

Metabolic Pathways of the Liver

Modulators of Phase I (CYP450)

Vitamin C

Iron Levels

Curcumin

Broccoli SGS

Green Tea EGCG

Silymarin

Upregulators of Phase II

Glutathione Conjugation

- NAC
- Raw Protein
- Brassica
- Selenium
- Silymarin

Sulfation

- Mg Sulfate
- Molybdenum
- Cysteine, Taurine
- Alpha Lipoic Acid
- Vitamin B2
- Vitamin B6 (P5P)

Amino Acid Conjugation

- Glycine
- Taurine

Glucuronidation

- Cal-D-Glucarate
- Bifido Probiotics
- Magnesium
- Glutamine
- EPA

Acetylation

- Vitamin B5
- Magnesium
- Vitamin B6 (P5P)
- Vitamin C
- Acetyl Carnitine

Methylation

- Methyl-Folate
- Vitamin B12
- Methionine
- Choline / TMG

Compounds Requiring Metabolism

Prostaglandins
Leukotrienes
Alcohol
Paracetamol
Heavy Metals
Petro-chems
Mould Toxins
Bacterial Toxins

Steroid Hormones
(DHEA, Estro, T,
25-OH-Vitamin D)
Thyroxine
Amines (Tryp, Tyr)
Cortisol
Epinephrine
Melatonin

Bile Acids
Salicylates
Benzenes

SCFAs
MCFAs

Steroid Hormones
(Estro, T, Prog...)
Fat Soluble Vits
(Vit A, D, E, K)
Fat Soluble Toxins
(Pesticides - DDT)
Thyroxine
Melatonin

Neurotransmitters
Serotonin
Histamine
Choline
Amines (Tryp, Tyr)
Phenols
Caffeine
CoA

Neurotransmitters
L-Dopa/Dopamine
Nor/Epinephrine
Histamine
OH-Estrogens
Heavy Metals
(Hg, Pb, Cd, As)
Morphine