

# CORE RESTORE



## 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

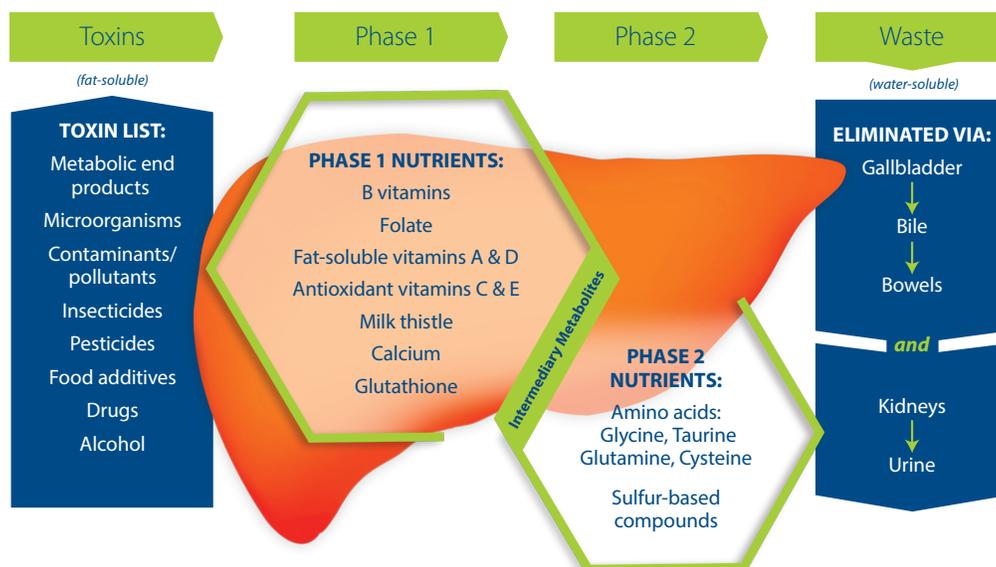
# DETOX SUPPORT

## What is the Core Restore Kit?

The Core Restore Kit 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 is an easy-to-follow, 7-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.<sup>[1]</sup>



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 7-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 reactions [4] 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 15g of organic brown rice protein as a satisfying and hypoallergenic energy source, as well as 5g of fiber per serving, essential for binding toxins for elimination.

### Directions

Mix 2 scoops (39.0 grams) of Core Support with 8 oz. of water or the beverage of your choice 2 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 <sup>V12</sup>		
Serving Size 2 Scoops (39.0 Grams)		
Servings Per Container 14		
2 scoops contain	Amount Per Serving	% Daily Value
Calories	150	
Calories from Fat	20	
Total Fat	2 g	3%*
Saturated Fat	<1 g	<1%*
Total Carbohydrate	17 g	6%*
Dietary Fiber	5 g	20%*
Soluble Fiber	1 g	
Sugars	13 g	**
Protein	15 g	
Calcium	45 mg	5%
Iron	5 mg	28%
Magnesium (as Magnesium Citrate USP)	100 mg	25%
Sodium	11 mg	<1%
Potassium (as Potassium Citrate)	170 mg	5%
ORYZAPRO Rice Protein	18.75 g	**
Organic Psyllium Husk Powder USP	4.16 g	**
Glycine USP	500 mg	**
<b>Vegetable Anti-Oxidant Blend (Asteracea) (2,500 ORAC) Containing:</b>	500 mg	
Broccoli Sprout Concentrate		**
Onion Extract		**
Tomato		**
Broccoli		**
Carrot		**
Spinach		**
Kale		**
Brussel Sprout		**
Bentonite	250 mg	**
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 Extract (Standardized to contain 45% EGCG (Epigallocatechin gallate ))	50 mg	**
Rosemary (aerial portion)	50 mg	**
Schizandra Berry Extract	50 mg	**
Ellagic Acid	25 mg	**
Glucosinolates	1 mg	**
Sulphoraphane Potential	500 mcg	**

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

Core Support ID# 583567 546 Grams (19 oz)

### 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]

† This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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.<sup>[8]</sup> 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.<sup>[9]</sup>

## Directions

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

Supplement Facts <sup>v2</sup>		
Serving Size 3 Capsules Servings Per Container 40		
3 capsules contain	Amount Per Serving	% Daily Value
Dandelion Root Extract 4:1	225 mg	*
Choline Bitartrate	185 mg	*
Artichoke Leaf Extract (Standardized to contain 5% Cynarin) (from Asteracea Family)	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% Curcumin)	100 mg	*
Beet Leaf	65 mg	*

\* Daily Value not established

### PhytoCore

ID# 523020 20 Capsules

## Alpha Base<sup>†</sup>

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.<sup>[1]</sup> 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 <sup>v5</sup>		
Serving Size 4 Capsules Servings Per Container 7		
4 capsules contain	Amount Value	% Daily Value
Vitamin A (as Betatene® Natural Mixed Carotenoids, Palmitate)	7,500 IU	150%
Vitamin C (as Calcium Ascorbate USP, Ascorbic Acid USP)	500 mg	833%
Vitamin D3 (as Cholecalciferol)	1,000 IU	250%
Vitamin E (as d-Alpha Tocopherol Succinate USP)	100 IU	333%
Vitamin K (K1 as Phytonadione, K2 as Menaquinone-7 (MK7))	62.5 mcg	78%
Thiamine (B1 from Thiamine Hydrochloride USP)	25 mg	1,667%
Riboflavin (Vitamin B2 USP)	25 mg	1,471%
Niacin (as Niacin USP, Niacinamide USP)	25 mg	125%
Vitamin B6 (as Pyridoxine Hydrochloride USP)	37 mg	1,850%
Folate (as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid glucosamine salt)	400 mcg	100%
Vitamin B12 (as Methylcobalamin)	500 mcg	8,333%
Biotin	200 mcg	67%
Pantothenic Acid (as d-Calcium Pantothenate USP)	150 mg	1,500%
Calcium (as DimaCa® Dicalcium Malate, Calcium Ascorbate USP)	100 mg	10%
Iodine (from Kelp)	112 mcg	75%
Magnesium (as DiMagnesium Malate, TRAACS® Magnesium Bisglycinate Chelate Buffered)	200 mg	50%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	10 mg	67%
Selenium (as Selenium Glycinate Complex)	100 mcg	143%
Copper (as TRAACS® Copper Bisglycinate Chelate)	1 mg	50%
Manganese (as TRAACS® Manganese Bisglycinate Chelate)	2 mg	100%
Chromium (as ChromeMate®)	200 mcg	167%
Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	25 mcg	33%
Potassium (as Potassium Citrate)	50 mg	1%
Choline Bitartrate	50 mg	*
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# 152003 30 Capsules

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## References

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