

Chelation Supplements

EDTA Chelation therapy removes not only the excess calcium and heavy metals, but also removes many important nutritional minerals including zinc and chromium. Also, some vitamins are depleted, especially the B vitamins. Ideally, one should be on a nutritionally complete diet and supplement program for several weeks prior to beginning chelation, so that any future deficiency is avoided. Other supplements which help improve lipid (fats) levels and cholesterol are recommended. These assist in the breakdown and absorption of the fatty blockages in the arteries.

1. ULTRA PREVENTIVE III – 2-3 tablets per day. These are multivitamin and mineral tablets that are particularly well suited for use with EDTA chelation. This formula was designed by Elmer Cranton M.D.
2. CITRAMIN II – This contains the major minerals bound to Krebs cycle intermediates. This allows replacement of minerals without the vitamins. Note that mineral repletion is more important than vitamins after being chelated. Take 2-3 per day for three days following chelation.
3. ULTRA-CHROME – 500 mcg. Chromium is especially depleted and requires extra replacement. Take one the day following chelation.
4. BUFFERED VITAMIN C or ESTER C – 2,000-5,000 mg per day. Vitamin C chelates as well, and has a multitude of health benefits.
5. PLANT BASED MINERALS – Animals best utilize minerals that have been incorporated into living plants. Since there are some 80 or more minerals found in vegetation and about 15 in the best of multi-vitamin/minerals tablets, it is imperative that the chelated patient obtains the following sources.
 - a. Raw organic vegetable juice – The Green Power/Star Juicer is the best juice extractor available. It uses a “far-range infra-red and magnetic field” which has been shown to increase the mineral content of the juice by up to 400%. Recommended juices include all of the dark greens, especially all of the cruciferous veggies. Broccoli, kale, collards, cauliflower, cabbage, with carrots or yams to sweeten the juice is ideal. One may add raw garlic, gingerroot, or onions to taste. These also help open arteries.
 - b. Sea vegetables – Kelp, kombu, dulse, wakame, nori, and hijiki are all available in health food and oriental food stores. They can be cooked with grains and beans, or they may be added at the table as powders or granules. Seaweeds contain trace and ultra-trace minerals that cannot be found in even the best organic soils. Please take them.
 - c. 75 Colloidal minerals (Body booster) – This is a product from the Rockland Corporation. It is a solution/capsule of minerals obtained from an ancient shale deposit in Utah. It contains 77 minerals that were present in the vegetation millions of years ago. It has a bitter taste so it is best taken with fruit or vegetable juice. Take one ounce per day as tolerated or 2-3 capsules per day for 3 days after each IV.
 - d. Green grain grasses – Barley, wheat, kamut, alfalfa and others are an excellent addition. Brand names include Just Barley, G.K.C., Greens+, and Green Kamot.

6. NUTRITIONAL YEAST – Brewer’s or nutritional yeast is an excellent source of natural B vitamins, minerals, and other nutrients. It is best taken with tomato juice on a fairly empty stomach (avoid combining it with starches). Using this will reduce your need for the synthetic “man-made” multivitamin supplement. Take 1-2 tbsp. per day or as desired.
7. LECITHIN GRANULES – Take 1-3 tablespoons per day. Mix with food. Store in the refrigerator. This helps get fats into solution, prevents gallstones and helps reverse atherosclerosis. It also improves brain function.
8. LIPOTROPIC FACTORS – Take as directed on bottle.
9. FLAX SEED and OLIVE OIL – Take 1-2 tablespoons of each. Do not heat either, especially the flax seed oil, which may be taken with a no-fat yogurt. These oils have a beneficial effect on blood lipids and pressure.
10. GARLIC – Take either a deodorized garlic such as Kyolic or eat fresh, raw garlic.
11. OTHER NATURAL CHELATORS – These include raw unfiltered apple cider vinegar (Bragg’s), pure unbuffered ascorbic acid (Allergy Research/Nutricology), and lemon/lime juice in water. These acids will help dissolve calcium deposits and get them into solution. Be sure to listen to your bodies needs when taking these. Brush your teeth with baking soda after exposure to any acid.

Other supplements that may be used include Coenzyme Q10, DMG or TMG, Betaine HCl, L-carnitine, L-lysine, L-taurine, hawthorne berries, cayenne, proanthocyanidins, and Gingko biloba.

*Underlined items are an essential part of the chelation protocol