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DMSA Protocol

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Important Warning

This information is only for patients of Michael Cheikin MD. Risk of serious injury if utilized without proper ongoing medical supervision.

DMSA (dimercapto succinic acid) is a chelating agent that has preferred affinity for lead (Pb) and mercury (Hg). When taken orally or by IV, it helps remove Pb and Hg from deep within the body ("body burden"). We accumulate these toxic heavy metals over our lives, probably starting in the womb. Most cities remain supplied by lead (Pb) pipes. Mercury is in the air, fish and other sources. There are additional toxic metals such as Arsenic and Cadmium that DMSA can also help remove. You can learn more about these topics by searching on cohlife.org after logging in as a patient.

Procedure:

1. You will only take DMSA Thursday-Saturday nights at bedtime.
2. Minerals that you take at bedtime (such as magnesium or zinc) should be moved to dinner time on Thursday to Saturday to give at least three hours before the bedtime dose of DMSA. DMSA can pull out good minerals such as zinc, selenium and iron. Moving the minerals to dinnertime avoids this problem.
3. You will begin with one pill of DMSA (usually 25 mg) nightly for Thursday-Sat. If all goes well, then the following week you will increase to two pills Thurs-Sat. Keep going up weekly until you are taking 4 pills at bedtime or you hit your limit at 1-3 pills.
4. By "pulsing" the DMSA three-days-on, four days-off, you may notice some changes that occur during the on or off periods. If so, note these effects for the next visit. These can be positive or negative.
5. Positive effects of heavy metal detox can include better sleep, energy, mood, brain function, skin, pain or other effects. Negative effects of heavy metal detox can look like fatigue, fog, sleep disturbance, rash, changes in bowel pattern, and other symptoms.
6. If you get constipated while taking DMSA, increase water, vitamin C and magnesium, or reduce the dose until you are not constipated. You may NOT be constipated while taking DMSA.
7. You will continue this protocol, with periodic adjustments during office visits, until your tests are negative and/or the goals of treatment have been met.

Any questions or concerns: A) Stop or reduce DMSA until you have a visit or call the office or doctor, B) Call office or hotline.