

## Para Cleanse 18-Day Chart

Use either Black Walnut Tincture <b>OR</b> Black Walnut Capsules, not both, in addition to Wormwood and Cloves.					
	BLACK WALNUT TINCTURE	OR	BLACK WALNUT CAPSULES	WORMWOOD Labeled as Super W Blend or Wormwood Blend	CLOVES
DAY	Take once a day on an empty stomach, at least 13 minutes before a meal. Put drops in 1/2 cup of water.		Take once a day on an empty stomach, at least 13 minutes before a meal. Open 1 capsule to get pinches of powder. Take with water.	Take once a day on an empty stomach, at least 13 minutes before a meal or with a meal if you have a sensitive stomach	Take on an empty stomach, at least 13 minutes before a meal or with a meal if you have a sensitive stomach.
1	1 Drop †		1 Pinch of powder	1 Capsule	1 Capsule 3 times a day
2	2 Drops		2 Pinches of powder	1 Capsule	2 Capsules 3 times a day
3	3 Drops		3 Pinches of powder	2 Capsules	3 Capsules 3 times a day
4	4 Drops		4 Pinches of powder	2 Capsules	3 Capsules 3 times a day
5	5 Drops		1 Capsule	3 Capsules	3 Capsules 3 times a day
6	2 Teaspoons ‡		5 Capsules	3 Capsules	3 Capsules 3 times a day
7	NONE		NONE	4 Capsules	3 Capsules 3 times a day
8	NONE		NONE	4 Capsules	3 Capsules 3 times a day
9	NONE		NONE	5 Capsules	3 Capsules 3 times a day
10	NONE		NONE	5 Capsules	3 Capsules 3 times a day
11	NONE		NONE	6 Capsules	7 Capsules all at once
12	NONE		NONE	6 Capsules	NONE
13	2 Teaspoons ‡		5 Capsules	7 Capsules	NONE
14	NONE		NONE	7 Capsules	NONE
15	NONE		NONE	7 Capsules	NONE
16	NONE		NONE	7 Capsules	NONE
17	NONE		NONE	NONE	NONE
18	NONE		NONE	NONE	7 Capsules all at once
Seven days after Day 18, take each product once per week. Refer to the Para Cleanse Maintenance Program.					

† 1 drop of Black Walnut Tincture = 1 single droplet, not a dropper-full of tincture

‡ If you weigh more than 150 lb (68 kg), take 2.5 teaspoons of Black Walnut Tincture instead of 2 teaspoons.

## Para Cleanse Plus Program

Follow the 18-day chart above for Black Walnut Hull, Wormwood, and Cloves. Take Raz-Caps and Tape ParaKil Oil, as follows, either during the 18-day cleanse protocol or after you have completed the 18-day protocol. You can continue to take them while you are on the weekly Para Cleanse Maintenance Program.

### RAZ-CAPS

For adults and children 12 years and over, for 8 consecutive days, take 4 capsules 3 times a day with a meal.

### TAPE PARAKIL OIL

For adults over 18 years, put 14† drops total of Tape ParaKil Oil into an empty capsule. Take immediately. Alternatively, you can put the drops on a small piece of bread and eat it immediately. **Do not put drops directly in your mouth.**

† If you weigh 200 lb (91 kg) or more, put 21 drops of Tape ParaKil Oil into an empty capsule.

Take Tape ParaKil Oil 2 times a day for 3 consecutive days. Best if taken on an empty stomach, at least 13 minutes before a meal.	
DAY 1	14 Drops in an empty capsule 2 times a day
DAY 2	14 Drops in an empty capsule 2 times a day
DAY 3	14 Drops in an empty capsule 2 times a day



## Para Cleanse Maintenance Program

The Para Cleanse Maintenance Program delivers the greatest benefits if you take it on a consistent basis. **Stay on the weekly Para Cleanse Maintenance Program indefinitely, as suggested by Dr. Clark, or at least a minimum of 4 weeks.** The initial 18-day cleanse delivers only about 10% of the full benefit of the Para Cleanse. The Maintenance Program, taken weekly, will give you a better indication of what this cleanse can do for you.

Take these herbs once per week on an empty stomach, at least 13 minutes before eating. Try to take all three herbs in one sitting. If some capsules get stuck in your esophagus, eat a bite or two of bread.				
Use either Black Walnut Tincture <b>OR</b> Black Walnut Capsules, not both, in addition to Wormwood and Cloves.				
BLACK WALNUT TINCTURE	OR	BLACK WALNUT CAPSULES	WORMWOOD Labeled as Super W Blend or Wormwood Blend	CLOVES
2 Teaspoons ‡		5 Capsules all at once	7 Capsules all at once	7 Capsules all at once

‡ If you weigh more than 150 lb (68 kg), take 2.5 teaspoons of Black Walnut Tincture instead of 2 teaspoons.

## Para Cleanse High Dose Program

Do this program every two to three months in place of the Maintenance Program. **Do not substitute the High Dose Program for the initial 18-day Para Cleanse.** For someone ill with flukes, the die-off effects are too intense at these dosages.

Take for 3-5 days in a row for 3-5 weeks.					
You may take these herbs at different times in the day or all together.					
Use either Black Walnut Tincture <b>OR</b> Black Walnut Capsules, not both, in addition to Wormwood and Cloves.					
	BLACK WALNUT TINCTURE	OR	BLACK WALNUT CAPSULES	WORMWOOD Labeled as Super W Blend or Wormwood Blend	CLOVES
WEEK	Take 2 times per day on an empty stomach, at least 13 minutes before a meal.		Take once per day on an empty stomach, at least 13 minutes before a meal.	Take once per day on an empty stomach, at least 13 minutes before a meal.	Take 3 times per day on an empty stomach, at least 13 minutes before a meal.
1	30 Drops 2 times a day		1 Capsule a day	7 Capsules all at once	3 Capsules 3 times a day
2	30 Drops 2 times a day		1 Capsule a day	7 Capsules all at once	3 Capsules 3 times a day
3	30 Drops 2 times a day		1 Capsule a day	7 Capsules all at once	3 Capsules 3 times a day
You can stop after 3 weeks if you feel no effects so far.					
4	30 Drops 2 times a day		1 Capsule a day	7 Capsules all at once	3 Capsules 3 times a day
5	30 Drops 2 times a day		1 Capsule a day	7 Capsules all at once	3 Capsules 3 times a day

Continue to take Ornithine at bedtime as needed.

**USAGE WARNING:** Consult a healthcare professional before starting the Para Cleanse if taking medication, or if you have a medical condition. Do not take the Para Cleanse if you are pregnant, nursing, or below the age of 18 without consulting with a healthcare professional first. If you have adverse reactions or other symptoms, discontinue taking the cleanse and seek advice from a qualified healthcare professional.

**\*DISCLAIMER:** The statements within have not been evaluated by the Food and Drug Administration. Our products are not intended to diagnose, treat, cure or prevent any disease. Although some of us or our customers may be interested in the research and statements of Dr. Hulda Clark, this company does not adopt any health or disease related claims based on her work or otherwise. The directions are provided for educational purposes only and should not be treated as a substitute for the medical advice from your healthcare professional. The cleanses are for adults only. We do not recommend anyone under 18 years to go through the cleanses. However, the Para Cleanse may be suitable for children, but only under guidance of a healthcare professional. If you are taking any medications, you should check with your physician or pharmacist to see if there may be any interactions before consuming the cleanse products.



## Para Cleanse for Children

We do not recommend you give the Para Cleanse to anyone under 18 years old, but the cleanse may be suitable for children **under the guidance of a health professional**. Recommended doses from health professionals should not exceed the chart below for safety reasons. Never give the cleanse to ill children. Use it only to maintain good health. Keep a close watch on children using the cleanse program. Niacinamide (not included) is optional. It helps detoxify the alcohol in the Black Walnut Tincture, and it may cause the skin to become temporarily flushed. Always contact a health professional if unusual conditions arise, including fever. **Never give essential oils, like Tape ParaKil Oil, to children.**

## Maximum Levels for Wormwood and Cloves

Using the Para Cleanse 18-Day Chart for adults, follow the dosage for Wormwood and Cloves up to the day that corresponds to the child's age. For instance, a 4-year-old child would follow the Para Cleanse chart from day 1 through 4, then stop. **It is not advisable for children to be on the Para Cleanse Maintenance Program.** Give to children for the purpose of seasonal cleansing only. **WARNING:** Capsules are a choking hazard for young children. Open capsules when appropriate and give contents in powdered form in food such as apple sauce.

## Maximum Levels for Black Walnut Hull

Using the Para Cleanse 18-Day Chart for adults, follow the dosage for Black Walnut Hull up to the day that corresponds to the child's age. For instance, a 4-year-old child would follow the Para Cleanse chart from day 1 through 4, then stop. Use the chart below for the maximum dosage of Black Walnut Hull.

Use either Black Walnut Tincture <b>OR</b> Black Walnut Capsules, not both. Use Niacinamide only with Black Walnut Tincture.				
AGE	BLACK WALNUT TINCTURE	OR	BLACK WALNUT CAPSULES	NIACINAMIDE If using Black Walnut Tincture
Under 6 months	0.25 Teaspoon		0.75 Capsule	50 mg
6 months to 5 years	0.5 Teaspoon		1.5 Capsules	50 mg
6 to 10 years	1 Teaspoon		2.5 Capsules	100 mg
11 to 16 years	1.5 Teaspoons		3.75 Capsules	500 mg

## Para Cleanse for Pets

The following dosages are based on a 10 pound (5 kg) cat or dog. Increase dosages accordingly using this base measurement (double for a 20 pound dog/cat, triple for a 30 pound dog/cat, etc.), but always start with 1 drop/pinch and increase by 1 drop/pinch per day if animal weighs more than 10 pounds. **Treat cats twice per week. Treat dogs daily.**

Mix herbs directly into food. Do not force your pet to eat the herbs. Go slowly so the pet will learn to eat it, introducing a new herb weekly over four weeks. Treating your dog or cat beyond five weeks is optional.

## Making Parsley Tea

Rinse 2 bunches of fresh parsley. Boil parsley in ½ quart (½ liter) of water for 3 minutes. Strain and pour into ice trays and freeze. For convenience, make each ice cube contain the correct dose of Parsley Tea based on the weight of your pet. Discard the used parsley. For convenience, we sell Parsley Capsules. You can use the powdered contents from the Parsley Capsules instead of making the Parsley Tea.

Use either Black Walnut Tincture <b>OR</b> Black Walnut Capsules, not both, in addition to Parsley, Wormwood and Cloves.						
	PARSLEY	BLACK WALNUT TINCTURE	OR	BLACK WALNUT CAPSULES	WORMWOOD	CLOVES
WEEK	Use Parsley Tea <b>OR</b> Parsley Capsules once a day mixed in food.	Use once a day mixed in food.		Use once a day mixed in food.	Use once a day mixed in food.	Use once a day mixed in food.
1	1 Teaspoon Parsley Tea <b>OR</b> 1 Pinch of powder from Parsley Capsules per 10 pounds	NONE		NONE	NONE	NONE
2	1 Teaspoon Parsley Tea <b>OR</b> 1 Pinch of powder from Parsley Capsules per 10 pounds	1 Drop per 10 pounds		1 Pinch of powder per 10 pounds	NONE	NONE
3	1 Teaspoon Parsley Tea <b>OR</b> 1 Pinch of powder from Parsley Capsules per 10 pounds	1 Drop per 10 pounds		1 Pinch of powder per 10 pounds	1 Pinch of powder per 10 pounds	NONE
4	1 Teaspoon Parsley Tea <b>OR</b> 1 Pinch of powder from Parsley Capsules per 10 pounds	1 Drop per 10 pounds		1 Pinch of powder per 10 pounds	1 Pinch of powder per 10 pounds	1 Pinch of powder per 10 pounds
5 and onward	1 Teaspoon Parsley Tea <b>OR</b> 1 Pinch of powder from Parsley Capsules per 10 pounds	1 Drop per 10 pounds		1 Pinch of powder per 10 pounds	1 Pinch of powder per 10 pounds	1 Pinch of powder per 10 pounds