Supplements for detoxification

The basics

• Take a high potency multi-vitamin and mineral formula
• Take extra-buffered vitamin C 1000-4000 mg (with mineral ascorbates) a day in divided doses (to avoid loose stools) in powder, capsule or tablet forms during periods of increased detoxification (if it causes loose stools, lower dose)
• Take milk thistle (silymarin): 70 to 210 mg a day
• Vitamin B6 as pyridoxal 5’-phosphate, 10-25 mg/day
• Vitamin B12 as methylcobalamin: 10-25 mg/day
• Folate as calcium methylfolate or food-form folates,¹ 1500 mcg/day
• Supplement with essential fatty acids (Omega-3 fatty acids), 1000-2000 mg EPA and DHA a day.

Additional supplements (use under medical supervision):

• N-acetylcysteine 500 to 1000 mg a day
• Amino acids (taurine 500 mg twice a day, glycine 500 mg twice a day)
• Alpha-lipoic acid 100 mg to 600 mg a day
• L-carnitine 1000 to 2000 mg a day in divided doses
• Bioflavonoids (citrus, pine bark, grape seed, green tea): 50 mg/day