

# Heavy Metal & Toxin Binder

Supports Cellular Renewal & Daily Cleansing

**HB**naturals  
PRODUCT INFORMATION PAGE

**Heavy Metal & Toxin Binder** helps the body release what doesn't belong and restore what it truly needs. Everyday life exposes us to unseen stressors — pollutants in the air, trace metals in food and water, and residues from packaging, cookware, cosmetics, and even dental materials. Over time, these compounds can accumulate in tissues, displace vital minerals like zinc, calcium, and magnesium, and disrupt normal cellular balance.

This advanced blend unites mineral-rich binders with restorative botanicals that capture impurities and carry them safely out of the body while replenishing essential micronutrients lost through environmental exposure. Supporting the body's natural detox rhythm helps sustain energy, mental clarity, and resilience — keeping you clean, nourished, and aligned with your body's natural rhythm of renewal\*



## BEGINNER: GENTLE DAILY SUPPORT

*Perfect for a light, introductory cleanse or monthly maintenance.*



Mix ¼ scoop into 8–10 ounces of water or juice.



Take once daily, for 14 days, then rest 3 days before repeating.



Stay well hydrated by drinking plenty of water to support elimination.

## INTERMEDIATE: DEEP DETOX RHYTHM

*For a more focused cleanse and deeper renewal.*

1. **USE:** ½ scoop once daily in 8-10 ounces of water or juice.
2. **CONTINUE:** 14 consecutive days while emphasizing clean, plant-based meals and light activity.
3. **DRINK:** Herbal teas or mineral-rich water throughout the day to encourage full elimination.

## ADVANCED: INTENSIVE CELLULAR CLEANSE

*Designed for experienced cleansers seeking optimal results.*

1. **USE:** 1 scoop daily in 8–10 ounces of water or juice for 7-10 days.
2. **COMBINE:** With ParaCleanse for a complete mobilize-and-bind protocol.
3. **MAINTAIN:** High hydration, prioritize rest, and include mineral-rich foods or Healing Trilogy to restore balance.

## IF USING WITH PARACLEANSE

For best results, take **Heavy Metal & Toxin Binder** about 1 hour after drinking your **ParaCleanse** Tea. This timing ensures that toxins released by ParaCleanse are captured and removed, *not reabsorbed*, so your cleanse feels smoother, lighter, and more complete.

Continue this pairing daily during your cleanse for full synergy: **ParaCleanse mobilizes; Heavy Metal & Toxin Binder captures and removes.**\*

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## FUNCTIONAL CONSTITUENTS

### ACTIVATED CHARCOAL (FROM COCONUT SHELLS)

A highly porous form of carbon, activated charcoal works through adsorption—binding toxins, chemicals, and impurities to its surface for safe elimination. Its extensive surface area traps heavy metals and metabolic byproducts in the digestive tract, helping prevent reabsorption while supporting gut clarity, digestive comfort, and overall detox balance.\*

#### Clinical studies for Activated Charcoal:

- <https://www.ncbi.nlm.nih.gov/books/NBK482294/>
- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC1306980/>
- <https://pubmed.ncbi.nlm.nih.gov/3516107/>

### BENTONITE CLAY (MONTMORILLONITE)

Rich in trace minerals and carrying a natural negative ionic charge, bentonite clay attracts and binds positively charged toxins, heavy metals, and impurities for safe elimination. It supports full-body detoxification, encourages regular elimination, and helps balance essential minerals to maintain internal harmony. Bentonite also soothes and protects the digestive tract, making it ideal for gentle, continuous cleansing and long-term digestive wellness.\*

#### Clinical studies for Bentonite Clay:

- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC5632318/>
- <https://pubmed.ncbi.nlm.nih.gov/32013819/>
- <https://pubmed.ncbi.nlm.nih.gov/27748171/>

### FULVIC ACID

Derived from ancient plant matter, fulvic acid functions as both a powerful detoxifier and nutrient transporter. It helps chelate and neutralize heavy metals while enhancing the absorption and delivery of essential minerals at the cellular level. Fulvic acid supports energy production, antioxidant protection, and efficient elimination for total-body rejuvenation and vitality.\*

#### Clinical studies for Fulvic Acid:

- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC6151376/>
- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC7758121/>
- <https://pubmed.ncbi.nlm.nih.gov/32995299/>

### CHLORELLA VULGARIS (BROKEN CELL WALL)

This freshwater microalgae is a potent source of chlorophyll and plant-based micronutrients that help bind heavy metals and environmental toxins. Broken cell wall chlorella is specially processed for superior bioavailability, allowing the body to better absorb its nutrients and cleansing compounds. It supports liver detoxification, enhances cellular renewal, and promotes digestive and immune balance through its powerful alkalinizing properties.\*

#### Clinical studies for Chlorella:

- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC7551956/>
- <https://pubmed.ncbi.nlm.nih.gov/29037431/>
- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC4734693/>

### ORGANIC SPIRULINA

A nutrient-rich blue-green alga packed with protein, B vitamins, and antioxidants, spirulina binds heavy metals and free radicals while nourishing cells. It supports liver health, boosts energy, and promotes balanced inflammation.\*

#### Clinical studies for Spirulina:

- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC8839264/>
- <https://pubmed.ncbi.nlm.nih.gov/36273817/>

### ORGANIC KELP

A blend of *Laminaria hyperborea*, *Ascophyllum nodosum*, and *Laminaria digitata* delivers iodine, alginates, and antioxidants that support thyroid function and toxin removal. Their alginates gently bind heavy metals, while trace minerals restore balance and replenish nutrients lost during detoxification.\*

#### Clinical studies for Kelp:

- <https://pubmed.ncbi.nlm.nih.gov/14583417/>
- <https://doi.org/10.1093/nutrit/nyy066>

### ORGANIC PSYLLIUM HUSK

A soluble fiber that aids digestion and toxin removal, psyllium husk forms a gentle gel that cleanses the colon and supports regularity while promoting satiety and gut balance.\*

#### Clinical studies for Psyllium:

- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC10389520/>
- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC8221300/>

### ORGANIC MILK THISTLE

A renowned liver protectant, milk thistle's silymarin complex supports liver regeneration, detoxification, and oxidative defense while promoting bile flow and digestive comfort.\*

#### Clinical studies for Milk Thistle:

- <https://www.ncbi.nlm.nih.gov/books/NBK11896/>
- [https://www.amjmed.com/article/S0002-9343\(02\)01244-5/abstract](https://www.amjmed.com/article/S0002-9343(02)01244-5/abstract)

### ORGANIC DANDELION ROOT

A traditional detox herb used for hundreds of years, dandelion root supports liver, kidney, and gallbladder function, stimulating bile flow, aiding fat metabolism, and promoting gentle elimination while nourishing gut flora.\*

#### Clinical studies for Dandelion:

- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC8063808/>
- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC12299503/>

### ORGANIC PARSLEY POWDER

Rich in chlorophyll and antioxidants, parsley supports kidney health, promotes gentle detoxification, and helps maintain electrolyte balance and cellular hydration.\*

#### Clinical studies for Parsley:

- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC10856782/>
- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC11672790/>

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

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## FAQ

### Q. What benefits can I expect?

A. Users often describe feeling lighter and more balanced as their body's natural cleansing processes are supported. The formula is designed to assist gentle detoxification, encourage regular elimination, and help maintain overall wellness and vitality.

### Q. Who should consider using this product?

A. Anyone seeking daily detox support, individuals concerned about environmental toxin exposure, or those looking to promote digestive health may benefit. Always consult a healthcare professional if you're pregnant, nursing, or under medical care.

### Q. How long should I use it?

A. It can be used daily as part of a gentle, ongoing detox routine. For targeted detox protocols, follow the guidance of your healthcare provider.

### Q. Can I combine it with other products?

A. Because it binds substances in the gut, take it at least 2 hours apart from food, supplements, or medications to avoid interference with absorption.

### Q. Are there any side effects?

A. Mild digestive changes (like temporary bloating or constipation) may occur as the body adjusts. Drinking extra water helps support comfortable elimination.

### Q. Is it safe for kids or pets?

A. No, this product is intended for adult use only. Always keep out of reach of children and pets.

Nutrition Facts			Serving Size: 1 scoop (3g)	Servings per container: 60
Amount per serving			Amount per serving	% Daily Value
<b>Calories 2</b>			<b>Detox Binding Complex</b>	<b>1920mg</b> †
	<b>% DV</b>		Activated Charcoal (from Coconut Shells), Bentonite Clay(Montmorillonite), Fulvic Acid, Chlorella vulgaris (Broken Cell Wall), Organic Spirulina (Arthrospira platensis) Powder, Organic Kelp (Laminaria hyperborea), Organic Kelp (Ascophyllum nodosum), Organic Kelp (Laminaria digitata)	
<b>Total Carbohydrate</b>	<b>&lt;1g</b>	<b>0%</b>	<b>Fiber Support</b>	<b>870mg</b> †
Dietary Fiber	0.4g	1%	Organic Plantago ovata (Psyllium Husk)	
<b>Protein</b>	<b>&lt;1g</b>	<b>0%</b>	<b>Liver &amp; Cellular Defense Complex</b>	<b>210mg</b> †
Iodine	98mcg	65%	Organic Silybum marianum (Milk Thistle), Organic Dandelion (Taraxacum officinale) Root, Organic Parsley (Petroselinum crispum) Powder	
Calcium	5mg	0%	<b>Allergen Information:</b> This product is manufactured in a facility that produces other products which may contain soy, dairy, wheat, tree nuts, shellfish, fish, peanuts, and eggs, and may contain traces of all of the above.	
Iron	0.6mg	3%		
Magnesium	1.2mg	0%	<b>Important Information:</b> This is not a medicinal product. If in doubt, consult a doctor before taking dietary supplements. Dietary supplements must not be used as a substitute for a varied & balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, or on any medication, please consult a doctor before use. Store in a cool, dry place. Keep away from children. Discontinue use if any adverse reactions occur.	
Potassium	14mg	0%		
<b>Not a significant source of fat, saturated fat, trans fat, cholesterol, total sugars, and vitamin D.</b>				
<small>†Daily Value not established. The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>				

## CAUTIONS

- Not for children, pets, or during pregnancy/breastfeeding. Do not exceed the recommended serving unless directed by a healthcare professional. Keep out of reach of children.

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