Protocol for chelating / removing toxic metals from the body

	Monday				Tuesday	Wednesday				Thursday	Friday				Saturday/ Sunday
	Morning	Lunch	Dinner	Night		Morning	Lunch	Dinner	Night		Morning	Lunch	Dinner	Night	
Captomer 250 mg				1											
Glycine 500 mg 2 hrs before DMSA															
Multivitamins with minerals	3	3			3 x 2	3	3			3 x 2	3	3			3 x 2
Vitamin C	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
NAC 900 mg	1		1		1 x 2	1		1		1 x 2					1 x 2
Alpha Lipolic acid or whey proteins	2		1		2 + 1	2		1		2 + 1	2		1		2 + 1
Zinc picolinate 40 mg															
Magnesium Taurate 125 mg	2	2			2 x 2	2	2			2 x 2	2	2			2 x 2
Selenium 200 mcg	2				2	2				2					2
Lipotropic Complex	2		2			2		2			2		2		
MSM 250 mg	1				1	1		1		1	1		1		1
Vit. E 400 units	1				1	1				1	1				1
Optional supplements															
Probiotic therapy															
Cilantro (one full dropper)															
Garlic															
Uva Ursi 75 mg															
Marshmallow 75 mg															
Chlorella															