

Mercury Detox

1. Do not take Garlic, NAC, Cysteine, Methionine, MSM, or other sulfur containing supplements while taking DMSA. These supplements inactivate DMSA.
2. NAC 100-300 mg/day during off days (DMSA depletes Cysteine). Stop taking 24 hours before DMSA.
3. Do not eat garlic, onions, brussel sprouts, cabbage, and cilantro while taking DMSA. They chelate Mercury, but inactivate DMSA.
4. Buffered Vitamin C 5000+ mg/day. It is a natural chelator.
5. No tuna, bottom feeders, or shell fish.
6. Take alpha-lipoic acid 100-300+ mg/day.
7. Redoxal HMF 1 cap 3 times per day with meals
8. Replete Zinc 30 mg daily between/after DMSA, not while on it.
9. If on DMSA (Thorne Captomer, Chemet, or Succimer), check CBC (complete blood count) and CMP (complete metabolic panel) after every 2 cycles.
10. Stop DMSA if rash appears on skin.
11. More info on toxic metals and mercury:
 - a. www.atsdr.cdc.gov
 - b. www.testfoundation.org