

# Comprehensive Protocol Guide



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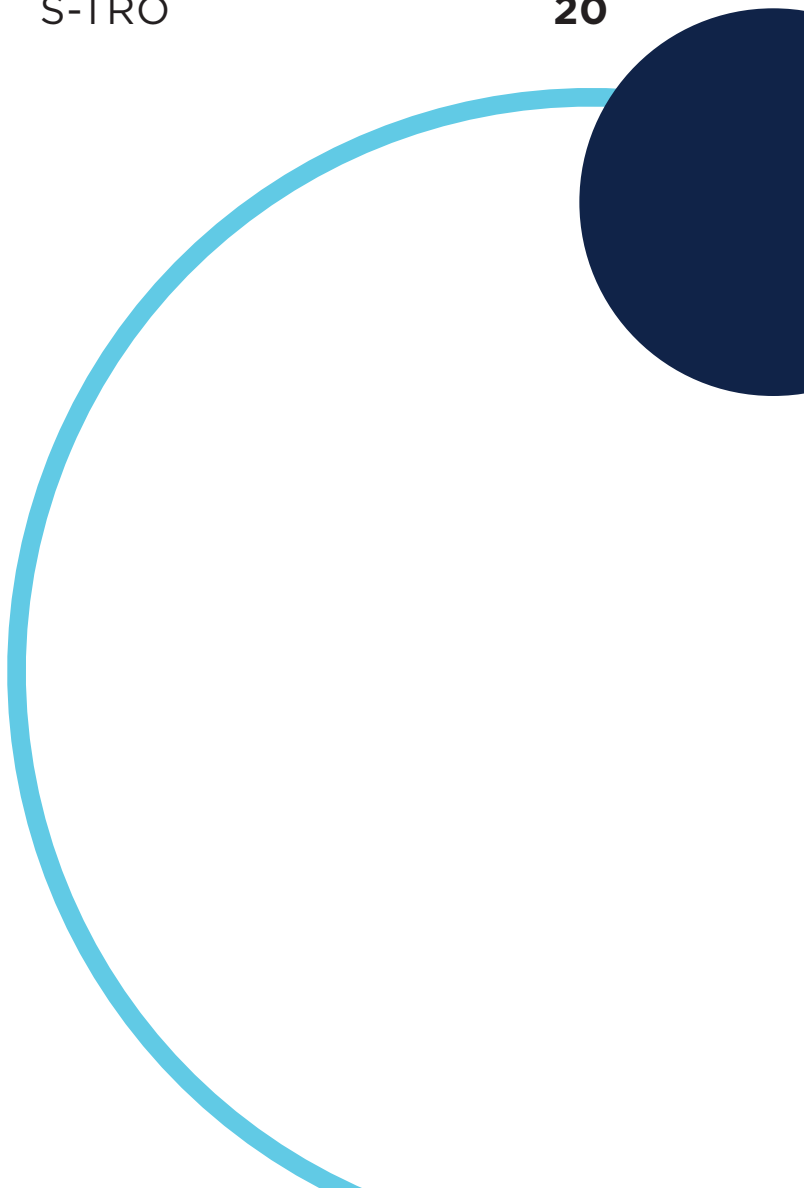
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# Your detox journey starts with the Roadmap to Health



There is a proper order to follow when it comes to supporting detoxification and getting well. Our Roadmap to Health breaks down this order into easy-to-follow steps or phases.

The Roadmap to Health allows you to move through your detox journey with more ease, energy, and clarity. As a result, you'll get the results you're looking for, faster.

Following the Roadmap to Health properly prepares the body for detoxification by first supporting the mitochondria and opening drainage pathways. This helps minimize unwanted reactions and ensure the body has sufficient energy to detoxify.

This step-by-step process targets different areas of the body at each stage of detoxification, so that the underlying root causes of your symptoms can be efficiently addressed.

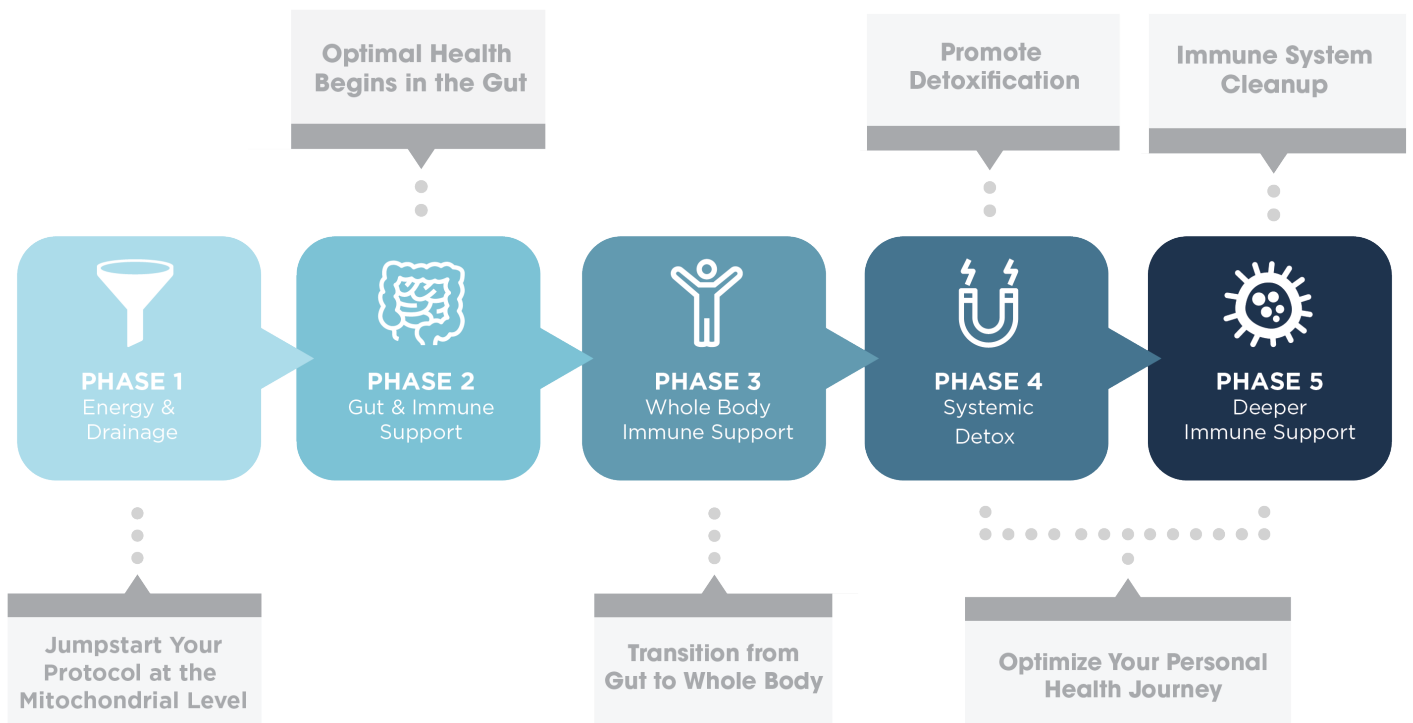


# Roadmap to Health:

## A complete breakdown



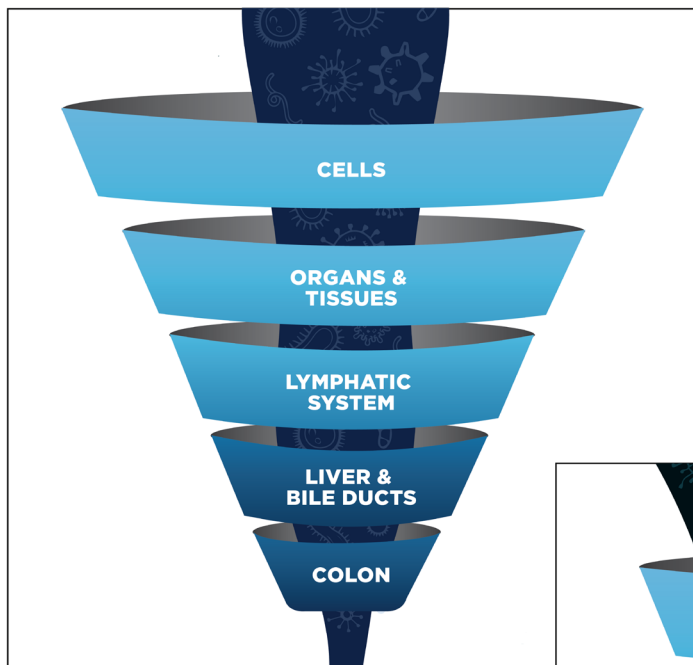
As with any important journey, an effective roadmap is critical to success. Your Roadmap to Health is designed to help individuals understand how to take the trip and what to expect along the way. It will also help in navigating and understanding some of the detours, challenges, and important mileposts of a successful health journey.



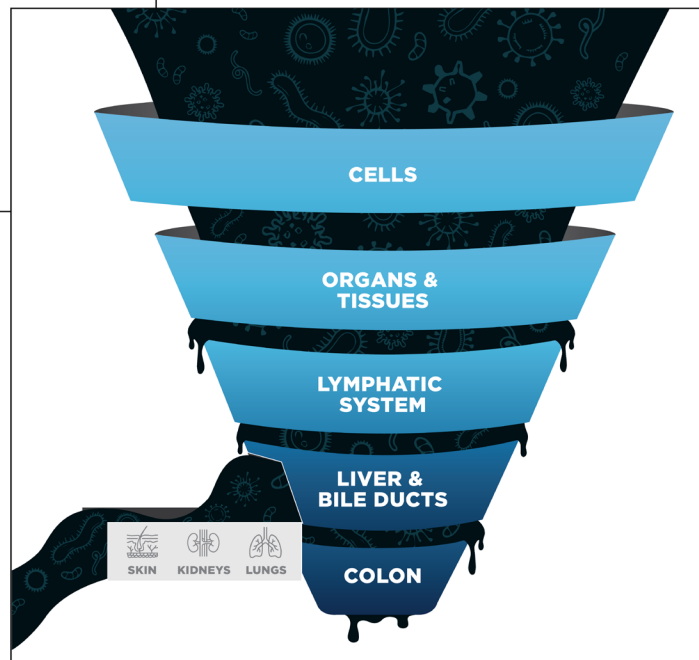
# Your Body's Drainage Funnel



Before beginning any detox protocol, you must first establish healthy drainage pathways. Pushing detox before these pathways are properly open can cause substances to get clogged and stuck in your system, only exacerbating health concerns. This is why supporting your body's drainage funnel is the first step in the Roadmap to Health. It sets the body up for success and helps lessen unwanted reactions while on the protocol.



Optimal Drainage Pathway



Blocked Drainage Pathway

# Protocol Timeline



## PHASE 1:

Take month 1

## PHASE 2:

Take for months 2-3

## PHASE 3:

Take for months 4-5

## PHASE 4A:

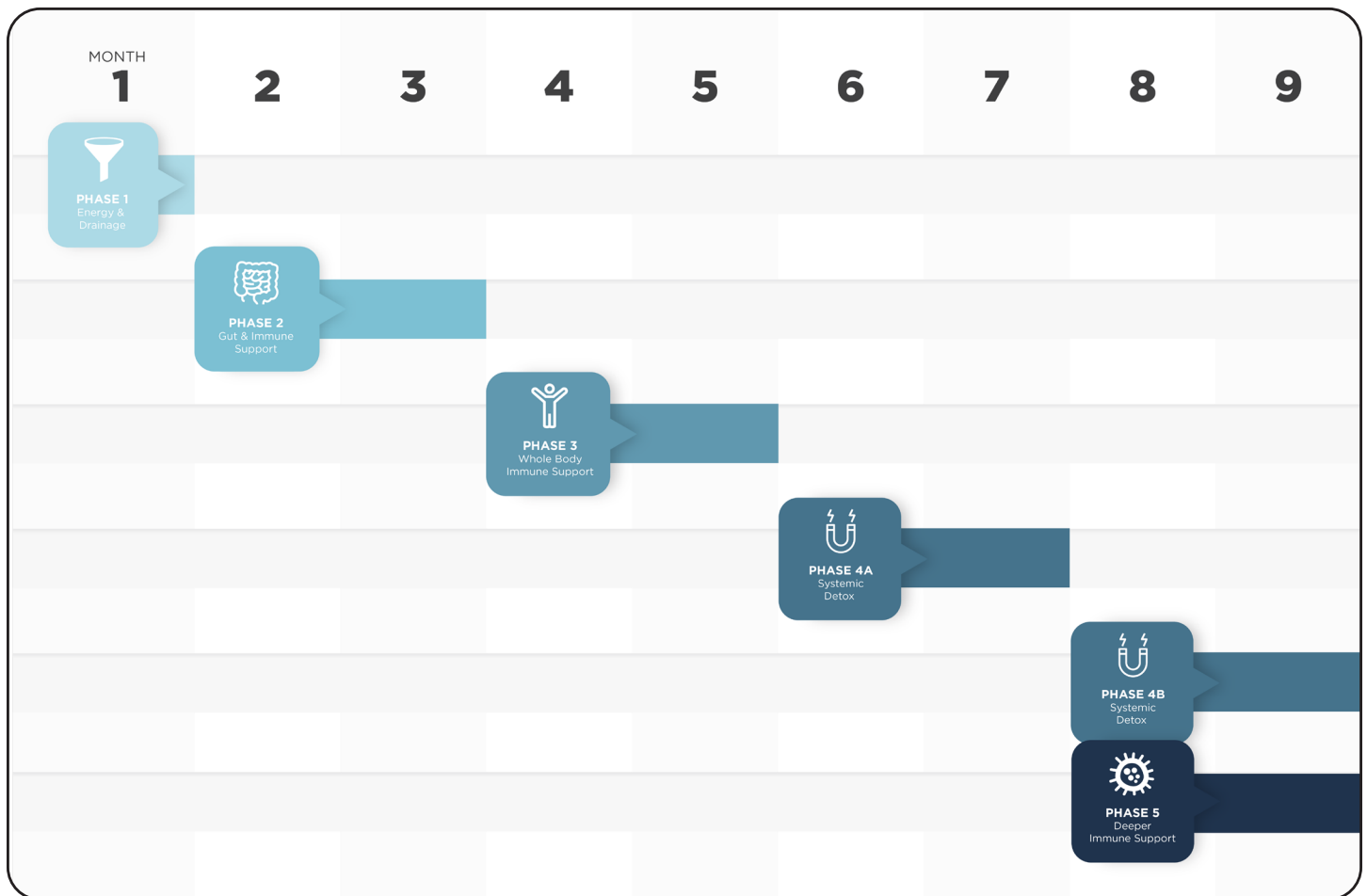
Take for months 6-7

## PHASE 4B:

Take for months 8-9

## PHASE 5:

Take starting in month 8



# Phase 1: Energy & Drainage



The products in Phase 1 deliver key nutrients for optimizing mitochondrial health and establishing healthy drainage pathways – both of which are essential before promoting periods of detoxification. This also helps minimize unwanted reactions and encourages sustained energy as your patient or client moves through the protocol.



## Drainage Support



## Gut Terrain Support



## Mitochondrial Support

	WAKE UP	MORNING	NOON	EVENING	BEDTIME
CT-Minerals		10  in water		10  in water	
BC-ATP		2		2	
BioToxin Binder		2		2	
KL Support		2		2	
= drops       = capsules					

## DOSING NOTES:

For those who are sensitive, it's recommended to introduce one product at a time in the order listed on the dosing chart here.

Continue taking CT-Minerals through Step 2, until the bottle is finished.



# Phase 2: Gut & Immune Support



After preparing the body for detoxification in Phase 1, Phase 2 focuses on balancing the gut microbiome, encouraging healthy bile flow, removing occasional intestinal buildup, and optimizing digestive function. Phase 2 consists of Advanced TUDCA, BC-ATP, BioToxin Binder, Para 1, and Para 2.



**Detoxification Support**



**Gut Terrain Support**



**Immune Support**

	WAKE UP	MORNING	NOON	EVENING	BEDTIME
BC-ATP		2		2	
BioToxin Binder		2		2	
Para 1	2				2
Advanced TUDCA		1  with food		1  with food	
Para 2	2				2

= capsules

## DOSING NOTES:

For those who are sensitive, it's recommended to introduce one product at a time in the order listed on the dosing chart.

Continue taking CT-Minerals from Phase 1 during this phase, until the bottle is finished.





# Phase 3: Whole Body Immune Support



Phase 3 builds momentum for deeper, whole body cleansing with six products: BC-ATP, CT-Minerals, LymphActiv, Para 1, Para 3, and ViRadChem Binder.



**Drainage Support**



**Gut Terrain Support**



**Mitochondrial Support**

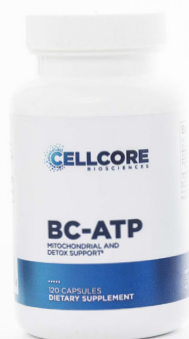
	WAKE UP	MORNING	NOON	EVENING	BEDTIME
CT-Minerals		10  in water		10  in water	
BC-ATP		2		2	
Para 1	2				2
ViRadChem Binder		2		2	
LymphActiv		1		1	
Para 3		10  in water		10  in water	

= drops      = capsules

## DOSING NOTES:

For those who are sensitive, it's recommended to introduce one product at a time in the order listed on the dosing chart.

Continue taking CT-Minerals through Phase 4A, Phase 4B, and/or Phase 5, until the bottle is finished.



# Phase 4A: Systemic Detox



Phase 4A promotes cleansing within and beyond the gut. It consists of BC-ATP, CT-Biotic, HM-ET Binder, KL Support, and Para 4.

Note: After completing Phase 4A, move into Phase 4B, which continues to promote systemic detoxification but without Para 4. This is because Para 4 is a more potent formula and should only be taken for two months at a time.



## Detoxification Support



## Gut Terrain Support



## Drainage Support

	WAKE UP	MORNING	NOON	EVENING	BEDTIME
BC-ATP		2		2	
KL Support		2		2	
HM-ET Binder		1		1	
Para 4	2				2
CT-Biotic		1 with food		1 with food	

= capsules

## DOSING NOTES:

For those who are sensitive, it's recommended to introduce one product at a time in the order listed on the dosing chart.

Continue taking CT-Minerals from Phase 3 during this phase, until the bottle is finished.



# Phase 4B: Systemic Detox



Building on the progress made in Phase 4A, Phase 4B carries on to promote cleansing within and beyond the gut. It consists of Advanced TUDCA, BC-ATP, CT-Biotic, CT-Iodine, and HM-ET Binder.



## Detoxification Support



## Gut Terrain Support



## Drainage Support

	WAKE UP	MORNING	NOON	EVENING	BEDTIME
BC-ATP		2		2	
HM-ET Binder		1		1	
CT-Biotic		1 with food		1 with food	
Advanced TUDCA		1 with food		1 with food	
CT-Iodine		1 with food			

= capsules    = tablet

## DOSING NOTES:

For those who are sensitive, it's recommended to introduce one product at a time in the order listed on the dosing chart.

If there is any CT-Minerals leftover from Phase 3, continue taking this product during this phase until the bottle is finished.



# Phase 5: Deeper Immune Support



Phase 5 provides potent blends of herbs in tincture and supplement form, designed to encourage lymphatic drainage, optimize immune system function, promote systemic detoxification, and support the gut microbiome. It consists of IS-BAB, IS-BART, IS-BOOST, IS-BORR, and LymphActiv.

**Note:** The liquid tincture format of the IS-line promotes faster absorption and maximum potency, as well as allows for customized dosing. As concentrated tinctures, the IS-line has higher potency than capsules. For those who are sensitive, it's recommended to start with a low dose, gradually working up to the recommended daily dose.



## Detoxification Support



## Lymphatic Support



## Drainage Support

	WAKE UP	MORNING	NOON	EVENING	BEDTIME
LymphActiv <sup>x3</sup>		1		1	
IS-BORR		1-10 in water and away from food		1-10 in water and away from food	
Once IS-BORR full dosage is reached, introduce IS-BART					
IS-BART		1-10 in water and away from food		1-10 in water and away from food	
Once IS-BART full dosage is reached, introduce IS-BAB					
IS-BAB		1-10 in water and away from food		1-10 in water and away from food	
Once IS-BAB full dosage is reached, introduce IS-BOOST					
IS-BOOST		1-10 in water and away from food		1-10 in water and away from food	

\*Start with 1 dropperful and work up to 10 dropperfuls based on tolerance = dropperful = capsule

## DOSING NOTES:

For those who are sensitive, it's recommended to introduce one product at a time in the order listed on the dosing chart.

If there is any CT-Minerals leftover from Phase 3, continue taking this product during this phase until the bottle is finished.

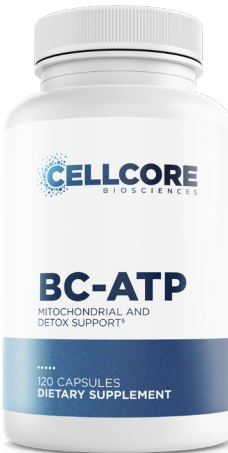


# As Part of the Protocol



## Advanced TUDCA

Lends increased support to the liver bile duct system and promotes healthy bile flow, essential for healthy drainage and detoxification.



## BC-ATP

The highly charged organic acids support metabolism and the ATP cycle in being at peak efficiency. These carbons also assist in the body's natural detoxification processes and contribute to a balanced gut microbiome. In clinical practice, BC-ATP is generally well-tolerated by sensitive individuals and may help improve protocol tolerance.



## BioToxin Binder

CellCore's go-to starter binder. It promotes the body's natural ability to detoxify and lends increased support to the gut microbiome, which optimizes digestive function and immune health.



## CT-Biotic

CT-Biotic is a blend of spore-forming and non-spore-forming bacteria combined with Carbon Technology. It provides 11 bacterial strains that are essential for supporting detoxification, digestive function, and immunity.



## CT-Iodine

The body needs iodine and iodide to convert TSH into T3 and T4. These hormones play a key role in optimal thyroid function, as well as cognitive function, digestion, energy production, healthy pregnancy, metabolism, and nervous system support.



## CT-Minerals

A liquid supplement that provides minerals derived from fulvic acid. Sourced from the soil and decomposed plant life, these naturally occurring minerals are typically easier for the body to digest, absorb, and utilize. This bioavailable formula enhances mental clarity, nourishes tissues, promotes energy production, and supports cellular repair and immunity.



## CT-Zyme

Supports digestive function, nutrient absorption, energy production, and immunity with 11 digestive enzymes — including bromelain, cellulase, amylase, and beta glucanase. Together, these enzymes assist the body in digesting high-fiber and nutrient dense foods, such as beans, fruit, grains, lentils, and vegetables.



## HM-ET Binder

A later-stage binder, HM-ET Binder promotes the body's natural ability to detoxify in the cells and tissues. It also offers increased support to cellular repair, energy production, immunity, and mitochondrial health, as well as helps protect against life's everyday stressors.



## IS-BAB

This team of 15 botanicals and adaptogenic herbs — including black walnut hulls, devil's claw root, milk thistle seed, Japanese knotweed, white willow bark, and wormwood — is designed to nurture the immune system, promote energy production, and support the body's natural detoxification processes. This blend can also help support the integrity of red blood cells in the body, which makes it ideal for maintaining everyday wellness.



## IS-BART

Maintain your immune defenses with this tincture of seven adaptogenic herbs and botanicals, including black walnut hulls, cilantro leaf, milk thistle seed, suma root (Brazilian ginseng), and sweet Annie plant (sweet wormwood). Together, these ingredients support the body's natural immune defenses and detoxification processes, while promoting energy production.



## IS-BOOST

IS-BOOST combines a blend of 14 herbs, including cilantro leaf, dandelion root, licorice root, oregano leaf, pau d'arco bark, and thyme leaf. Together, these herbs support healthy bile flow, immunity, optimal digestive function, and the body's natural detoxification processes.



## IS-BORR

This team of 24 botanicals — including black walnut hulls, cat's claw bark, eleuthero root, nettle leaf, turmeric root, white willow bark, wormwood, and several adaptogenic herbs — is designed to encourage a healthy immune response, nurture the immune system, promote energy production, and support the body's natural detoxification processes.





## KL Support

Combines herbs and nutrients traditionally used to support kidney and liver health, including beetroot, collinsonia (stoneroot), gynostemma, marshmallow root, milk thistle seed, NAC, and parsley leaf. As an integral part of the body's cleaning and filtering system, promoting kidney and liver function is essential for healthy drainage and detoxification during the protocol.



## LymphActiv

A blend of eight herbs to support the body's natural detoxification processes and lymphatic motion needed to establish healthy drainage pathways — including astragalus root, chuchuhuasi bark, rhubarb root, sheep sorrel, slippery elm, and soursop leaf. These botanicals also support healthy adrenal and liver function, immunity, and mental clarity.



## Para 1

Naturally gelatinous and made from 100% pure Mimosa pudica seed, Para 1 becomes jelly-like and sticky as it makes its way through the GI tract. This encourages the removal of occasional intestinal buildup, supports the gut microbiome, and promotes the body's natural ability to detoxify.



## Para 2

Formulated with a variety of herbs to support immunity and the gut microbiome, as well as promote the body's natural ability to detoxify. Amla, clove bud, holarrhena, neem, triphala, and vidanga team up to optimize digestion, support bowel regularity, and help maintain a healthy gut bacterial balance.



## Para 3

A liquid tincture with seven herbs — including black walnut hulls, clove bud, epazote, holy basil, and tansy — to support immune function and detoxification beyond the gut.



## Para 4

A blend of 11 potent herbs known for supporting digestion, detoxification, and immunity, including celery seed, cordyceps, holy basil, horse tail, noni root, and sarsaparilla. Together, these herbs also promote a balanced gut microbiome and red blood cell production.



## ViRadChem Binder

A second-step binder that promotes the body's natural ability to detoxify while supporting cellular repair. Acai, artichoke leaf, broccoli leaf, and wheatgrass are added to promote overall system balance and support the body's free radical scavenging systems.

# Add-On Products



## Bowel Mover

Bowel Mover is a natural digestive aid that gently promotes bowel movements, supports intestinal health, peristalsis, and proper digestive function.



## Carboxy

Carboxy is a binder that promotes the body's natural detoxification processes and supports a balanced gut microbiome. It contains short- and long-chain carbons, which can travel to different parts of the body, beyond the gut. This makes Carboxy an ideal detox support supplement for whole body wellness.



## GCO

GCO is formulated with nutrients and herbs — including astaxanthin, berberine HCL, cassia bark, and Masson pine bark — to support already existing healthy blood sugar levels, cardiovascular health, digestive function, and metabolism.



## IFC

IFC supports the body's natural defenses and helps protect against everyday stressors. Eleven herbs and botanicals — including astaxanthin, blueberry, bromelain, mulberry, and wheatgrass — team up to support the body's natural detoxification processes and promote system balance.



## S-TRO

S-TRO contains a proprietary blend of adaptogenic herbs — including ashwagandha root, astragalus root extract, maca root, Masson pine pollen, and turmeric root — to support healthy estrogen and testosterone levels in both men and women.

