

# Instructions for use of Zeolite MED®

## ZEOLITE MED® – LIVER RELIEF THROUGH DETOXIFICATION OF THE INTESTINAL TRACT THROUGH THE BINDING OF MERCURY, LEAD, CADMIUM, ALUMINUM, AMMONIUM AND HISTAMINE

Zeolite MED® can be used daily for the whole family as a natural, biological regulator for health protection through the prevention and alleviation of symptoms whose causes trace back to exposure to pollutants.

Zeolite MED®, a natural medical product from the natural mineral zeolite, can bind to pollutants in the gastrointestinal tract like a sponge and draw them out of the body by natural means. Indigestible Zeolite MED® is naturally excreted with stool via the intestines without burdening the metabolism.

Through the binding (adsorption) of:

- Heavy metals (mercury, lead, cadmium)
- Aluminum
- Ammonium
- Histamine

Zeolite MED® can be used for liver relief through detoxification of the intestinal tract.

### AS A PREVENTION

In preventive care, one considers every measure that can inhibit or slow down an impairment to one's health (illness, injury) or make it less likely to occur.

Prevention is the best medicine. Zeolite MED® can bind unwanted pollutants already in the digestive system even before they are taken in by the body, and thereby help to avoid illnesses that are associated with increased pollution.

### FOR ALLEVIATION

The enrichment of toxic, active metals like mercury, lead, cadmium, aluminum and other substances like ammonium and histamine can be the cause of a variety of chronic illnesses. The pollutant-binding and cleansing qualities of Zeolite MED® can be used therapeutically or as an accompaniment to therapy, when necessary, particularly for increased exposure to histamine and histamine intolerances such as allergies, gastrointestinal tract illnesses, liver malfunction or increased strain on the liver through ammonium compounds.

### ZEOLITE MED® + PSYLLIUM

A natural medical product for liver relief through detoxification of the intestinal tract through the binding of mercury, lead, cadmium, aluminum, ammonium, histamine. Conditioned by their large swelling capacity, psyllium husks are mechanically effective laxatives which thus aid the effect of zeolite.

#### Indian psyllium husks – a natural fiber for intestinal cleansing

For the support of natural digestion and facilitation of intestinal health, psyllium husks are becoming more and more popular. As a purely vegetable foodstuff, they deliver a high con-

tent of easily digestible mucilage with an excellent swelling capacity for a cholesterol-conscious and fiber-rich nutrition. When coming in contact with water, the finely ground psyllium husks swell, leading to a substantial increase in volume of the intestinal contents, whereby stimulation of the intestinal wall is increased, peristalsis strengthened and bowel movement eased. Because of its stool-softening effect, Indian psyllium husk powder can contribute to intestinal cleansing for a more pleasant intestinal passage and regulation of bowel movements.

### DOSAGE AND DURATION

Unless prescribed otherwise by your doctor, please begin gradually by easing in with 1 time daily use. Usage can gradually be increased to 2 times daily, with a maximum of 3 times daily, as necessary.

Ingestion can occur as long as heightened levels of pollutants are present.

#### Zeolite MED® Powder

Contents: 100% clinoptilolite-zeolite

Unless prescribed otherwise by your doctor, stir 1 slightly heaping teaspoon (3g) of Zeolite MED® powder in approx. 250 ml of water 1 to 3 times daily (as necessary) at meal times and drink immediately. Maximum of 10g daily.

#### Zeolite MED® Ultrafine Powder:

Contents: 100% clinoptilolite-zeolite ultrafine

Unless prescribed otherwise by your doctor, stir ½ teaspoon (1g) Zeolite MED® Ultrafine Powder in approx. 250 ml of water 1 to 3 times daily (as necessary) at meal times and drink immediately. Maximum of 3g daily.

#### Zeolite MED® Capsules

Contents: 100% clinoptilolite-zeolite ultrafine in 500 mg cellulose capsules

Unless prescribed otherwise by your doctor, take 1–2 capsules of Zeolite MED® before meals with approx. 250 ml water 1 to 3 times daily (as necessary). Maximum of 6 capsules daily.

#### Zeolite MED® + Psyllium

Contents: Powder mixture of 50% clinoptilolite-zeolite, 50% Indianorganic psyllium husk powder

Unless prescribed otherwise by your doctor, stir 1 slightly heaping teaspoon (3g) of Zeolite MED® + Psyllium in approx. 250 ml water 1 to 3 times daily (as necessary) at meal times and drink immediately. Maximum of 10g daily.

## REGULARITY, RHYTHM AND TIMES OF USE

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Regularity of use influences effectiveness, whereas interruptions can minimize it. In the following list, simply find appropriate time windows that work for you. According to Karl Hecht, Dr. med. Dr. med. habil., professor for neurophysiology and professor em. for experimental and clinical pathological physiology at the Institute of Physiology - Charité at the Humboldt University of Berlin, the following daily chronobiological times are recommended for internal use on humans:

6am – 8am  
1pm – 3pm  
6pm – 8pm  
10pm

for overnight use:

## INTERACTIONS WITH OTHER MEDICINE

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After ingestion of medication, a space of at least two hours should be observed.

Do not use simultaneously with alcoholic, caffeinated or acidic drinks such as grapefruit, orange, lemon or pineapple juice.

## SIDE EFFECTS

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In rare cases, constipation can occur as a result of low fluid intake. This effect is dependent on dosage and can be avoided through adequate fluid intake and reduction of dosage. In the occurrence of constipation, increase fluid intake, reduce dosage and, if necessary, consult your doctor.

In rare cases, bloating, stomach pain or nausea can occur from psyllium. This effect is often dependent on dosage and can be avoided through adequate fluid intake and reduction of dosage. In the occurrence of bloating, stomach pain or nausea, increase fluid intake, reduce dosage and, if necessary, consult your doctor.

## WARNINGS AND PRECAUTIONS

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Zeolite MED® is not an alternative for persons suffering from allergies.

To support detoxification and regulation of processes, ensure that there is ample fluid intake when ingesting Zeolite MED®, both during ingestion (1/4 liter water) and with regard to the daily ration (2–3 liters/day).

Zeolite MED® should not be taken if you suffer from severe kidney function disorders (ex. kidney insufficiency). Consult a doctor before using zeolite MED® with children or if you have a medical issue, limited kidney function or are pregnant or breastfeeding.

This medical product may not be inhaled or applied to the eye. In case of contact with eyes, wash out eyes adequately. Discontinue use if you notice unusual effects.

## STORAGE AND USE

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Keep product out of the reach of children under the age of six. Always close package after use.

Store this product in a dry place at room temperature.

The expiration date is printed on the bottom of the package.

Do not use this product after its expiration date.

## INSTRUCTIONS FOR DISPOSAL

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Contents and package can be disposed of with household waste. Violet glass jars should be placed in the green class container.

## MEDICAL PRODUCT MANUFACTURER

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