

New Metabolic Rejuvenation™ From Douglas Laboratories Just Arrived!

Prepare – Detox - Repair

Metabolic Rejuvenation™ by Douglas Laboratories is a comprehensive 28-day, 3 phase detoxification support program with nutrients specifically chosen to prepare the body through elimination, support phase 1 and 2 liver detoxification, and repair the body and intestinal tract.

Week 1 - Prepare

The goal of the first week is to open pathways for elimination and prepare the body to properly detoxify in the next phase. The proprietary blend supplies a significant amount of detoxifying herbs, fibres, minerals, probiotics and vitamin C for proper bowel elimination and intestinal support. Fibre from citrus pectin and psyllium seed husks can naturally stimulate the bowel. Bentonite powder has properties that tightly bind and immobilize toxic compounds in the gastrointestinal tract. Vitamin C acts as a free radical scavenger to cells. Magnesium may support infrequent bowel movements.

Week 2 and 3 - Detox

The goal of week 2 and 3 is to support phase 1 and phase 2 detoxification of the liver. As the body's main detoxification organ, the liver is responsible for removing all potentially detrimental molecules. This detoxification process occurs in 2 phases. The supplements in week 2 and 3 convenience packs help to maintain liver structure and function in response to environmental toxins.



Week 4 - Repair

The goal of week 4 is to replenish lost nutrients through the detoxification phase and provide specific nutrients to repair the gut. A multivitamin /mineral with an organic fruit and vegetable blend provides adequate amounts of vitamins, minerals, and antioxidants to nutritionally replenish the body. Omega-3 fatty acids from fish oil support normal inflammatory processes. Glutamine helps maintain normal intestinal permeability, mucosal cell regeneration and structure, especially during periods of physiological stress. Glutamine also carries potentially toxic ammonia to the kidneys for excretion, which helps maintain normal acid-base balance. Healthy bacteria in the intestinal tract can be removed during extensive or frequent bowel elimination, thereby making supplementation with probiotic bacteria cultures necessary after a detoxification regimen. A normal intestinal micro flora rich in lactobacilli creates acidic conditions that are unfavourable for the settlement of pathogenic microorganisms.

The Patient Guidebook includes instructions on how to use the Metabolic Rejuvenation 28-day program, along with a suggested diet protocol (elimination diet), meal suggestions, and a shopping list.

Add Metabolic Cleanse to aid in Gut Detoxification and to ensure adequate intake of protein is maintained.

New!



Pack Size:
One Metabolic Rejuvenation box includes 4 bottles (one for each week) with convenience packs and a patient guidebook

Combo



Combo Pack Size:
One Metabolic Rejuvenation box as above **plus** Metabolic Cleanse (873.5 gms powder)

How to use Douglas Laboratories Metabolic Rejuvenation Program

Day 1-7 Preparation and elimination process

- Take one pack in the morning before a meal
- Take one pack in the evening before a meal
- Start weaning off caffeine, alcohol, sodas and artificial sweeteners. Note: "green tea can be substituted for coffee during the weaning phase"
- Start eliminating potentially allergenic foods. Consume fresh, organic foods and purified water.

*You may experience frequent bowel movements and abnormal feelings, which are normal side effects of detoxifying. Try to avoid taking pain relievers for headaches. If symptoms are severe, please consult your physician.

Day 8-14 Detoxification to support phase 1 and 2 of the liver

- Take one AM pack in the morning before a meal
- Take one PM pack in the evening before a meal
- Follow the Dietary Guidelines on page 10.
- Optional- take one scoop daily of Metabolic Cleanse powder by Douglas Laboratories
- Drink 8 cups of filtered or purified water daily.

Day 15-21 Detoxification to support phase 1 and 2 of the liver

- Take one AM pack in the morning before a meal
- Take one PM pack in the evening before a meal
- Continue following the Dietary Guidelines on page 10.
- Optional- take one scoop daily of Metabolic Cleanse powder by Douglas Laboratories
- Drink 8 cups of filtered or purified water daily.



Day 22-28 Replenish and Repair the Body

- Take one pack in the morning before a meal
- Take one pack in the evening before a meal
- Optional- take one scoop daily of Metabolic Cleanse powder by Douglas Laboratories
- Continue the Dietary Guidelines, adding one new food back into your diet every 2-3 days, making note of any reactions you may experience after re-introducing the food. Symptoms of bowel irregularity, headache, allergies, skin disorders, decreased energy and joint pain may indicate intolerance to a food.

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- † 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.

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