PREMIER RESEARCH LABS

RENEW YOU

Detox Journey: *A 21-Day Detoxification Protocol*

*Supporting healthy organ function, metabolic balance & whole-body renewal**

AUTHORED BY

Jaime Trent, D.C.

Doctor of Chiropractic · Certified Acupuncturist · Certified Nutrition Response Testing · 20+ Years in Functional Medicine

In partnership with Premier Research Labs · Cleveland Chiropractic alumna

This protocol supports the body's natural detoxification pathways through targeted nutrition, Premier Research Labs whole-food supplements, movement, and lifestyle practices.* The primary focus is **supporting organ function and metabolic balance** — with weight loss of 8–15 lbs as a natural side effect as metabolism normalizes over 21 days.*

> *"How well our body detoxifies determines our susceptibility to health challenges."*
> — DR. JAIME TRENT, D.C.

WHAT YOUR BODY DOES WITH TOXINS

Option I.

BURY THEM

In body fat

Toxins stored in adipose tissue

Option II.

DEPOSIT THEM

In tissues & organs

Toxins lodged in body systems

Option III.

REMOVE THEM

The goal of this protocol

Eliminate via natural pathways*

THIS PROTOCOL SUPPORTS

- Healthy Phase I & II liver biotransformation pathways*
- Gut microbiome, bowel regularity & immune function*
- Hormonal balance and healthy metabolism*
- Cellular detox via lymph, skin, kidneys & lungs*

COMMON SIGNS OF BUILDUP

- Fatigue
- Allergies
- Joint pain
- Headaches
- Constipation
- Mood swings
- Skin conditions
- Sinus congestion
- Chronic backache
- Hormonal imbalance
- Weight-loss resistance
- Difficulty concentrating

HOW TOXINS LEAVE THE BODY

- **Liver & bile ducts** — Phase I & II
- **Colon** — elimination via stool
- **Kidneys** — water-soluble via urine
- **Lymphatic** — immune & cellular waste
- **Skin** — fat-soluble via sweat
- **Lungs** — volatile compounds via breath

CAPSULE PROTOCOL · PREMIER RESEARCH LABS

HepatoVen®

*Liver Support**

Broad-spectrum liver support featuring bioavailable phytonutrients to promote healthy liver function and Phase I & II detoxification pathways.* Supports healthy bile flow, skin health, hormone metabolism & energy during detox.*

DOSING · Week 1 — 8 caps/day*

Estro Flavone™

*Hormone Balance**

Natural hormone metabolism support for women and men.* Features DIM (diindolylmethane) to support healthy estrogen pathways and Phase II liver function.* Supports healthy estrogen metabolism, mood, and thyroid function.*

DOSING · Weeks 2–3 — 1–4 caps/day*

Premier Greens Caps

*Daily Alkalizing Greens**

Supports the body's natural alkalinity (pH) and overall wellness.* Organic greens blend supports natural detoxification pathways, liver function, and healthy estrogen metabolism.*

DOSING · Weeks 2–3 — 10 caps/day*

Protocol authored by **Jaime Trent, D.C.** · *Powered by* **Premier Research Labs**

PRLABS.COM

*These statements have not been evaluated by the Food and Drug Administration. Products are not intended to diagnose, treat, cure, or prevent any disease. This guide is for educational purposes only and does not constitute medical advice. Consult your licensed healthcare provider before beginning any detox or supplement program.

PREMIER RESEARCH LABS

RENEW YOU · 21-DAY DETOX JOURNEY

Nutrition, Movement & *Lifestyle Practices*

DAILY SHAKE COMPLEMENTS · PREMIER RESEARCH LABS

Galactan™

*Prebiotic Gut Support**

Great-tasting prebiotic featuring arabinogalactan from the Larch tree. Promotes healthy bowel regularity and GI health.* Supports beneficial GI microflora* and immune function.*

DOSING · Weeks 1–3 — 1 tbsp per shake*

Premier Aminos-FX

Essential Amino Acids

All 9 essential amino acids + Immunell® nucleotides. Supports muscle maintenance,* healthy digestive lining,* and immune function* during detox. Available unflavored or Natural Mixed Berry.

DOSING · Weeks 1–3 — 1–2 scoops/day in shakes*

EPA/DHA Marine Liquid

Omega-3 Essentials

Clay-purified fish oil for heart, brain & healthy inflammation response.* Supports a healthy mood, mental clarity,* and cholesterol levels already in the normal range.* Lemon-flavored, gentle on digestion. Sustainably wild-caught.

DOSING · Daily — 1 tsp per shake*

DR. TRENT'S NUTRITION PROTOCOL · WHAT TO EAT DURING THE 21 DAYS

Daily Shakes *(1–2 min)*

- 1–1½ cups of fruit
- 8–10 oz spring water
- 1 scoop Aminos-FX
- 1 scoop Galactan™
- *Optional:* 1 tsp coconut oil

Protein *(2–4 servings/day)*

- 3–4 oz per serving (palm size)
- Cod, tuna, salmon
- Chicken, eggs
- Grass-fed beef

Buy organic / free-range when possible

Vegetables & Grains

- Unlimited vegetables & salads
- ½ cup cooked lentils
- Brown rice (1–2 servings)
- Dressings: oil & vinegar, balsamic vinaigrette, Dr. Bragg's

Beverages & Oils

- Spring water: 64 oz per day
- Non-caffeinated herbal teas

APPROVED OILS

- Coconut · extra virgin olive
- Flaxseed · fish oil
- Grape seed · sesame

Foods to Eliminate

- Sugar & high-fructose corn syrup
- Trans fats & MSG (often "natural flavors")
- Alcohol & cigarette smoke
- Processed / packaged foods
- Artificial colors & preservatives
- Parabens, phthalates & BPA

This nutritional guidance is designed to support detoxification and is not intended as treatment for any medical condition. Individual needs vary. Consult your healthcare provider with any dietary concerns or pre-existing health conditions before beginning this protocol.

EXERCISE & BODY THERAPIES

Dr. Trent recommends low-impact movement to stimulate lymphatic flow and support elimination throughout the protocol.*

- Aerobics, walking, swimming
- Yoga, Pilates, trampoline

DAILY SAUNA OR STEAM *(highly encouraged)*

- Skin is the body's largest elimination organ
- Fat-soluble toxins are excreted through sweat
- Supports detox efficiency & circulation*

Exercise and sauna recommendations are general wellness guidance. Modify activity level according to individual fitness and health status. Consult your provider before beginning a new exercise program, especially if you have a cardiovascular or other health condition.

WEIGHT & METABOLIC OUTCOMES*

While the protocol's primary focus is supporting healthy organ function, weight loss is a natural and expected side effect as metabolism normalizes.*

- **Typical weight loss:** 8–15 lbs over 21 days*
- Majority is body fat, not lean tissue*
- Those who add exercise may also gain muscle*

WHAT TO AVOID

- Sugar, high-fructose corn syrup, trans fats
- MSG and artificial additives
- Alcohol & cigarette smoke
- Processed / packaged foods
- Non-essential medications (consult your provider)
- Parabens, phthalates, BPA in personal care products
- Pesticides — buy organic when possible

> *"If we take in toxins faster than the body can eliminate them, we are in trouble. Toxins usually do not affect just one system."*
> **— DR. JAIME TRENT, D.C.**

About Premier Research Labs

- Clean, pure ingredients — no artificial colors, preservatives or common fillers
- Whole-food & plant-based nutrients; non-GMO ingredients
- Rigorous safety & purity testing; heavy-metal tested
- Designed to support whole-body health*
- Eco-conscious & sustainable manufacturing
- FDA-monitored cGMP facility; pathogen tested

Important Disclaimers & Disclosures: **These statements have not been evaluated by the FDA. The supplements and nutritional protocol outlined in this guide are not intended to diagnose, treat, cure, or prevent any disease. This guide was authored by Jaime Trent, D.C. for educational and informational purposes only and does not replace consultation with a licensed healthcare professional. If you are pregnant, nursing, taking prescription medications, or have a pre-existing health condition, consult your physician before beginning this or any detox, supplement, or exercise program. Weight loss results referenced are typical outcomes and are not guaranteed; individual results depend on adherence, starting health status, diet, and activity level. Premier Research Labs products are dietary supplements — not recommended for persons under 18 without physician guidance. Keep all supplements out of reach of children.*

© Jaime Trent, D.C. All rights reserved. Reproduction of this protocol guide without written permission is prohibited.