



## Brain Phase Detox Protocol

<b>Product</b>	<b>7 Day On-Cycle</b>	<b>7 Day Off-Cycle</b>
<b>GCEL</b>	3 capsules – 2x Daily (B,L*)	2 capsules Daily (B,L*)
<b>BIND**</b>	3 capsules Before Bed (20 mins. away from CytoDetox)	1 capsules Daily (Bed Time)
<b>CytoDetox</b>	15 Drops 3x Daily (B,L,D*)	None
<b>Alpha Lipoic Acid</b>	100mg Taken at same time as CytoDetox (B,L,D*)	None
<b>MIN Multi Mineral Plus</b>	None	3 capsules Daily (B,L,D*)

**\*B – At Breakfast L- At Lunch D – At Dinner**

**\*\*If you are taking time released medication consult your physician before taking BIND and do not take without their approval. BIND may lower the effectiveness of time released medication.**