



PROTOCOL BOOKLET

THE **ULTIMATE**  **DETOX** SYSTEM

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PRIME  **BODY**

The Ultimate Detox System

2-Step Toxin Elimination

Our two-step detoxification protocol supports elimination of toxins, while minimizing their redistribution and reabsorption. Liver detoxification is essential for proper health, and improperly designed protocols can result in toxin redistribution, rather than elimination. This naturally powerful formulation and delivery chemistry derives from Dr. Chris Shade's extensive research in the area of detoxification pathways.

Liver Clear pushes toxins with a liposomal blend of bitters, buttressed by powerful antioxidant support, while Mega Binder captures toxins in the gut with a broad-spectrum constellation of binders blended with uniquely soothing prebiotic herbs. Toxins are then safely eliminated from the body!

LIPOSOMAL BOTANICAL BLEND

LIVER Clear™

A proprietary liposomal botanical blend with potent bitter, drainage and detoxification capability, along with specially chosen phytonutrients that promote our own powerful endogenous antioxidant defenses.

Liver Clear charges up the phases of detox, moves bile, protects the liver, promotes cellular and hepatic glutathione production and balances inflammatory pathways.

The liposomal "bitter" quartet includes dandelion, solidago, gentian and myrrh which: 1. Stimulates digestion, 2. boosts liver, gallbladder and kidney function, 3. promotes healthy bile flow, and 4. offers broad microbial balancing action.





ULTIMATE TOXIN CATCHER

MEGA Binder™

A universal blend of synergistic binders that capture toxins in the GI tract. These binders have been shown to work on mycotoxins, cyanotoxins, pesticides, herbicides, endotoxins, endocrine disrupters, inflammatory molecules, toxins found in bile, and heavy metals, including mercury.

The unique formulation includes bentonite clay, activated charcoal, chitosan, and IMD (Intestinal Metals Detox, a proprietary thiol-functionalized silica compound with specific affinity for mercury). Acacia gum, a prebiotic fiber, is added for its soothing, fluidizing, healing effect, and aloe vera soothes the gastric mucosa and reduces constipation.

A Scalable Detoxification System

Effective detoxification respects the fact that our body has built-in, highly evolved defense mechanisms that include adaptation, habituation, and tendency to tilt toward homeostasis. Botanicals and phytonutrients that promote detoxification, drainage and elimination can be highly effective, but over time, the body may habituate to stimulation and become less responsive. For this reason, we have designed 4 levels of detoxification protocols.

We Recommend Cycling

Cycling on and off protocols, and adjusting doses from low to high, are essential concepts for effective and safe detoxification. Cycling will also give the body necessary rest, allowing it to reset during off periods, so that when detoxification resumes, it can benefit from and experience the full effect. Adjusting dosages and schedules over time offers you a scalable, flexible and tolerable approach to detoxification!

SUGGESTED USE

1. Hold a dose of Liver Clear in mouth 30-60 seconds before swallowing.
2. Hold a dose of our Hemp Oil* in mouth 30-60 seconds before swallowing.
3. 30 minutes later, take a dose of Mega Binder with 4-8 ounces of water.

Note: After Mega Binder dose, wait at least 30 minutes before eating.

The Ultimate Detox System can be adapted for very light, frequent detoxification and can also be slowly scaled up for a more intensive, deeper detox. Depending on your sensitivity you can start with very low dosage (1/4 or 1/2 tsp.), normal dosage (1 tsp.) or high dosage (2 to 3 tsps.).

Once you've established your entry point in the protocol, you can continue to increase your dosage proportionally, as explained in the subsequent protocols.

***Our Nano-Enhanced Hemp Oil is a highly recommended add-on to all protocol regimens. Hemp oil is ideal for resetting autonomic balance and restoring the parasympathetic nervous system, while calming the sympathetic nervous system during detoxification.**

LEVEL 1 MAINTENANCE DETOX

Protocol: Once Daily

PRODUCTS NEEDED

1 Detox System
1 Bottle PMB Hemp Oil**

SCHEDULE	LIVER CLEAR	MEGA BINDER*	PMB HEMP OIL**
MORNING (AM)	1 tsp	NA	4 Pumps
30 MIN LATER	NA	1 Stick Pack	NA

*Drink adequate amounts of water when taking charcoal-containing supplements. **Recommended add-on to enhance detox.

4 CYCLES: 5 days on & 2 days off

START DATE:

NOTES:

LEVEL 2 OPTIMIZATION DETOX

Protocol: Twice Daily

PRODUCTS NEEDED

2 Detox Systems
1 Bottle PMB Hemp Oil**

SCHEDULE	LIVER CLEAR	MEGA BINDER*	PMB HEMP OIL**
MORNING (AM)	1 tsp	NA	4 Pumps
30 MIN LATER	NA	1 Stick Pack	NA
EVENING (PM)	1 tsp	NA	4 Pumps
30 MIN LATER	NA	1 Stick Pack	NA

*Drink adequate amounts of water when taking charcoal-containing supplements. **Recommended add-on to enhance detox.

4 CYCLES: 5 days on & 2 days off

OR

2 CYCLES: 10 days on & 4 days off

START DATE:

NOTES:

LEVEL 3 INTERMEDIATE DETOX

Protocol: Three Times Daily

PRODUCTS NEEDED

3 Detox Systems
2 Bottles PMB Hemp Oil**

SCHEDULE	LIVER CLEAR	MEGA BINDER*	PMB HEMP OIL**
MORNING (AM)	1 tsp	NA	4 Pumps
30 MIN LATER	NA	1 Stick Pack	NA
MIDDAY	1 tsp	NA	4 Pumps
30 MIN LATER	NA	1 Stick Pack	NA
EVENING (PM)	1 tsp	NA	4 Pumps
30 MIN LATER	NA	1 Stick Pack	NA

*Drink adequate amounts of water when taking charcoal-containing supplements. **Recommended add-on to enhance detox.

2 CYCLES: 10 days on & 4 days off

START DATE:

NOTES:

LEVEL 4 HIGH INTENSITY DETOX

Protocol: Three Times Daily

PRODUCTS NEEDED

3 Detox Systems
2 Bottles PMB Hemp Oil**

SCHEDULE	LIVER CLEAR	MEGA BINDER*	PMB HEMP OIL**
MORNING (AM)	2 tsp	NA	4-6 Pumps
30 MIN LATER	NA	2 Stick Packs	NA
MIDDAY	2 tsp	NA	4-6 Pumps
30 MIN LATER	NA	2 Stick Packs	NA
EVENING (PM)	2 tsp	NA	4-6 Pumps
30 MIN LATER	NA	2 Stick Packs	NA

*Drink adequate amounts of water when taking charcoal-containing supplements. **Recommended add-on to enhance detox.

1 CYCLE: 10 days on & 2 days off

START DATE:

NOTES:

PRIME  BODY

THE ULTIMATE DETOX SYSTEM

2-STEP TOXIN ELIMINATION

For additional product information or to learn
more about The Ultimate Detox System, visit
www.primemybody.com