



# HM Complex

Introduced 2007  
Updated 2016



## What Is It?

HM Complex is a blend of ingredients with natural detoxification properties. The formula is designed to promote the body's natural, healthy detoxification reaction to common, mild environmental heavy metal exposure while supporting antioxidant and immune defenses.\*

## Uses For HM Complex\*

**Heavy Metals:** The unique characteristic of modified citrus pectin versus other pectins is that it has a low molecular weight. This allows it to pass through the intestinal barrier and work systemically, binding to low levels of heavy metals present from common, mild environmental exposure and facilitating their excretion. A recent study indicated that modified citrus pectin promotes healthy urinary excretion of mercury, arsenic, cadmium, lead and tin resulting from common, mild environmental exposure, without altering excretion of other minerals, such as calcium, magnesium, iron, copper and selenium. Chlorella has a long history of traditional use in supporting the body's natural detoxification process, particularly helping to regulate common heavy metal exposure and distribution in tissues. As part of a cysteine-rich metal-binding protein, zinc exhibits similar properties. Studies suggest that selenium binds to mercury, potentially reducing the biological availability of mercury, while n-acetyl-l-cysteine (NAC) promotes urinary excretion of methylmercury. In addition, NAC provides important support for the liver by enhancing glutathione concentration. l-Methionine also promotes glutathione production and encourages phase II detoxification pathways in the liver. Sulfuraphane, from broccoli sprout concentrate, promotes Nrf2-mediated signaling. Nrf2 controls the expression of numerous genes responsible for detoxification and protection against oxidative stress. Alpha lipoic acid promotes the biliary excretion of inorganic mercury and may help regulate heavy metal-induced oxidative stress.\*

## What Is The Source?

Modified citrus pectin is derived from the soluble component of plant fiber derived from orange peel. Zinc and selenium are derived from earthen ore. Citrate is derived from corn dextrose fermentation. l-Methionine and alpha lipoic acid (thioctic acid) are synthetic. N-acetyl-l-cysteine is derived from duck feather. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

## Recommendations

Pure Encapsulations® recommends 3 capsules daily, between meals, or as directed by a health professional.

## Are There Any Potential Side Effects Or Precautions?

Chlorella, NAC and alpha lipoic acid occasionally cause G.I. upset, cramping, nausea or diarrhea in sensitive individuals. In rare cases, alpha lipoic acid has caused skin rash. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

Zinc may be contraindicated with certain antibiotics. Chlorella and selenium may be contraindicated with anticoagulant medications. Do not combine NAC with nitroglycerin. Pectin may interfere with the intestinal absorption of medications, avoid taking concurrently. Consult your health professional for more information.

(continued)

## HM Complex

three vegetarian capsules contain  00

- zinc (as zinc citrate) ..... 10 mg
- selenium (as selenomethionine).....100 mcg
- sodium (from modified citrus pectin).....50 mg
- potassium (from modified citrus pectin).....70 mg
- modified citrus pectin ..... 1,000 mg
- chlorella (Chlorella pyrenoidosa) powder (cracked cell wall) ... 300 mg
- Broccoli (Brassica oleracea italica) sprout concentrate.....250 mg  
(whole plant)  
(standardized to contain a minimum of 1,000 mcg sulforaphane)
- n-acetyl-l-cysteine (free-form) .....300 mg
- l-methionine (free-form) ..... 200 mg
- alpha lipoic acid (thioctic acid)..... 100 mg
- other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

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