

# Supplementation with activated zeolite suspension helps remove heavy metal toxins due to chronic, employment-related exposure (WV Coal Miner Study)

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**Abstract:** Effective treatment (such as chelation therapy) of chronic illness resulting from the long-term buildup of heavy metals in the body due to chronic, employment-related exposure presents numerous clinical challenges, including undesirable side effects and unpredictable efficacy. Use of a naturally occurring zeolite, clinoptilolite, to remove these toxic substances may offer an efficacious and safe alternative to the traditional approaches.

This study was designed to evaluate the ability of activated clinoptilolite suspended in water (ACS) to remove heavy metals from the body through urinary excretion. Initial heavy metal levels were established using hair, saliva and urine. The protocol utilized two treatment groups, each consisting of otherwise healthy men with chronic, employment-related exposure to heavy metals. Forty volunteers (Group 1) were given a 90 day supply of ACS, while 10 volunteers (Group 2) were given a 90-day supply of the placebo.

**Results:** Changes in urinary concentration of the heavy metals were measured by inductively coupled plasma mass spectrometry and compared to the baseline. Participants in both groups had increased concentrations of heavy metals in the urine with the peak excretion at around day 4. For those on the ACS, the excretion levels went up 9 fold over baseline within a week and stayed that way for the entire time of the study. For the placebo subjects, there was no change from baseline excretion.

**Conclusion:** This study demonstrates that the daily use of an activated clinoptilolite suspension (ACS) represents a potentially safe and effective way to remove toxic heavy metals from the body through increased urinary excretion.

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