



Oral DMSA Information & Provocation Instructions

Chelation is useful to both draw out heavy metals and toxins from your body and to improve the function of vital organs like the heart and brain. Chelation is generally well tolerated and is safe and effective. Chelation therapy is currently approved by the FDA for heavy metal poisoning.

In the past 50 years, it has been used worldwide to reduce toxic body burden, improve circulation and reverse degenerative diseases such as atherosclerosis, heart disease, dementias, and arthritis. It may even reduce cancer risk and play a significant role in helping to excrete heavy metals that accumulate from exposure to mercury dental amalgams or environmentally.

DMSA (meso-2,3-dimercaptosuccinic acid) is a substance that binds/chelates heavy metals to promote their excretion. It has a high affinity for lead, mercury, and arsenic. DMSA has been shown to be particularly effective at removing mercury that has deposited in the brain. We are exposed to mercury and other heavy metals via our food, vaccines, fossil fuel combustion, dental amalgams, paint, cigarette smoke, tap water, and many other sources. Elevated mercury has been linked to many conditions such as autism, Alzheimer's disease, and autoimmune conditions, as well as impaired neurotransmitter uptake and release.

Contradictions to chelation therapy are active liver or kidney disease, pregnancy or breastfeeding, and a known allergy to one of the chelating agents. If you have an allergy to Sulphur, please let your doctor know, as DMSA is a related Sulphur compound and may show cross reactivity. Severe allergy is rarely seen and your doctor will monitor you throughout your chelation process to prevent any possible complications.

Uses

- Heavy metal toxicity (mercury, lead, arsenic)
- Alzheimer's disease
- Autism
- Autoimmune conditions

Side Effects

Common

- Nausea
- Diarrhea
- Skin rash
- Irritability
- Fatigue
- Achey joints
- Abdominal cramping, gas, bloating
- Headache

Rare

- Allergic reaction
- Vision changes
- Renal complications

***Temporary reactions from chelation therapy are normal. Reactions are usually due to the metals being mobilized in the system and not to the DMSA itself, as it is inert in the body. These effects are rarely serious or result in complications, but they may indicate a need to appropriately modify your chelation program and should be reported to your doctor.*

Protocol for DMSA Provocation Challenge

1. Stop all non-essential medications and multi-mineral supplements 24 hours before administration of DMSA. Fish and shellfish should be avoided for 1 week minimum prior to the challenge.
2. **Baseline urine sample:** Collect first morning urine sample before taking oral DMSA. Required are 10ml of urine for testing. Label sample with name, date, and collection time. Store in fridge.
3. **Provoked urine sample:** Take 20-30mg/kg body weight (no more than 2g) as a single DMSA oral dose with one glass of water (100ml) on an empty stomach.
4. All urine is to be collected for the following 6 hours immediately after oral DMSA dose. It is preferable that urine remains in the bladder for the duration of the 6 hour collection time.

