

# Women's Detoxification Protocol<sup>†</sup>

DEVELOPED IN COLLABORATION WITH FELICE GERSH, M.D.<sup>†</sup>



This protocol was developed with Felice Gersh, MD, an award-winning physician, board-certified in both OB/GYN and Integrative Medicine, to help you deliver the most effective care for your patients. Included are recommendations for foundational health and targeted interventions to support estrogen balance and detoxification.<sup>†</sup>

## FOUNDATIONAL SUPPORT

In addition to a healthy diet and lifestyle, consider the following foundational supplements to support overall health and well-being:<sup>†</sup>

- [O.N.E.™ Multivitamin](#) (ONE1 / ONE6 / ONE3)
- [O.N.E.™ Omega](#) (ONO6 / ONO3)
- [Probiotic-5](#) (PRB6)
- [Magnesium \(citrate\)](#) (MC9 / MC1) for occasional constipation or [Magnesium \(glycinate\)](#) (MG9 / MG1 / MG3)

## FOCUSED SUPPORT

The products in this category support common clinical objectives related to detoxification. Choose from the options listed below.<sup>†</sup>

CLINICAL OBJECTIVE <sup>†</sup>	ASSESSMENT*	PRODUCT RECOMMENDATIONS	SUGGESTED USE
Healthy Detoxification	2-hydroxy/2-methoxy estrone, 4-hydroxy/4-methoxy estrone and 16 hydroxyestrone levels	<b>DIM Detox</b> (Order Code: DD6) Enhances healthy hormone detoxification and promotes optimal estrogen balance. <sup>†</sup>	2 capsules daily, with meals
		<b>NAC 900 mg</b> (Order Code: NA92) Supports respiratory function, glutathione production and detoxification. <sup>†</sup>	1 capsule, 1-2 times daily, between meals
	Urine organic acid test, Self-reported occasional constipation	<b>G.I. Fortify<sup>†</sup></b> (Order Code: GIF4) A blend of high-impact fiber, herbs and nutrients to support intestinal detoxification, occasional constipation and help maintain gut integrity. <sup>†</sup>  Also available as capsules: <b>G.I. Fortify (capsules)<sup>†</sup></b> (GIFC1)	Add 1 serving to 8-12 oz water. Shake, stir or blend briskly and drink immediately. Drink an additional 8-12 oz serving of water following. Daily water intake should be increased when consuming this product.
Motility	Prolong fullness after meals and bloating	<b>MotilPro</b> (Order Code: MOP1) An advanced gut signaling support formula, supporting serotonergic and cholinergic function for healthy gut motility. <sup>†</sup>	3 capsules, 1-2 times daily, between meals

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



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## ADDITIONAL CONSIDERATIONS

The products in this category offer alternative or added support.

Choose from the options listed below:

CLINICAL OBJECTIVE <sup>†</sup>	ASSESSMENT*	PRODUCT RECOMMENDATIONS	SUGGESTED USE
Gentle, daily detoxification support	History of exposure to environmental toxicants and/or self-reported occasional constipation	<p><b><u>Detox Pure Pack (30 day)</u></b> (Order Code: DPPB3)</p> <p>Includes a comprehensive profile of bioavailable vitamins, chelated minerals, fish oil, NAC and plant extracts to support health detoxification.‡</p>	1 packet daily (8 capsules) with a meal
Comprehensive support for detoxification		<p><b><u>UltraDetox 10-Day Pure Pack</u></b> (Order Code: UDPPB1)</p> <p>Comprehensive packet providing core nutrients, broccoli, taurine, NAC, DIM, modified citrus pectin and chlorella to support healthy detoxification.‡</p>	1 packet daily (9 capsules) with a meal

Available for download at [PureEncapsulationsPro.com/Protocols](https://PureEncapsulationsPro.com/Protocols)

<sup>†</sup>Dr. Gersh is a paid advisor for Pure Encapsulations.

\*All assessments may not be necessary. Testing should be used at the discretion of the healthcare provider.

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.