

## GUIDED PROGRAM SUPPORTS PHASE II DETOX ENZYMES AND ANTIOXIDANT BALANCE



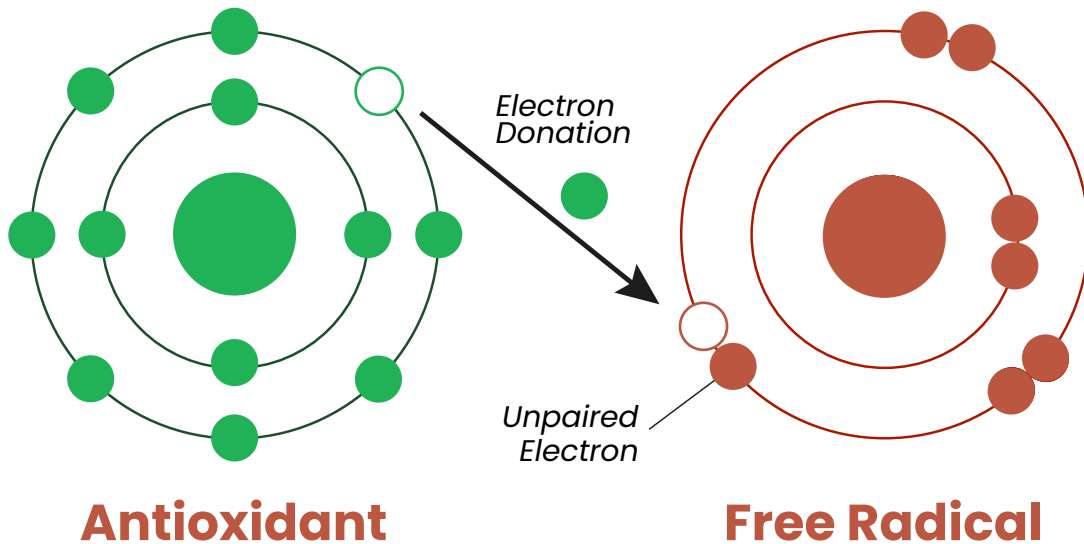
**Buckwheat**



**Beets**



**Spanish Black Radish**



### RESEARCH QUESTION

*Can a whole-food nutritional supplement enhance detoxification processes in the body?*

## BACKGROUND

Toxicants are ubiquitous and pose significant risk to patients, impairing healthy physiological function. Sources of toxicants include environmental agents, persistent organic pollutants, organopesticides, heavy metals, and chemical compounds such as phthalates and parabens. Detoxification enzymes in the body act to process and excrete toxic compounds and require antioxidant support to neutralize free radicals generated as part of the detoxification process.

## METHODS

37 participants were randomized to receive either:

- A whole food-based nutritional supplement as part of a 28-day metabolic detoxification program with a healthy diet education session or
- A healthy diet education session without the detoxification program.

After four weeks, researchers assessed anthropometric data, blood panels, urine profiles, oxidative stress markers, and antioxidant enzyme activity.

## CONCLUSION

The use of a whole food-based nutritional supplement significantly increased antioxidant status, including antioxidant enzyme activity, which may enhance detoxification.

## RESULTS

At the end of the 28-day program, participants consuming the nutritional supplement demonstrated:

- 40%** Increased plasma antioxidant activity
- 13-23%** Increased antioxidant detox enzyme activity
- 13%** Decreased oxidative stress in immune cells
-  Increased self-reported physical and emotional health



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