

BEGINNER

	WAKE UP	MORNING	NOON	EVENING	BEDTIME
Para 1	2 🍯				2 🍯
Para 2	2 🍯				2 🍯
Para 3		10 🍯	10 🍯	10 🍯	
BioToxin Binder		1 🍯	1 🍯	1 🍯	

INTERMEDIATE

	WAKE UP	MORNING	NOON	EVENING	BEDTIME
Para 1	4 🍯				4 🍯
Para 2	4 🍯				4 🍯
Para 3		20 🍯	20 🍯	20 🍯	
BioToxin Binder		2 🍯	2 🍯	2 🍯	

Return to your regular dosing until the next full moon

ADVANCED

	WAKE UP	MORNING	NOON	EVENING	BEDTIME
Para 1	6 🍯				6 🍯
Para 2	6 🍯				6 🍯
Para 3		40 🍯	40 🍯	40 🍯	
BioToxin Binder		4 🍯	4 🍯	4 🍯	

Return to your regular dosing until the next full moon

# Para Kit



The supplements in this kit provide key herbs and nutrients to support the body's natural ability to detoxify during a full moon.\* These ingredients also support digestion, intestinal health, and immunity.\*



\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## WHY CLEANSE DURING A FULL MOON?

The full moon is one of the best times to cleanse and increase your gut and immune support. This is because your melatonin levels naturally drop from the brightness of the moon, which can suppress immunity and aggravate existing symptoms.

Mimosa Pudica Seed, black walnut, clove, holy basil, and neem team up to support intestinal health, strengthen immunity, and encourage the removal of unwanted elements during a full moon.

There are 13 full moons every calendar year, which means 13 opportunities to take control of your health and experience greater levels of well-being.



### NEW TO THE PARA KIT

If you're new to the challenge, **always start with the beginner dosing and 3-day length.** Jumping into higher doses for longer periods of time right away may cause or worsen undesirable symptoms.

It's recommended to do at least one round of beginner dosing at the 3-day length before increasing to the intermediate or advanced dosing and the 5-day or 7-day length. Return to your regular dosing after you've completed the challenge.



### DON'T FORGET ABOUT DRAINAGE

It's crucial that all of your body's elimination pathways are open and functioning optimally before starting a cleansing protocol.

During the challenge, it's recommended to continue taking lymphatic or intestinal moving herbs. This gives unwanted elements a clear exit out of your system and prevents them from being reabsorbed into the body.



### ALWAYS LISTEN TO YOUR BODY

These recommendations are guidelines.

If you've already completed a few rounds of the Para Kit, feel free to modify the dosing based on your body's needs.

You can mix and match dosing and lengths. For example, you can do the beginner dosing with the advanced length (7 days). Or you can do the advanced dosing with the beginner length (3 days).

**Important:** Always pay attention to your digestion, energy levels, mood, and how you feel overall. If you experience discomfort while using this kit, please call 1-866-902-1525 to speak with our customer support team for additional guidance.



### CHOOSE YOUR CHALLENGE LENGTH

You can do the Para Kit for 3, 5, or 7 days.

Choose from beginner, intermediate, or advanced dosing for each length of time.

	3 DAYS BEFORE	2 DAYS BEFORE	1 DAY BEFORE	FULL MOON	1 DAY AFTER	2 DAYS AFTER	3 DAYS AFTER
Beginner			◯	◯	◯		
Intermediate		◐	◯	◯	◯	◑	
Advanced	◐	◑	◯	◯	◯	◑	◐



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PK0180-V01