

# BINDER MASTERSHEET

Chlorella- heavy metals and environmental toxins. Can use long term with no risks. Do not use with significant heavy metal issues.

- Biopure chlorella
- Premier research labs chlorella

Zeolite- heavy metals and environmental toxins. Works mostly in the gut. Can use long term (3-4 month cycles)

- Biopure zeobind
- GI detox
- Ultrabinder

Bentonite clay- best for mycotoxins. Use for 2-3 months at a time, then take a break. Minimal binding activity to minerals/vitamins.

- PRL Medi Clay FX
- Ultrabinder

Humic & Fulvic Acids- glyphosate and environmental toxicity. Can use long term

- GI detox
- Cellcore Biotoxin Binder

Activated Carbon- mycotoxins, environmental toxins, heavy metals- can use long term

- Cellcore biotoxin binder

# BINDERS CONT...

Silica- aluminum. Use longer term in 2-3 month cycles.

- Biosil
- Metal Sweep

Cholestyramine/Welchol- mycotoxins, lyme biotoxins. Use short term. VERY binding to minerals/vitamins/cholesterol

- Rx only – preferably compounded

Modified citrus pectin- lead/arsenic/cadmium/mercury, mycotoxins. Can use long term.

- GI detox
- Vital Nutrients MCP
- Allergy Research Group

Diatomaceous earth – can bind mycotoxins and kills parasites. Take up to 2 tbsps daily mixed in plenty of water.

- Heritage

Chitosan- mycotoxins. Can bind to cholesterol/fatty acids. Short term 2-3 month cycles

- Quicksilver Ultrabinder

Activated Charcoal- to be used short term for acute poisoning or severe GI distress

- Can bind to your minerals/vitamins leaving you depleted

TRS- do not recommend ever