

What's Up Doc?

This month we have a look at the Two-Week Turnaround program. Schools break up for the summer vacation before the end of this month and many of your Patients will be thinking about the beach and getting into last year's swimsuit. This is an opportune time to offer your Patients either individually or as a group a simple program **without calorie restrictions** to help them get into "beach or summer shape".

The Two-Week Turnaround is the perfect introduction to whole food nutrition for your new Patients. The impact on health and the improvements in sleep, aches and pains, better hair and skin act as a fabulous introduction to the benefits of whole food nutrition.

Detoxification is becoming a topic of growing clinical importance in today's chemically complex world. We examine the evidence base for environmental toxic burden, make the clinical case for periodic detoxification, and provide a detailed overview of the Doctors Research Two Week Turnaround program — a whole-food, compliance-friendly protocol ideally suited to health conscience Patients.

Why Detoxification matters in 2026

We live in an era of unprecedented chemical exposure. Industrialization, intensive agriculture, and globalization have distributed synthetic toxicants across every medium our patients encounter — the air we breathe indoors and outdoors, the water we drink, the food we eat, and the products we apply to our skin. The body's built-in detoxification machinery — liver, kidneys, lymphatics, skin, and gut — evolved for a far lower toxic load than our current lifestyle delivers and struggles to cope in the modern environment .

Researchers at the Environmental Working Group (EWG) found 287 industrial chemicals, pollutants, and pesticides in umbilical cord blood samples — 180 of which are known carcinogens in humans or animals, and 217 identified as neurotoxic. The toxic burden our patients carry does not begin with lifestyle choices; it begins before birth.

The Institute for Functional Medicine further notes that measurable levels of up to a dozen pesticides can be found in the air inside homes, meaning that for many patients, indoor exposure rivals or exceeds outdoor exposure. Heavy metals, plasticizers, mycotoxins, medications, preservatives, and off-gassing from building materials compound this load daily.



"The recognition that persistent toxicants are retained within the human body long after primary exposure is becoming a foremost area of study for scientists and public health officials worldwide."

— Genuis SJ et al., *Clinical Detoxification* (NCBI PMC3691527, 2013)

Common Sources of Modern Toxic Load

- Vehicle exhaust, industrial gases, and air pollution
- Pesticides, herbicides, and glyphosate in food and indoor air
- Chlorinated, fluoridated, and plasticized tap water
- Plasticizers (BPA, phthalates) from packaging and food containers
- Heavy metals (lead, mercury, cadmium, arsenic) via food, water, and dental materials
- Molds and mycotoxins in water-damaged buildings
- Food preservatives, artificial colorings, and sweeteners
- Carpet out-gassing, paints, printer/copier dusts, cleaning supplies
- Personal care products and fragrances (colognes, perfumes)
- Medications — both prescribed and over the counter.

Source: WHO Chemical Safety Data; EPA Indoor Air Quality research; NCBI PMC3037292

When exposure outpaces the body's elimination capacity, or when detox pathways are impaired by nutrient deficiency, gut dysfunction, genetic polymorphisms, or chronic inflammation, toxicants accumulate in adipose tissue, bone, and organ systems. The resulting 'toxic load' can manifest across virtually every body system and is implicated in a wide range of conditions commonly presenting Patients but often unidentified.

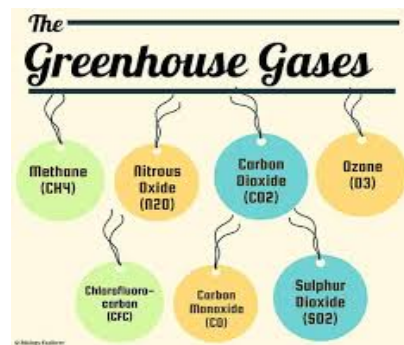


"Toxic burden is often stealth, and when not addressed, contributes to inflammatory and autoimmune processes. Evaluating toxic exposure is an important preventive and diagnostic measure for many chronic diseases."

— Dr Jill Carnahan MD IFMCP, Institute for Functional Medicine

Patients who may most benefit from a structured detox program include those presenting with:

- Chronic fatigue and persistent low energy
- Brain fog, poor concentration, or memory difficulties
- Digestive complaints including bloating, constipation, or IBS symptoms
- Unexplained weight gain or difficulty losing weight
- Hormonal imbalances and thyroid dysfunction
- Skin conditions including eczema, psoriasis, or acne
- Inflammatory or autoimmune presentations
- Heightened sensitivity to chemicals, odors, or medications
- Elevated liver enzymes without clear etiology
- Sleep disturbances and mood changes



Recent Changes to Environment Protection Agency Standards (EPA) under the current administration mean now more than ever we need to detox

Climate & Greenhouse Gases

On February 12, 2026, the EPA finalized its rescission of the 2009 Greenhouse Gas (GHG) Endangerment Finding, which had served as the legal prerequisite for regulating emissions from motor vehicles. The final rule was published in the Federal Register on February 18, 2026, and became effective April 20, 2026. The action eliminates all federal GHG emission standards for light-, medium-, and heavy-duty vehicles and engines from model years 2012 through 2027 and beyond. This rescission effectively ends EPA's regulation of GHG emissions from U.S. motor

vehicles and sets the stage for similar deregulation in other sectors, including power plants, oil and gas operations, and aircraft.

Power Plants

The rollback of tighter mercury pollution standards for power plants has been finalized, reverting to older, weaker limits.

PFAS / Drinking Water

The EPA has announced roll backs on four PFAS chemicals — GenX, PFBS, PFNA, and PFHxS — leaving them unregulated, while retaining standards for PFOA and PFOS at 4 parts per trillion, though pushing the compliance deadline back to 2031. EPA's own data released in March 2026 shows around 176 million Americans have tap water that has tested positive for PFAS.

Methane, Coal Ash & Other Rules

Methane reporting has been delayed, coal ash deadline extensions are now in place. The agency's environmental justice offices have been closed.

Two-Week Turnaround

Two-Week Turnaround is a structured, whole-food-based detox program designed with simplicity and compliance as its core principles. Unlike many commercial detox protocols, it does not require severe caloric restriction or meal replacement — instead, the focus is on the quality of food consumed, making it practical for patients managing active daily lives.

All nutrients used in the program are 100% food derived. The program contains no synthetic USP isolates, no dairy, no preservatives, and is suitable for vegan, gluten-free, halal, and biblically kosher dietary requirements.

Component 1 — Vitamin & Mineral Shake

Dose: 2 scoops daily (as a shake, sprinkled over food, or mixed with water)

A 100% vegetarian food supplement delivering a broad spectrum of essential vitamins, minerals, and antioxidants. Unlike many commercial multivitamin formulations, the Doctors Research shake contains no isolated synthetic USP nutrients — all nutrients are derived from whole food sources, supporting superior bioavailability and synergistic activity.

During a detox phase, the body has increased nutritional requirements as it mobilizes and clears stored toxicants. The Shake prevents the nutrient depletion that can otherwise compromise Phase I and Phase II liver detoxification — a critical consideration often overlooked in simpler cleanse protocols.

Component 2 — Detox-N-Cleanse Capsules



Dose: 3 capsules per day in Week 1, increasing to 5 per day in Week 2

A 100% vegan synergistic blend of foods and food extracts formulated to support:

- Colon health and healthy bowel transit
- Urinary system and renal detoxification pathways
- Heavy metal clearance (lead, mercury, cadmium, arsenic)
- Pesticide and environmental toxicant elimination
- Cellular health and oxidative stress protection

The graduated dosing (Week 1 → Week 2) is a clinically sound design choice — allowing the body to adapt progressively rather than encountering an abrupt detox stimulus, which reduces the likelihood of adverse reactions and improves patient compliance.

Component 3 — Comprehensive Food List

A guided whole-food eating framework provided with the program.

Food choices focus on quality over caloric restriction. Patients are guided toward anti-inflammatory, nutrient-dense foods that actively support liver, kidney, colon, and lymphatic function — while reducing or eliminating the primary dietary contributors to toxic load:

- Refined sugars and high-fructose corn syrup
- Processed and ultra-processed foods
- Alcohol and recreational stimulants
- Artificial preservatives, colorings, and sweeteners

Critically, there is minimal restriction on the amount of food eaten — a key factor in ensuring full compliance across the two-week period.

Key Clinical Benefits

The following benefits have been observed clinically and are consistent with the peer-reviewed literature on whole-food nutritional detoxification programs:

Liver Detox Support

Whole-food nutrients support both Phase I and Phase II hepatic detoxification, enhancing free-radical scavenging and glutathione recycling — validated in a 2022 blinded RCT at Northwestern Health Sciences University.

Colon & Gut Health

The food list and Detox-N-Cleanse support healthy bowel transit reducing re-absorption of toxicants cleared from the liver via the enterohepatic circulation

Urinary & Renal Clearance

Formulated to support urinary detoxification pathways, aiding renal clearance of water-soluble metabolic waste and toxicants through enhanced kidney function

Heavy Metal Elimination

Directly targets metal detoxification — particularly relevant given widespread patient exposure to lead, mercury, cadmium, and arsenic via food chains and municipal water

Improved Sleep

A whole food detox is a **multi-system recalibration** of the hepatic, neuroendocrine, enteric, and inflammatory pathways that converge on sleep architecture. Most Patients report improved sleep

quality during this program. It is likely they are experiencing concurrent improvements in cortisol rhythm, melatonin synthesis, gut-brain signaling, glycemic stability, and neuroinflammatory tone. Tracking sleep alongside liver and inflammatory markers (hs-CRP, fasting glucose, GGT) during the program would allow you to document and demonstrate this mechanistic connection to your patients.

Improved Energy & Clarity

Patients frequently report enhanced energy, improved mood, and mental clarity as inflammatory load decreases and nutritional gaps are addressed by the Vitamin & Mineral Shake

Weight Management

Weight reduction is a frequently reported secondary benefit — the result of reduced inflammatory food intake rather than caloric deprivation. A 2016 study in the Journal of Lifestyle Medicine confirmed dietary detox improves liver enzymes and metabolic markers.

Cellular Protection

Antioxidant-rich food nutrients protect cellular integrity against oxidative damage during the active detox phase, when metabolites are being mobilized from storage

Immune System Reset

A two-week elimination of inflammatory dietary triggers frees up immune resources previously occupied by processing low-grade dietary antigens and inflammatory foods.

The Evidence Base

While the quality of detox research is variable — a point acknowledged by the University of Wisconsin Integrative Medicine program — the science supporting the components of whole-food detoxification is increasingly robust:

A 2022 blinded, randomized controlled trial (Northwestern Health Sciences University, De Rusha Clinic) found that a guided whole-food nutritional detox program supported Phase II detoxification enzymes and maintained antioxidant balance in healthy participants — directly validating the food-first approach at the core of this program.

A 2016 study published in the Journal of Lifestyle Medicine confirmed that dietary detoxification program improve liver enzymes and key metabolic markers in adults, with improvements in insulin sensitivity and blood pressure also observed.

Published research in Environmental Toxicology and Metabolism (NCBI, 2024) documents that rapid industrialization, intensive agriculture, and globalization have led to widespread distribution of hazardous toxicants — pesticides, heavy metals, and synthetic chemicals — posing significant and growing risks to human health.

The Institute for Functional Medicine now explicitly positions environmental detoxification as an important preventive and diagnostic measure for chronic disease management — citing WHO Chemical Safety Data and EPA Indoor Air Quality research.

PRACTICAL NOTES FOR PRACTITIONERS

Patient selection: The Two-Week Turnaround is appropriate for most adult patients. It is not recommended during pregnancy. Patients with significant pre-existing conditions should be assessed individually. In many cases Patients have found many of their seemingly unrelated symptoms such as aches and pains, allergies, constipation, disappear before completion of the program

Managing expectations: A few Patients in the past have experienced a transient 'healing crisis' in the first few days — occasionally mild fatigue or headaches. This is in almost all cases caused by

issues in the digestive system. Consider supporting digestion either before or during the program with those Patients with digestive issues. Pre-counselling these patients significantly improves retention.

Compliance advantage: The food-quality-first approach (rather than calorie restriction) is the single most important factor in compliance. Patients who are not hungry are patients who complete the program.

Frequency: Many practitioners recommend completing the Two-Week Turnaround two to four times per year as a maintenance protocol, particularly for patients with high occupational or environmental toxic exposure.

Supporting modalities: The program pairs well with infrared sauna therapy (supporting dermal excretion), lymphatic drainage, adequate hydration, and gentle movement. Consider recommending these adjunctive approaches.

Startling numbers from CDC:

Over 40 million Americans are living with Diabetes.

95% of these (38 million+) are Type 2 Diabetes – i.e. treatable.

1 in 5 Americans have Diabetes and do not know it.

115 million Americans – 1 in 3 are Pre-Diabetic.

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DIETARY GUIDELINES PHASE 1

VEGETABLES 3% of less carbs: Asparagus, Bamboo Shoots, Bean Sprouts, Beet Greens, Bok Choy Greens, Broccoli, Cabbage, Cauliflower, Celery, Chard, Chicory, Collard Greens, Cucumber, Endive, Escarole, Garlic, Kale, Kohlrabi, Lettuce, Mushrooms, Mustard Greens, Parsley, Radishes, Salad Greens, Sauerkraut, Spinach, String Beans, Summer Squash, Turnip Greens, Watercress, Yellow Squash, Zucchini Squash

VEGETABLES 6% of less carbs: Bell Peppers, Bok Choy Stems, Chives, Eggplant, Green Beans, Green Onions, Okra, Olives, Pickles, Pimiento, Rhubarb, Sweet Potatoes, Tomatoes, Water Chestnuts, Yams

VEGETABLES 7-9% of less carbs: Acorn Squash, Artichokes, Avocado, Beets, Brussels Sprouts, Butternut Squash, Carrots, Jicama, Leeks, Onion, Pumpkin, Rutabaga, Turnip, Winter Squash

MEAT & PROTEIN (You can enjoy meat within these guidelines): Cold water fish (Eggs (organic and free range if possible), Poultry (chicken, turkey etc.)), Red meat (grass fed if at all possible - if you are not able to get free range organic meats, choose leaner options)

FRUIT (Only to be used in shakes): Apples, Berries, Cherries, Grapes, Papaya, Peaches, Pears, Plums

MISCELLANEOUS (In Limited Amounts): Butter, Dressing - Oil/Older Vinegar only, Nuts, raw (except Peanuts), Oils (preferably cold-pressed), Coconut Oil, Macadamia Nut Oil, Olive Oil, Sesame Seed Oil, (No Canola Oil)

BEVERAGES: Bouillon (Beef, Chicken (no MSG)), Filtered or Spring Water, Herbal Teas (Non-caffeine), Green Tea is an excellent choice. (Don't worry about the small amount of caffeine in green tea unless you find you cannot tolerate it.)

Note to the patient: During the 14 Day program (and beyond if your objective is to lose weight) follow the Phase 1 plan. Once you have completed the 14 days, if you are trying to improve your overall eating, transition to the Phase 2 plan.

DIETARY GUIDELINES PHASE 2

VEGETABLES 3% of less carbs: Asparagus, Bamboo Shoots, Bean Sprouts, Beet Greens, Bok Choy Greens, Broccoli, Cabbage, Cauliflower, Celery, Chicory, Collard Greens, Cucumber, Endive, Escarole, Garlic, Kale, Kohlrabi, Lettuce, Mushrooms, Mustard Greens, Parsley, Radishes, Salad Greens, Sauerkraut, Spinach, String Beans, Summer Squash, Turnip Greens, Watercress, Yellow Squash, Zucchini Squash

VEGETABLES 6% of less carbs: Bell Peppers, Bok Choy Stems, Chives, Eggplant, Green Beans, Green Onions, Okra, Olives, Pickles, Pimiento, Rhubarb, Sweet Potatoes, Tomatoes, Water Chestnuts, Yams

VEGETABLES 7-9% of less carbs: Acorn Squash, Artichokes, Avocado, Brussels Sprouts, Butternut Squash, Carrots, Jicama, Leeks, Pumpkin, Rutabaga, Turnip, Winter Squash

VEGETABLES 12-21% of less carbs: Chickpeas, Horseradish, Jerusalem Artichokes, Kidney Beans, Lima Beans, Lentils, Parsnips, Peas, Potatoes, Seeds, Sprouted Soybeans, Sunflower Seeds

MEAT & PROTEIN (You can enjoy meat within these guidelines): Cold water fish (Eggs (organic and free range if possible)), Poultry (chicken, turkey etc.), Red meat (grass fed if at all possible - if you are not able to get free range organic meats, choose leaner options)

GRAINS (Low glycemic): 2-3 Times per week max - Avoid higher glycemic grains: Amaranth, Barley, Brown or White Rice, Millet, Wheat

MISCELLANEOUS (In Limited Amounts): Butter, Cottage Cheese, Dressing - Oil/Older Vinegar only, Kefir (liquid yogurt), Milk, raw (if at all possible), Nuts, raw (no Peanuts), Oils (preferably cold-pressed), Coconut Oil, Macadamia Nut Oil, Olive Oil, (No Canola Oil)

BEVERAGES: Bouillon - Beef, Chicken (no MSG), Filtered or Spring Water, Herbal Teas (Non-caffeine), Green Tea is an excellent choice. Red Wine only (Max 1 glass per day)

Note to the patient: This food plan is designed to help restore your body chemistry and all the body chemistry in the normal function. Your practitioner may modify this plan to best suit your needs and objectives.

Additional Considerations

DR. Gluco-Sugar-Balance.

A selection of proven herbs and minerals such as Chromium GTF (Glucose Tolerance Factor) and Vanadium clinically studied to support the body's blood sugar systems.

Gluco-Sugar-Balance contains the following;-

Berberine – ATP Production, Gut health

Gymnema – Curbs sugar cravings, Recreate pancreatic beta cells

Cinnamon Bark – Improves Insulin sensitivity

Goat's Rue – Natural form of Metformin.

Fenugreek Seed – Provides specific nutrients to nourish Pancreas

Bitter Melon – Supports ATP Production, burns visceral fat

NAC – Antioxidant, Supports liver function.



PRL Premier Glucose Manager

This is the ideal additional supplement to the Two-Week-Turnaround, and a great partner to Doctors Research Gluco-Sugar-Balance for those Patients with Metabolic Syndrome, Pre Diabetic, Type 2 Diabetics, Insulin resistant Patients, or those who may be overweight.

Premier Glucose Manager works independently but in tandem with Gluco-Sugar-Balance.

Patients take one capsule 15 minutes before consuming a meal or possibly two capsules for a large meal or a meal heavy in carbohydrates.

Premier Glucose Manager contains two active ingredients: 100mg of Dihydroberberine and 250mg of Reducose - a Mulberry Leaf Extract. Mulberry works in the gut to slow down glucose entry, Dihydroberberine works in the cell to improve glucose utilization. When clinically paired this combination reduces glucose spikes, improves cellular uptake of glucose, and stabilizes energy levels.

Simply take one or two prior to a meal to smooth post-meal glucose and insulin spikes. Your Patients should start to notice reduced sugar crashes and improved energy within a couple weeks.

Colicron Duo

An ideal partner for the Two-Week-Turnaround. **COLICRON DUO** is unique in that each box contains 15 tablets and 15 capsules.

Each tablet contains **Berberine and Quercetin**. Each Capsule contains **Lactobacillus Rhamnosus GG, PEA, Undaria, and Hericium**. Each tablet from **Colicron Duo** is designed to...

- Reduce the number of harmful species in the microbiome.
- Support and improve the growth of beneficial bacteria in the microbiome.
- Reduce inflammation in the gut helping to alleviate conditions such as IBS. And IBD.

- Improve the intestinal gut barrier function reducing permeability – leaky gut.
- Reduce oxidative stress.
- Improve outcomes for conditions such as metabolic syndrome.

Each Capsule from Colicron Duo

Contains **10 Billion Lactobacillus Rhamnosus GG** (often abbreviated as LGG) - the most studied strain of probiotic bacteria particularly in gut health and immune function

- Acts as a Pre and Probiotic
- Is anti-inflammatory
- Improves gut permeability
- Helps prevent diarrhea
- Acts as an analgesic
- Repairs gut lining and tissue
- Regulates intestinal transit.



Your Patients simply take one tablet AM and one capsule PM

Premier Aminos FX

Premier Aminos FX uniquely combines all nine Essential Amino Acids (EAAs), Branched-Chain Amino Acids (BCAAs), and pre-formed 5' ribonucleotides — a distinction that sets it apart from standard amino acid supplements. During detoxification, the body's demand for cellular repair, immune support, and gut barrier integrity is significantly elevated. Premier Aminos FX directly addresses these needs: EAAs support the synthesis of immune cells and tissue repair, BCAAs provide a readily available energy source during the metabolic stress of detox, and nucleotides drive

RNA/DNA turnover to accelerate regeneration of gut epithelial cells — helping to seal a compromised gut lining and reduce inflammation.



As an adjunct to detoxification, this formula offers whole-body resilience to muscles, the immune system and gut permeability. The inclusion of nucleotides with prebiotic effects further supports the restoration of a healthy microbiome — critical for long-term detox success and nutrient absorption. Available in an unflavored powder ideal for blending into detox shakes, or a Berry flavor enhanced with Hawaiian Pink Sea Salt for electrolyte replenishment, Premier Aminos FX integrates seamlessly into any detoxification protocol to support recovery from the inside out.

Take one spoonful per day added to your shake or simply add to 8oz of water.

PREMIER GLUCOSE MANAGER™

Glucose Regulation, Metabolic Signaling, and Insulin Sensitivity*

Dr. Sarah Outlaw, MH, MSACN, BCDHH

Natural Health Improvement Center
Board-Certified Doctor of Holistic Health
Functional Nutrition Practitioner



CLINICAL APPLICATION GUIDE

PREMIER GLUCOSE MANAGER™ IS DESIGNED TO SUPPORT*

- ▶ Healthy blood sugar response*
- ▶ Insulin signaling efficiency*
- ▶ Postprandial glucose control*
- ▶ Metabolic flexibility*

INGREDIENT SYNERGY & MECHANISM

- ▶ **GlucoVantage® (Dihydroberberine) – 100 mg:** Highly bioavailable form of berberine, supports AMPK activation (cellular energy signaling), improves insulin sensitivity, and enhances glucose uptake into cells*
- ▶ **Reducose® (Mulberry Leaf Extract) – 250 mg:** Inhibits alpha-glucosidase enzymes; slows carbohydrate breakdown and reduces post meal glucose spikes*

WHY THIS COMBINATION WORKS*

- ▶ **Mulberry** works in the gut → slows glucose entry*
- ▶ **Dihydroberberine** works in the cell → improves glucose utilization*

WHEN CLINICALLY PAIRED*

- ▶ Reduces spikes, improves uptake, and stabilizes energy*

Premier Glucose Manager™ works at both the **digestive level and cellular level**, helping the body better process and utilize glucose.*

CLINICAL APPLICATIONS*

- Metabolic inefficiency*
- Energy instability*
- Hormonal disruption tied to blood sugar*
- Blood sugar dysregulation*
- Weight resistance*
- PCOS patterns*
- Perimenopausal metabolic slowdown*
- Brain fog after meals*
- Energy crashes*

BLOODWORK INDICATORS*

- Elevated A1C
- High Triglycerides
- Low HDL
- Elevated ALT/AST
- Elevated Uric Acid
- Low Vitamin D

MUSCLE TESTING CLINICAL PEARLS

- Weak pancreas, liver, or small intestine reflexes often present*
- Patients may weaken to carbohydrate exposure*
- Strength frequently improves when Premier Glucose Manager™ is introduced*

CLINICAL INSIGHT

If the body strengthens with support, it is not just a dietary issue. It is a signaling issue.

PROTOCOL FRAMEWORKS*

Foundational Metabolic Support*

- Take with meals; timing with carbohydrate intake is key*
- Complement with increased protein and reduced processed carbohydrate
- Dose individualized based on patient's metabolic presentation*

Advanced Metabolic Pattern*

- Prioritize use with highest carbohydrate meals*
- Pair with **Premier Aminos-FX™** for muscle glucose utilization support*
- Pair with **Curcumin-FX™** when inflammation is a contributing factor*

Perimenopausal / PCOS Pattern*

- Address metabolic inefficiency and hormonal disruption concurrently*
- Combine with strength training and protein focused nutrition
- Monitor energy, mood and cognitive clarity as clinical indicators*

Clinical Pearl

"If glucose is unstable, everything downstream becomes unstable. Energy, hormones, and brain function all depend on metabolic balance."

- Dr. Sarah Outlaw, MH, MSACN, BCDHH

DOSING GUIDANCE*



DR. OUTLAW'S CLINICAL RANGE 1-3 Capsules Per Day* with Meals

- Supplement dosing is highly individualized and should be tailored to each patient's unique clinical presentation*
- Best taken with meals — particularly those highest in carbohydrates*
- Adjust based on patient response, energy patterns and ongoing metabolic assessment*

*Dosing should be customized to meet the patient's individual needs. These statements have not been evaluated by the FDA. Use under the guidance of a qualified healthcare practitioner.

DR. OUTLAW'S CLINICAL PERSPECTIVE*

- Looks beyond glucose numbers to identify **metabolic inefficiency**
- Evaluates energy instability and hormonal disruption tied to blood sugar
- Uses functional bloodwork and advanced muscle testing for individualized assessment

GlucoVantage® is a registered trademark of NNB Nutrition. Reducose® is a registered trademark of Phynova.

Important Disclaimers: This clinical application guide was authored by Dr. Sarah Outlaw, MH, MSACN, BCDHH and is provided for educational and practitioner reference purposes only. Supplement dosing is highly personalized; recommendations reflect typical clinical ranges observed by Dr. Outlaw and should be customized to meet each patient's individual needs under the supervision of a qualified healthcare professional. Individual results will vary. This guide does not constitute medical advice. Consult a licensed healthcare professional before beginning any supplement protocol. Not recommended for persons under 18 without physician guidance. Premier Research Labs products are manufactured in an FDA-monitored cGMP-compliant facility.

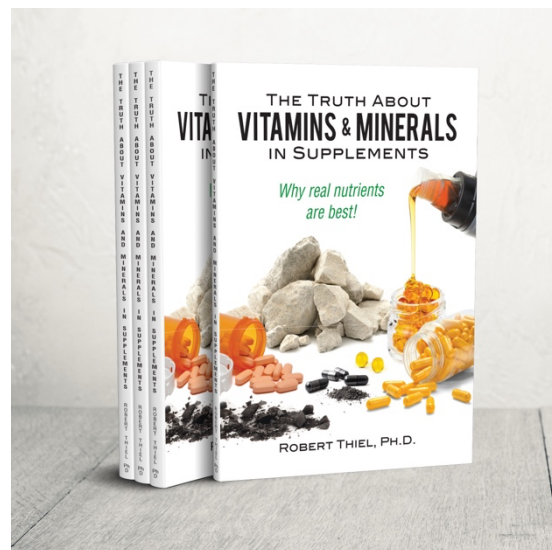
*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Haven't placed an order yet this year?

We would love to have you back and have a free 148-page book. **The Truth about Vitamins & Minerals in Supplements** if you place an order during the month of June.

Why Whole Food Vitamins Make the Difference

Not all vitamins are created equal. Synthetic isolates and fractionated nutrients may fill a label, but they lack the co-factors, enzymes, and phytonutrients that make whole food nutrition optimally bioavailable. All Doctors Food Research listed nutrients are 100% whole food — delivering nutrients the way nature intended



Superior Bioavailability — Whole food complexes are recognized and utilized by the body far more efficiently than synthetic alternatives.

Synergistic Co-Factors — Our vitamins retain the naturally occurring co-factors, enzymes, and phytonutrients that work together for optimal absorption and efficacy.

Clean, Concentrated Nutrition — No artificial fillers, binders, or synthetic isolates — just concentrated whole food ingredients you can trust.

Clinically Formulated — Each formula is designed with clinical efficacy in mind, supporting you in delivering real, measurable results for your patients.

Non-GMO & Non-USDA — We hold ourselves to the highest standards of purity and quality so you can recommend our products with complete confidence.

The Advantage of a Practitioner-Only Provider

As one of less than a handful of practitioner-only supplement lines, Doctors Research is committed fully to you and supporting your Practice.

This exclusivity is intentional — and it benefits you and your patients in meaningful ways:

Professional Credibility — Your patients can only access these premium formulas through you, reinforcing your authority as their trusted health advisor.

Patient Compliance & Outcomes — When patients receive whole food supplements directly from their practitioner, compliance improves — and so do results.

Dedicated Practitioner Support — Our team is here to assist you with product recommendations, protocol guidance, and educational resources.

Exclusivity — You can be confident making supplement recommendations that cannot be found on the manufacturers website, Amazon, or bricks and mortar stores.

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