# **Enhance Therapeutic Results Through Detoxification**

As our days become longer and more signs of spring are apparent, it's a great time to think about an internal spring-cleaning. Spring to summer is one of the best times of year to cleanse the toxins that accumulate in our bodies. Common signs and symptoms of toxin buildup include headaches, joint pains, fatigue, allergies, immune system compromise, mood changes, constipation, congestion, chronic inflammation, skin conditions, and hormonal problems.

Biotics' 3-Step Detox Program, developed by Dr. Abbas Qutab, is an excellent choice to aid your body's detox. During and after the 3-Step process, you will often experience increased energy, more comfortable and effective elimination, weight loss, clear-headedness, and reduced pain.

#### **Step One**

Step one of the 3-Step detox program addresses inflammation. Biotics has an outstanding array of products to support inflammation including:

- Bio-Allay® is a botanical pain relief formula.
- KappArest<sup>TM</sup> is a herbal anti-inflammatory formula.
- ChondroSamine Plus<sup>TM</sup> is a chondroitin sulfate and glucosamine HCl.
- Intenzyme Forte<sup>TM</sup> is a proteolytic enzyme formula.
- Bromelain Plus CLA<sup>TM</sup> is a vegetarian alternative to Intenzyme Forte<sup>TM</sup>.

## **Step Two**

Step two includes the following:

- Bio-Detox Packs<sup>TM</sup> supplies 30 packets of mixed supplements designed to open pathways of elimination and reduce the overall toxic burden in the GI tract. Take (1) pack daily.
- NutriClear® is a metabolic clearing support formula. Mix (1) scoop with pure water daily.
- Whey Protein Isolate or Pea Protein Concentrate, are high-quality protein sources that sooth the gut. Mix (1) scoop with pure water daily.

### **Step Three**

Step three is for ongoing maintenance customized for your unique needs and objectives. Please contact us for more information or with any questions.

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