



MUSCLE DETOX™

- Fast-acting formula
- Contains digestive enzymes and L-Glutamine
- Supports muscle and connective tissue*
- Promotes healthy nervous system function*

Why take Muscle Detox?

Muscle Detox supports healthy muscle tissue, connective tissue and nervous system function.* It also provides key nutrients needed to support the body's natural repair processes.*

Bromelain - Promotes faster recovery from athletic injuries (including sprains and strains) and earlier return to activity*

L-Glutamine - Used in combination with N-Acetyl Cysteine, promotes the synthesis of glutathione, a naturally occurring antioxidant*

L-Carnitine - Supports relief of muscle soreness after exercise*

N-Acetyl-Cysteine - Combines with L-Glutamine to promote the synthesis of glutathione, a naturally occurring antioxidant*

L-Methionine - One of the essential amino acids (building blocks of protein) that is not produced by the body and must be provided by the diet; supplies sulfur and other compounds required by the body for normal metabolism and growth*

Ginger Root - Helps improve circulation*

Milk Thistle - Supports healthy liver function*

Cayenne - Promotes antioxidant activity and supports healthy circulation*

Prickly Ash - Supports the nerves and joints*

Magnesium - Promotes bone, protein, and fatty acid formation; supports cellular regeneration, activation of B vitamins, and muscle relaxation*

Vitamin C - Decreases bruising and supports the body's repair processes*

Vitamin E - Neutralizes free radical damage and helps prevent muscle-related injury*

Supplement Facts

Serving Size: 3 Capsules Servings per Container: 20

	Amount per Serving	%DV**
Bromelain (2400 gdu/3600 mcu per g)	560 mg	***
L-Glutamine	50 mg	***
L-Carnitine (as L-carnitine tartrate)	100 mg	***
N-Acetyl-Cysteine	75 mg	***
L-Methionine	50 mg	***
Ginger Root	100 mg	***
Milk Thistle Seed (80% silymarin)	150 mg	***
Cayenne	100 mg	***
Prickly Ash Bark	100 mg	***
Magnesium (Krebs Cycle Acids)	25 mg	***
Vitamin C (as ascorbic acid)	300 mg	***
Vitamin E (d-alpha toc. succinate)	400 IU	***
Vitamin B-6 (as pyridoxine HCl)	25 mg	***
Niacin (as niacinamide)	100 mg	***
Vitamin B-1 (as thiamine HCl)	10 mg	***
Vitamin B-2 (as riboflavin)	10 mg	***
Vitamin B-5 (as calcium pantothenate)	10 mg	***
Vitamin B-12 (as cyanocobalamin)	10 mcg	***
Folic Acid	100 mcg	***

** Percent Daily Values (DV) are based on a 2,000 calorie diet.

*** Daily Value not established

Other Ingredients: Vegetable capsules (vegetable fiber and water)

Directions: Take 1 capsule 3 times daily on an empty stomach.

WARNING: Do not use this product if you are pregnant or nursing. Consult your physician before using this or any product if you are trying to conceive, taking medication or have a medical condition.

B-vitamins should be taken together for synergistic support.

Vitamin B1- Help process carbohydrates, fats, and proteins; Every cell of the body requires vitamin B1 to form the fuel the body needs to operate properly (ATP). Nerve cells require vitamin B1 in order to function normally*

Niacin- Supports healthy circulation*

Vitamin B2- Needed to process amino acids, activate vitamin B6 and folic acid; under some conditions, vitamin B2 can act as an antioxidant*

Vitamin B5- Also called Pantothenic acid; is involved in the Kreb's cycle of energy production and is necessary to make the neurotransmitter acetylcholine; B5 is needed for the synthesis of cholesterol (to manufacture steroid hormones) and also supports the adrenal glands*

Vitamin B6- The master vitamin for processing amino acids; B6 is also needed to make hormones and neurotransmitters*

Vitamin B12- Supports the nervous system and neurotransmitter production*

Folic Acid- Supports the vascular and nervous systems of the body*



Muscle Detox was formulated by Brenda Watson, C.N.C., president of Advanced Naturals and the founder of natural healthcare clinics specializing in internal cleansing and detoxification.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.