



## Alpha Sulflex w/ TMG Protocol

### What you will need to purchase from SGS for this protocol:

- (1) bottle of Alpha Sulflex w/ TMG powder
- (1) bottle of Alpha Sulflex w/ TMG capsules
- (1) bottle of Vitamin C capsules
- (1) bottle of Rutin/Quercetin/Potassium Capsules

### **Directions:**

**Alpha Sulflex w/ TMG water base:** (*drink daily*) Make (2) liters of Alpha Sulflex w/ TMG water. Mix (2) tsp of Alpha Sulflex w/ TMG powder into each of the (2) liters of water. Can also add lemon juice or electrolytes to enhance taste. Drink the (2) liters of water within 24 hours. Drinking additional clean water is recommended for best detox results.

### **Day 1-2**

Drink Alpha Sulflex w/ TMG water base as stated above.

### **Supplements:**

- (1) Vitamin C capsule 2x day
- (2) Rutin/Quercetin/Potassium capsules 2x day

### **Day 3**

Drink Alpha Sulflex w/ TMG water base as stated above + 2x per day add (1) TB of Alpha Sulflex w/ TMG powder into 3-4 oz of water and while holding breath, chase with additional 4-6 oz of clean water. Holding your breath decreases taste. Can add lemon juice or electrolytes to Alpha Sulflex w/ TMG water to mitigate taste.

### **Supplements:**

- (2) Vitamin C capsule 2x day
- (2) Quercetin/Rutin/Potassium capsules 3x day

#### **Day 4**

Drink Alpha Sulflex w/ TMG water base as stated above + 2x per day: mix (2) TB of Alpha Sulflex w/ TMG powder into 3-4 oz of water and while holding breath, chase with additional 4-6 oz of clean water. Holding your breath decreases taste. Can add lemon juice or electrolytes to Alpha Sulflex w/ TMG water to mitigate taste.

#### **Supplements:**

- (2) Vitamin C capsule 2x day
- (3) Quercetin/Rutin/Potassium capsules 3x day

#### **Days 5-10**

Drink Alpha Sulflex w/ TMG water base as stated above + 3x per day: mix (2) TB of Alpha Sulflex w/ TMG powder into 3-4 oz of water and while holding breath, chase with additional 4-6 oz of clean water. Holding your breath decreases taste. Can add lemon juice or electrolytes to Alpha Sulflex w/ TMG water to mitigate taste.

#### **Supplements:**

- (2) Vitamin C capsule 2x day
- (3) Rutin/Quercetin/Potassium 3x day

Expect to be tired, fatigued, and to have a headache for 1 to 3 days after you begin the protocol. This is a sign that your body is detoxifying. If you do not feel the signs of detox, please contact our office (949-651-6355) as you will need to alter your dosage of Alpha Sulflex w/ TMG.

Also, please be aware of any lower back/kidney pain. The pain is a sign that your kidneys are trying to keep up with the detox. You should stop taking the Alpha Sulflex w/ TMG for a day if you start to feel pain; you can continue on once the pain subsides. We recommend that you take our "Care for Kidneys" if you experience any kidney pain during this protocol.

For maintenance after the protocol, take (8) capsules of Alpha Sulflex w/ TMG per day or (1) TB of Alpha Sulflex w/ TMG powder per day depending on your body weight and other nutritional needs.

If you workout, take 8-12 capsules of Alpha Sulflex w/ TMG per day or (1) TB of Alpha Sulflex w/ TMG powder before workout and right after workout, depending on your body weight and other nutritional needs.

*FYI: (5) capsules = (1) heaping tsp of Alpha Sulflex w/ TMG powder*

**www.physiciansstandard.com . info@physiciansstandard.com . +1949-407-8822**

*\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease. You should carefully read all product packaging and labels. If you have or suspect that you have a medical problem, promptly contact your medical professional.*