Zeolite

QUESTION: Is Zeolite an antioxidant?

ANSWER: *"**Yes, zeolite is a potent antioxidant.** It combats oxidative stress through a unique mechanism that differs from traditional antioxidants like vitamins C and E. Instead of stabilizing free radicals by donating an electron, **zeolite traps and neutralizes free radicals within its porous molecular structure**, permanently deactivating them.*

Additionally, zeolite enhances the body's overall antioxidant capacity by:

- ***Activating endogenous antioxidant enzymes**, such as superoxide dismutase (SOD), catalase, and glutathione peroxidase.*

- ***Reducing lipid peroxidation** and lowering levels of reactive oxygen species (ROS).*

- ***Removing pro-oxidant toxins**, including heavy metals and mycotoxins, which prevents the formation of new free radicals.*

Clinical studies on humans and animal models have demonstrated that zeolite supplementation significantly increases blood levels of antioxidant enzymes and reduces markers of oxidative damage."

QUESTION: How long does zeolite remain effective in a human body?

ANSWER: *"Zeolite itself is **not absorbed** into the bloodstream. It acts exclusively in the GI tract and is **excreted within 6–8 hours** via urine and feces. It does not bio-accumulate.*

*Because it's so short-lived, its effects are also **transient** and depend on continuous dosing:*

- ***Heavy metal binding:** Peak urinary excretion of bound metals occurs around **day 4** of daily use.*

- ***Gut barrier / antioxidant enzyme effects:** Required **~12 weeks** of daily supplementation to show measurable changes (e.g., 30% reduction in zonulin).*

- ***Lipid effects:** Reversed to baseline within **6 weeks** of stopping.*

*In short, the mineral clears in under a day, and any systemic benefit stops once you stop taking it. This is why practitioners typically recommend **cycling** (e.g., 4–12 weeks on, 1–2 weeks off) rather than a single dose providing lasting protection."*

(Brave Search. 24Nov'26)


