MOSAIC DIAGNOSTICS
Formerly Great Plains Laboratory

LIVER DETOXIFICATION

Supportive Nutrients by Phase

Review over 150 references at MosaicDX.com/resource/the-liver-supportive-nutrient-in-detoxification

	SUPPLEMENT / NUTRIENT	PHASE 1 DETOX	PHASE 2 DETOX	PHASE 3 DETOX
VITAMINS	B Vitamins (B2, B3, B6, B12, Folate) [1,2,3]	✓	✓	
	Vitamin C [4,5]	✓	✓	✓
	Vitamin E [6,7,8]	✓	✓	✓
MINERALS	Zinc [9,10]	✓	✓	✓
	Selenium [11,12,13,14]	✓	✓	✓
	Magnesium [15,16]	✓	✓	✓
KEY SUPPORT	Glutathione [17,18]	✓	✓	✓
	N-Acetylcysteine (NAC) [19,20]	✓	✓	
	Alpha Lipoic Acid (ALA) [21,22]	✓	✓	✓
	Calcium-D-Glucarate (CDG) [23]		✓	✓
	Fiber [24]			✓
	Probiotics [25,26]			✓
BIOFLAVONOIDS + POLYPHENOLS	Cruciferous vegetables (sulforaphane) [27,28]	✓	✓	✓
	Milk Thistle (Silymarin) [29,30]	✓	✓	✓
	Turmeric (Curcumin) [31,32,33]	✓	✓	✓
	Green Tea Extract (EGCG) [34,35,36]	✓	✓	✓
	Dandelion Root [37,38]	✓	✓	✓
	Artichoke Extract [39,40]	✓	✓	✓
	Allium vegetables (organosulfur compounds) [41]	✓	✓	✓
	Quercetin [42,43]	✓	✓	✓
	Resveratrol [44,45]	✓	✓	
AMINO ACIDS	Glycine [46]		✓	
	Taurine [47]		✓	
	Methionine [48]		✓	
	Glutamine [49,50]		✓	✓