

# Chelating Heavy Metals with Captomer<sup>®</sup>

## Introduction

**Captomer<sup>®</sup>** (meso-2,3-dimercaptosuccinic acid) is an oral chelating substance that has the ability to latch onto toxic as well as essential metals in the body. It then carries these metals out of the body via the urine. Captomer<sup>®</sup> can remove mercury, lead, cadmium, aluminum, nickel, gold, bismuth, and arsenic from the body. Captomer<sup>®</sup> crosses the blood-brain barrier so it will remove these toxic metals from the central nervous system. Since Captomer<sup>®</sup> also carries essential minerals out of the body (especially zinc, iron, and copper), it is important to follow the recommendations below regarding mineral supplementation while taking the Captomer<sup>®</sup> challenge test (it is even *more* important to follow the specific recommendations if Captomer<sup>®</sup> is used for therapeutic removal of toxic metals).

## The Captomer<sup>®</sup> Challenge Test

- 1- Discard the first urine when you wake up in the morning
- 2- Take 500 mg of Captomer<sup>®</sup> on an empty stomach
- 3- Do not consume food for two hours after taking the Captomer<sup>®</sup>
- 4- Collect urine for the next 24 hours, including the first morning urine on the following day
- 5- Follow the instructions in the collection kit concerning mixing, forms, etc....

## For 24 hours preceding and 24 hours during the urine collection:

- 1- Do not take multiple vitamins or mineral supplements of any kind
- 2- Do not take garlic, NAC (N-acetylcysteine), glutathione, taurine, methionine, MSM (methyl-sulfonylmethane), cysteine, or chlorella. These supplements all contain sulfur and will interfere with Captomer's<sup>®</sup> chelating abilities

## Side Effects

Side effects from a single dose of Captomer<sup>®</sup> are usually non-existent. Side effects from prolonged use will occur unless the proper procedures are followed (see "*Treatment of Toxic Metals Using Captomer<sup>®</sup>*"). Rarely seen side effects after a single dose of Captomer<sup>®</sup> include stomach or intestine gas, pain, or distress, dizziness or weakness. These side effects are avoided during long-term therapy by adhering to strict protocols.

# Treatment of Toxic Metals Using Captomer®

## H

heavy metals, such as mercury, lead, cadmium, and arsenic can be chelated (removed) from the body using the supplement known as Captomer®. These toxic metals are then harmlessly removed from the body via the urine. The following protocol should be followed in order to obtain optimal benefit from this treatment while avoiding any side effects from more frequent dosing of Captomer®.

### **Captomer® Dosing:**

500 mg (5 capsules) in the AM 2 hours before food is eaten, taken three times per week with one day in between each dose (e.g., Monday-Wednesday-Friday). **No multiple vitamin or mineral supplements are to be consumed on the days that Captomer® is taken.** These can interfere with the ability of Captomer® to remove toxic metals from the body.

### **Multiple Vitamin/Mineral Dosing:**

This *must* be taken at the prescribed doses on days that Captomer® is *not* consumed (e.g., if Captomer® is taken on Mon-Wed-Fri, the multi vitamin/mineral is taken on Tues-Thur-Sat-Sun. This multiple vitamin, or other minerals you may be supplementing with, is not consumed on Mon-Wed-Fri, the days you are taking Captomer®).

**Males:** *Basic Nutrients V* by Thorne Research, 3 caps 2 x day w/meals

**Females (under 40 yrs. old):** *Nutra-Fem* by Thorne Research, 4 caps 2 x day w/meals

**Females (over 40 yrs. old):** *Meta-Fem* by Thorne Research, 4 caps 2 x day w/meals

This regimen is followed for a minimum of *five weeks* (you will need at least two bottles of Captomer® since each bottle will only last 3 weeks) at which time a repeat Toxic Metal Element urine test is performed to assess the progress of the treatment. Follow the instructions that were given to you when you initially performed this test.