



Detox Guide

Be the Boss of Your Well-Being.

How to Use This Guide

Your body is designed to heal and thrive—and sometimes it just needs a little support to get back on track. This guide walks you through how to use our detox tinctures safely and gently to help your body release what it no longer needs.

Every body is unique, and everyone's detox experience will look a little different. Go at your own pace, listen to your body, and reach out if you have questions.

Detox Preparation

Detoxing is like deep cleaning your system—it works best when you set the stage first.

Before you start:

- Hydrate well for 2–3 days prior with lots of water and juice
- Ensure you're having daily bowel movements (elimination is key to success)
- Focus on nourishing, hydrating foods like fruit, veggies, and whole foods
- Limit fried foods and soda before and throughout your detox
- *Optional:* Try a gentle enema if you'd like extra elimination support

Pro tip:

Keep a journal to track how you feel, and review the “Binder Guide” before you begin.

Recommended Protocol

Not sure where to start with detoxing? We recommend beginning with the Parasite Detox, then moving on to the Heavy Metal Detox, and finishing with the Mold Detox, tackling one at a time. Most people need both parasite and heavy metal support simply from living modern life.

Our tinctures are made from herbs, roots, and bark, straight from nature. If your body doesn't need the detox, you'll still receive the nourishing benefits of the herbs. If your body does need it, you may see incredible results.

There's no downside to using these detoxes. They're gentle, safe, and designed to help your body function at its best.

Parasite Detox

Parasites can overstay their welcome, leaving your body working overtime to keep up. Our Parasite Detox is designed to gently help your body clear them out and reset.



How to take it:

- 25 drops per day for 3-5 weeks
- Take directly under your tongue for best absorption, or in a small amount of liquid, or inside an empty capsule if preferred

Helpful supports:

- Stay hydrated and eat plenty of fruit
- Optional enemas to support elimination
- If you experience "die-off" symptoms (headache, nausea, a car-sick feeling), add a binder (see Binder Guide, pg 6)



Maintenance tip: After your full cleanse, you can take the tincture for 2-3 days quarterly for ongoing support. We recommend completing a full parasite cleanse yearly.

Heavy Metal Detox

Heavy metals are everywhere—in our air, water, food, and even personal care products. This gentle tincture helps your body release what it doesn't need.



How to take it:

→ 25 drops per day for 4 weeks

Helpful supports:

- Binder strongly recommended (see Binder Guide, pg 6)
- If you're sensitive or experiencing symptoms, go slowly and listen to your body

Mold Detox

Mold can linger in the body and contribute to sluggishness and discomfort. This targeted tincture is designed to help your body clear mold and get back to balance.



How to take it:

- 25 drops per day for 4 weeks
Always take with food
(within 3 hours of eating)
- If you experience nausea or discomfort, cut your dose in half and take it for longer

Helpful supports:

- Binder strongly recommended (see Binder Guide, pg 6)

Specialty Detox Options



Amoeba Parasite Tincture

Targets water- and environment-based amebas that can affect the gut or sinuses

How to take it:

→ 25 drops per day for 4 weeks



Venom Detox Tincture

Supports your body in releasing toxins from insect or reptile bites and prescription medications

How to take it:

→ 25 drops per day for 3-5 weeks



Note: A binder is recommended for both of these detoxes (see Binder Guide, pg 6).

Liver Care Before & After Detox

Your liver is your body's natural filter, working hard every day. Detoxing can ask a lot of it, so it's important to show it some love. We highly recommend supporting your liver with our liver support tincture during or after your cleanse.



How to take it:

- Add liver support tincture during or after your cleanse
- For healthy livers nourish minimum 3 months per year

Binder Guide

Binders help “catch” and escort toxins out of your body so you can eliminate them safely. They’re optional, but can be especially helpful if you’re feeling off.



When to use a binder:

- If you experience nausea, headache, fatigue, or other detox symptoms
- Anytime during a cleanse if you want to be extra cautious

Binder options:

- Toxin Binder (recommended)
- Chlorella Spirulina
- *Optional extra*
Activated Charcoal
(¼ tsp in water 2x/day)

Timing:

- Take 1-2 dropperfuls of your binder 1-3 hours after your detox tincture
- *Example: Detox at breakfast, binder at lunch; Detox at dinner, binder before bed*

Pro tip: Watch for constipation—if your bowels slow down, adjust your binder use.

Hydration is Key

Focus on hydration during any detox. We recommend juice—or another type of structured water—for inner cellular hydration.

Pro tip:

We have so many more flavors available for purchase online at VitalizeWellnessCo.com/Juice



After Detox: Rebuild Your Foundation

Once you've cleared toxins, it's time to nourish and rebuild from the inside out. Our trusted detox, support, rebuild protocol has helped many people recover their vitality: check out the tinctures in the rebuild section of our website to feel your best after a detox.

Our favorite post-detox rebuilds:



Triple Pine Superfood
Supports hormone balance and cellular energy



Hormone Sync
Helps balance energy, mood, & metabolism



Liver Support
Continues to support your detox pathways



Note: Also focus on hydration, nutrient-dense meals, good sleep, and daily movement to help your body stay strong.

Quick Tips & Troubleshooting

- Do not stop taking prescribed medications to do a cleanse: always consult your doctor before starting or discontinuing any prescription medications
- Always shake tinctures before use. If droppers clog, remove the bulb and rinse with warm water.
- Daily bowel movements are crucial. If needed, try our Bowel Movement Tincture or email us for tips
- Children can use these tinctures at half or one-third the adult dose (full dose is fine for average-size children 12+)
- Optional enemas can support elimination during detox



Still Have Questions?

Detoxing is a personal journey—and you don't have to do it alone. Reach out anytime at Info@VitalizeWellnessCo.com with questions or to book a free 15-minute consultation at VitalizeWellnessCo.com/contact for personalized guidance.

*Leave a review on the products you've tried—
we love hearing from you!*

*Herbs are not intended to treat or diagnose medical problems and are known to have the benefits listed. The statements in this guide have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Results vary and are not guaranteed. This guide is for educational purposes only and is not intended as medical advice. Always check with your healthcare provider before changing or discontinuing prescribed medications.

VitalizeWellnessCo.com

YOUR
WELL-BEING,
DELIVERED.



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