

www.newdayhealthproducts.com

Oral DMSA Treatment Protocol

A commonly used, effective and well tolerated DMSA treatment protocol entails a two-week cyclical approach:

Three days on DMSA at **10-30 mg/kg total body wt/day** in divided doses, and 11 days off. The total daily dose should NOT EXCEED 2.0 grams, regardless of body weight.

Recommended Adult Dosage

Practitioners report minimal incidence of side effects associated with a dosing protocol that entails 500 mg DMSA, 3X/day for most adults. This is 5 capsules, 3X per day, for 3 days. Then do NOT take any DMSA for 11 days.

Adverse Reactions

Negative or adverse reactions are rare and are strongly related to **LENGTH** of usage and **NOT** dosage levels. Therefore, it is recommended to start treatment with a mid to high level of DMSA to avoid adverse reactions. Should a patient notice any adverse reactions simply discontinue usage and allow your body to recover. It is recommended that patients wait 3-4 weeks before restarting chelation after any adverse reactions have been noted. While chelating avoid eating fish and shellfish.

How Long Do I Need To Chelate?

Most individuals require 10-12 cycles to rid their bodies of heavy metals. Note that a cycle is 2 weeks as stated above (3 days on, and 11 days off.) This means you should chelate for approximately 5-6 months. At the end of your last chelation cycle it is recommended that you take the urine challenge to assess the levels of metals in your body. The urine challenge is the **ONLY** way to accurately measure the metals in your body. Hair analysis and blood tests cannot accurately show your body burden for heavy metals, such tests are only useful for acute/recent exposures to heavy metals.

Urine Challenge Test

This test requires a licensed doctors signature. Your family doctor can in most instances arrange for this test to be done. Newdayhealthproducts.com can also arrange for this test to be done. Simply email feelbetter@newdayhealthproducts.com for details.

Alpha-Lipoic Acid

After your 4th cycle you should introduce Alpha-Lipoic acid in to your treatment protocol. Alpha-Lipoic acid allows mercury to cross the blood brain barrier. Mercury has a particular affinity for the brain and Alpha-Lipoic acid combined with DMSA is the only way you can remove mercury from your brain. While chelating with DMSA simply take one 100 mg capsule of Alpha-Lipoic acid at the same time you take your DMSA capsules for a total of 3 Alpha-Lipoic capsules per day. Alpha-Lipoic acid is readily available over the counter at virtually any pharmacy or health food store, no prescription is required.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease. This document is provided for informational purposes only. The information provided is based upon scientific literature. It is not a recommendation for treatment of a specific patient. Treating physicians are responsible for determining proper treatment options based upon factors including, but not limited to laboratory analyses, physical exams, symptoms, patient histories, and most importantly, the physician's own judgment.