This Clinic Claims It Can Detox Plastics From Your Blood

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It sounds like the plot of a near-future wellness thriller: a chic longevity clinic promises to remove microplastics from your bloodstream.

But it’s not science fiction—it’s the bold claim of **Clarify**, a new London-based startup marketing itself as the world’s first clinical detox center for microplastics and nanoplastics.

In a world where microplastics have been detected in human blood, brains, placentas, breast milk, semen, livers, and even arteries, Clarify’s premise hits a nerve: we’re all contaminated, and we’re still not sure what that means for our health. But does this detox deliver?

What Clarify Is Offering

According to its **website** and a recent feature in ***Wired***, Clarify offers a procedure called Clari that aims to filter harmful substances like microplastics, forever chemicals, and inflammatory proteins from the blood. The process involves apheresis—a technique in which plasma is separated from red and white blood cells. The plasma is then passed through a CE-marked filtration column designed to capture these contaminants. Once filtered, the clean plasma is recombined with the patient’s blood cells and returned to the body.

Unlike therapeutic plasma exchange (TPE), Clarify states that it does not add any new compounds or replacement fluids during the process. This approach, they claim, helps retain the patient's immune balance, electrolytes, clotting factors, and cell-signaling molecules.

Prices start at $12,636.

The Science—Or Lack Thereof

Clarify positions itself as part of the longevity and personalized medicine movement, tapping into biohacking culture and real anxieties about plastic exposure. But experts in toxicology and environmental health caution that while the presence of plastics in the human body is well-documented, there's currently no peer-reviewed research proving that IV detox regimens can remove them effectively—or safely. In fact, a 2025 study from the **American Chemical Society** revealed that medical infusion bags themselves can be a source of microplastic contamination, leaching particles into the bloodstream during treatment. This adds another layer of complexity and concern to the idea of using IVs as a detox method for plastics.

Microplastics don't behave like heavy metals or toxins that we already know how to chelate. They're structurally diverse and may embed into tissues. Promising to scrub them from the blood may oversimplify a complex biological challenge.

What You Should Know About Detoxing Plastics

We're not here to dunk on innovation—especially when it's driven by the desire to solve modern health challenges. But in the Super Age, we approach longevity with curiosity, clarity, and care.

Here’s what you should consider before booking a microplastic detox session:

1. **Ask for Evidence:** Has the clinic published any scientific data? Are the results replicable, reviewed, and grounded in biology?
2. **Watch for Wellness Theater:** Slick branding and biomarker buzzwords don’t always equal proven outcomes. Look past the aesthetics and into the protocols.
3. **Support Your Natural Detox Systems:** The liver, kidneys, and gut microbiome already do the work of filtering toxins. Sleep, movement, hydration, and a diverse plant-forward diet can help these systems perform at their best. There’s also some small research on sauna and detoxing.
4. **Stay Informed, Not Fearful:** Microplastics are a real concern—but that doesn’t mean every shiny solution is the answer. Stay curious. Ask questions.

Clarify might be tapping into a future frontier of environmental medicine—or it might be selling us the illusion of control. Either way, its existence tells us something else: environmental detox as luxury wellness is big business. And we’ll all need to be well-informed to navigate through what works and what’s just snake oil.

At Super Age, we don’t chase trends. We seek truth. And when it comes to getting rid of microplastics in the blood, the science isn’t settled, but the conversation is just getting starting.

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