



▼ **DIRECTIONS**

• **Phase 1: Days 1-7**
Morning: Take 1 "Morning Packet" & 1 "Brain Cleanse Packet" with Breakfast.

Evening: Take 1 "Evening Packet" & 1 "Brain Cleanse Packet" with Supper.

Nighttime: Take 1 "Nighttime Packet" just before bed. Take at least 2 hours away from other nutritional supplementation and/or prescription medications.

• **Phase 2: Days 8-14**
Morning: Take 1 "Morning Packet" with Breakfast.

Evening: Take 1 "Evening Packet" with Supper.

Nighttime: Take 1 "Nighttime Packet" just before bed. Take at least 2 hours away from other nutritional supplementation and/or prescription medications.

• **Repeat Phase 1: Days 15-21**

• **Repeat Phase 2: Days 22-30**

• **Important:** Increase amount of liquid intake while taking Systemic Formulas Brain Phase.

• Package Duration is at Practitioner Discretion. Full Package May Be Repeated By Direction of Practitioner.

#941 Brain Phase

The ultimate goal is to nourish and cleanse the brain, and nerve tissue using fat-soluble "true binders". The Systemic Formulas Brain Phase allows deep cleansing of the cell and binds impurities for safe elimination. While giving intracellular and neuronal antioxidant support, and multi-mineral support for optimal brain health.

▼ **USE FOR**

- Assist in purifying the brain
- Supports safe elimination of impurities.
- Supports normal brain function
- Provides intracellular and neuronal antioxidant support

▼ **SUPPLEMENTS**

• **ALA (Alpha-Lipoic Acid)** – High quality alpha-lipoic acid (ALA) in an herbalomic mixture is the perfect support for the brain's purification processes. ALA may protect tissues from free radicals, as well as support healthy glucose metabolism and nerve tissue health. A combination of ALA, Biotin and Ascorbyl Palmitat has broad beneficial purification and antioxidant activity in both aqueous and fatty tissues, which makes it the perfect support for healthy brain activity. ALA not only scavenges free radicals in the brain, but also recycles other antioxidants—factors contributing to many of its purification benefits.

Key Ingredients: Alpha Lipoic Acid, Ascorbyl Palmitat, Biotin

• **MoRs (Methylation Donor)** – Provides nutrients to support methylation, which promotes healthy homocysteine metabolism. Providing the L-5-methyltetrahydrofolate form of folate along with vitamins B6 and methylated B12, genistein, choline and a full herbalomic blend helps ensure better folate nutrition—especially in those with genetic variations in folate metabolism. Methyl molecules (CH3) serve thousands of metabolic processes including detoxification; and serving as "on/off" switches of genetic, chromosomal expression. Methyl molecules are necessary for intracellular metabolic function, and epigenetic expression of health.

Key Ingredients: 5-MTHF Vitamin B9, Methylcobalamin Vitamin B12, Genistein

• **MIN (Multi-Mineral Support)**– is a broad-spectrum mineral formula that supports maintenance of the body's electrolytic balance. It is a great source of trace minerals extracted and purified from inland sea water. This unique herbal chelation mineral formula, reintroduces minerals into a plant matrix to assure maximum assimilation and mineralization. This formula contains both macro and micro minerals which support optimal health

Key Ingredients: Magnesium, Vitamin C, Iron

• **GCEL (Intracellular Glutathione)** – The premier source of acetyl-glutathione in an herbalomic blend for maximum efficacy. Gcel provides a blend of herbalomic ingredients along with acetyl-glutathione designed to help boost the body's production of glutathione peroxidase, a primary antioxidant throughout the entire body. Glutathione plays an important role in protecting the body against oxidative stress and detoxifying harmful compounds. Preliminary research suggests glutathione may also help protect mitochondria—the principle source of cellular energy—from damaging pro-oxidant influences.* Historically, glutathione supplementation has been ineffective because it is degraded in the G.I. tract and in the bloodstream, thus supplemental sources have been difficult. That changed with the advent of "acetyl-glutathione," the only form to date that is clinically proven to reach the cells.

Key Ingredients: 5-Acetyl L-Glutathione, Alpha Lipoic Acid, 5MTHF

• **BIND (Toxin Elimination)** – is a "True Binder" that provides toxin and heavy metal binding matrices such as activated carbon and purified humates to support natural toxin elimination. Binds in a matrix that cannot be reabsorbed via the Enterohepatic circulation cycle. commonly referred to as a "drainage" support for the G.I. tract.

Key Ingredients: Activated Carbon, Baozene, Bacillus Coagulans

▼ **CONTRAINDICATIONS**

• Consult with physician if Pregnant, in Renal Failure, a recipient of an organ transplants, or if Diabetic taking insulin.

▼ **NEXT PHASE**

• Cellular Vitality #942

▼ **INFORMATION RESOURCES**

• www.systemicformulas.com