## Mito-IM Support

Cell, Immune, Mitochondria Anti-ox Support

Mito-IM Support may be beneficial for\*:

- Supporting detoxification pathways
- Supporting the safe and natural elimination of toxins and heavy metals
- Increasing antioxidant activity
- Providing precursors and cofactors for detoxification nutrients
- Supporting healthy levels of glutathione
- Supporting the immune system

**Mito-IM Support** synergistically combines an extensive array of nutrients that combat damaging free radicals while helping to support the immune system and detoxification of heavy metals and other harmful compounds.\*

Environmental Chemicals, Mycotoxins, and Heavy metal toxicity are becoming a greater concern, due to the increase in environmental and industrial pollutants, combined with modern diets that are insufficient in nutrients to help the body naturally detoxify. Additionally, damaging free radicals accumulate in response to these pollutants, leading to health challenges and an overburdened detoxification system.

The liver is the primary organ of detoxification. It relies on an ample supply of antioxidant nutrients to pass toxins through the body's two phases of detoxification. Glutathione is the chief antioxidant that fuels the detoxification pathways and is supported by antioxidant vitamins. Sulfur-containing nutrients and select minerals are essential for "tagging" the toxins for elimination.

## Nutrient Highlights:

**Vitamin C and Vitamin E Isomers** are two chief antioxidant vitamins that function synergistically to protect cell membranes and DNA from the damaging effects of toxins and heavy metals. Vitamin E Isomers are provided as tocotrienols from annatto extract. Tocotrienols have higher antioxidant activity and unique benefits not observed with tocopherols, the form of vitamin E in most commercially available supplements.\*



**R-Lipoic Acid** regenerates vitamins C and E to prolong their activity. It also supplies sulfur molecules, which support both phases of liver detoxification.\*

**N-Acetyl-Cysteine (NAC)** is a foundational precursor to glutathione and helps to boost the detoxification and elimination of mercury.\*

Selenium, L-leucine, and NAC help to protect the central nervous system from potential mercury build-up by decreasing its absorption and aiding in its excretion.\*

**Chelated minerals** support the removal of heavy metals and provide important cofactors for phase 2 liver detoxification, where the liver cells add another substance to a toxin to render it less harmful.\*

**Grape seed extract and green tea extracts** are potent antioxidants also known for their ability to protect against heavy metal build-up.\*

**Curcumin** is not only a powerful antioxidant, but also enhances the absorption and antioxidant activity of green tea extract.\*

**Recommended Use:** Take two capsules per day with meals, or as directed by your health care practitioner.



Consult with your Integrative Holistic Health Coach or other healthcare provider about your specific circumstances and any guestions you may have.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease, but may be beneficial as part of a total health program.

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