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Magnesium Thiosulfate Titration

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Overview

This is a light version of the [Urea Nitrate Detox](#). See this page for more information.

The Urea Detox titration uses a ramped dosage of Magnesium Thiosulfate to restore metabolic reserves.

Here is the protocol schedule. The schedule ends when you reach saturation. Saturation is indicated by a loose-sulphur smelling stool. This event indicates that your body has replenished reserves. STOP the schedule at this time. Saturation usually occurs between 3 and 15 days.

One half of the saturation dose becomes your maintenance level. Ongoing use of the maintenance level will prevent recurrence of the deficiency. If you experience sulfur-stool using the maintenance dose, then reduce that amount by half again.

	<70	90-175	176+
	Droppers (breakfast / lunch)		
Day 1	2 / 2	4 / 4	6 / 6
Day 2	2 / 2	5 / 5	7 / 7
Day 3	3 / 3	6 / 6	8 / 8
Day 4	3 / 3	7 / 7	9 / 9

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Day 5	4 / 4	8 / 8	10 / 10
Day 6	4 / 4	9 / 9	11 / 11
Day 7	5 / 5	10 / 10	12 / 12
Day 8	6 / 6	11 / 11	13 / 13
Day 9	6 / 6	12 / 12	14 / 14
Day 10+	7 / 7	13 / 13	15 / 15

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