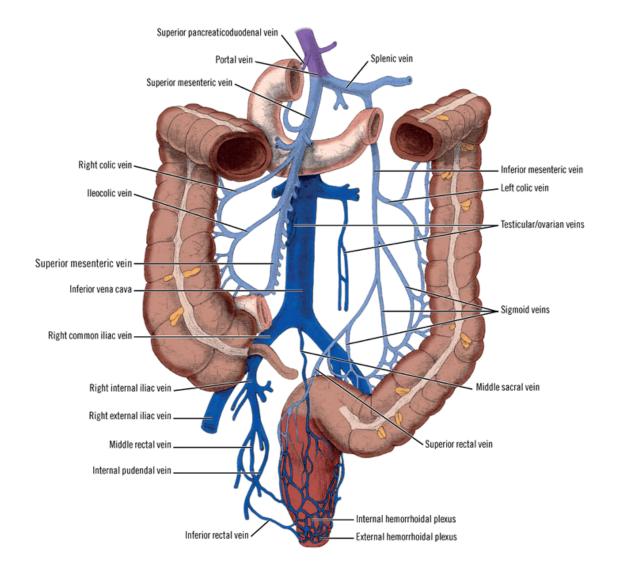
As the chelation suppository is slowly being absorbed (with about 90% efficiency, compared to IV chelation's 100%) overnight through the wall of the rectum, this delivery method avoids all of the disadvantages associated with IV chelation.

- You save time and inconvenience as you can use the suppositories at home
- You lose no time from work or home
- The heavy metals are excreated gently out of the body with lower dose of EDTA than the one given with the IV method. This relieves the kidneys, the liver and the rest of the body from the strain of forcing a higher dose on it over a shorter period of time
- It is inexpensive the cost of the suppositories for a month can be similar to what you would pay for one IV chelation session
- There are no diseases producing phthalates to be absorbed, since there are no IV's
- The natural detoxification is enhanced overnight when the melatonin level is high
- You have total flexibility with the dose

Key to Success: Absorption from the Rectum as You Sleep

This method of administering EDTA is also very effective. By utilizing suppository delivery, the body is able to process the EDTA without having to filter it through protective channels in the liver.

The rectum, where the EDTA is being absorbed, is anatomically part of the skin and is therefore efficiently picked up by the systemic circulation and consequently avoids the hepato-enteric circulation that delivers all nutrients and ingredients for breakdown in the liver.



The low molecular weight of Calcium Di-Sodium EDTA of 292.1 facilitates efficient absorption through the colon wall.

Since the normal and natural detoxification of the body occurs overnight when the melatonin levels are the highest, the presence of extra EDTA is administered at the right time, compared to IV chelation – given often in the middle of a stressful day.

What was once a time-consuming, doctor administered treatment costing thousands of dollars is now available in the privacy of your own home.

Why Calcium Di-Sodium EDTA (CaNa2EDTA)

This form of EDTA has the longest history of reversing all sorts of cardiovascular diseases including hypertension, angina, claudication, congestive heart failure, and arrhythmias, but also dissolving occlusive plaques that were blocking important neck, heart and leg vessels and where surgery was contraindicated. Ca-EDTA removes cholesterol plaque and lowers cholesterol.

Ca-EDTA is the same ingredient they put in blood tubes in the laboratory to keep blood from prematurely clotting. Ca-EDTA is so safe it has been FDA approved for over 40 years. And also used by the food industry as a preservative (due to EDTA's anti-fungal effect).

Magnesium Di-Sodium EDTA Stings

Mg-EDTA (Magnesium Di-Potassium EDTA) has some disadvantages over Ca-EDTA (Calcium-Di-Sodium-EDTA). Mg-EDTA can be quite unconfortable to keep in the rectum as it stings, like table salt can sting, especially if there is dry stool or a tiny abrasion in the wall of the rectum (quite common).

How to Use Rectal Suppositories Properly

1

Wash your hands thoroughly with soap and water.



2

If the suppository is soft, hold it under cool water or place it in a refrigerator (but NEVER in the

freezer) for a few minutes to harden it before removing the wrapper.

ALVENTICITE TO THE STATE OF THE

3

Remove the wrapper, if present. A curved nail scissor can be useful

as the plastic is cut away, right beside the suppository. 4

If you were told to use half of the suppository, cut it across with a clean, single-edge razor blade or a kitchen knife.

5

Put on a finger cot or disposable glove, if desired (available at a pharmacy). A sandwich bag could be a good, practical alternative.

6

Lubricate the suppository tip with a water-soluble lubricant such as coconut oil (our favorite), K-Y Jelly

or saliva. But not with petroleum jelly (Vaseline).
Alternately, moisten your rectal area with

cool tap water.

7

Lie on your side with your lower leg straightened out and your upper leg bent forward toward your stomach.



How to Use Rectal Suppositories Properly

8

Lift upper buttock to expose the rectal area.

10

Hold buttocks together for a few seconds.

9

Insert the suppository, pointed end first, with your finger until it passes the muscular sphincter of the rectum, about 1/2 to 1 inch in infants and 1 inch in adults. (If not inserted past this sphincter, the suppository may pop out.). Actually, there are two sphincter muscles. Once these are passed, the suppository

I ½ INCH is in the 1 INCH rectum.

11

Remain lying down for about 5 minutes to avoid having the suppository come out. It is better to remain on your right side – this way the content of the suppository is not going further back into the colon, but rather remains in the

12

Discard used materials and wash your hands thoroughly.

rectum.



Remember

- Follow directions carefully
- Do not miss doses (well, it is not a big issue if you skip a night for whatever reasons. But keep it going for a better outcome)
- Store suppositories in a cool place and avoid melting; refrigerate them if so labeled
- Store medications out of reach of children