

PHASE 2 DETOX NUTRIENTS

NUTRIENT	FOOD SOURCE
GLYCINE	Beef, chicken, lamb
TAURINE	Fish, meats
GLUTAMINE	Eggs, chicken, fish, beef, cabbage, lentils, beets, beans, spinach, parsley
N-ACETYLCYSTEINE (NAC)	Most meats, garlic, cruciferous vegetables
CYSTEINE	Fish, lamb, beef, chicken
METHIONINE	Sesame seeds, Brazil nuts, chicken, beef, almonds, lentils, brown rice