

Detox Protocol for Amalgam Removal Procedures

Supplements:

Cilantro/ Chlorella - take as directed on packaging.

Activated Charcoal – take as directed on packaging.

Vitamin C - Take 4 to 5 grams total a day: 2 grams in the morning/1 gram afternoon/2 grams in the evening (NO powder & NO Synthetic-Ascorbic Acid)

-If you experience loose stool, take 1 gram less the following day or call our office

-Do NOT take any vitamin C the day of your appointment

Recommended **Vitamin C** – **SOLORAY** - time released, non-synthetic ascorbic acid capsules (derived from corn). May be found at your nearest Whole Foods.

Probiotics:

Eat foods containing sulfur such as onions and garlic.

Drink lots of water.

Please follow this protocol for four days before and four days after your appointment.

* If you are having difficulties finding Cilantro/ Chlorella or the Activated Charcoal, we have them available for sale in the office.

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