



Quick ParaZap Cleanse

Optional directions based on the protocols of Dr. Hulda Clark.

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Cleanse Directions

Always take capsules on an empty stomach at least 13 minutes before a meal, according to the chart below or as directed by a healthcare professional. For doses with more than 1 capsule, try to take each capsule one after the other. **Note that during days 13 through 17, you will not take any capsules.**

DAY 1	1 capsule	DAY 5-6	12 capsules
DAY 2	2 capsules	DAY 7-12	14 capsules
DAY 3	3 capsules	DAY 13-17	0 capsules
DAY 4	6 capsules	DAY 18	14 capsules

Now begin the once weekly **Maintenance Program** according to the chart below. Take your first Maintenance dose 7 days after completing the initial 18-day cleanse.

ONCE A WEEK	14 capsules
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It's highly recommended that you continue the weekly Maintenance Program for a minimum of 4 weeks to get the most benefits from the cleanse. You may want to consider staying on the Maintenance Program for up to a year or even indefinitely to keep re-exposure to a minimum.*

You will need to purchase another Quick ParaZap Cleanse to complete the Maintenance Program.

To optimize Dr. Hulda Clark's complete Quick Cleanse protocol, do all four cleanses in this order:

- 1 Quick Digestive Aid
- 2 Quick ParaZap Cleanse
- 3 Quick Kidney Cleanse
- 4 Quick Liver Cleanse

In 2008, Dr. Clark was asked to formulate cleanses that could be taken more conveniently. The Quick Cleanses are what she came up with. The Quick ParaZap Cleanse is a readymade blend of natural ingredients traditionally used to balance microorganisms.*

The Quick ParaZap Cleanse is an alternative to the original Dr. Clark Para Cleanse. However, keep in mind that the original cleanse is more thorough and more potent.

Usage Warning: Consult with a healthcare professional before starting this cleanse if you are taking any medication or if you have a medical condition. This product is not recommended for individuals who are pregnant, nursing, or under age 18. If any severe reactions occur, stop taking this product and consult with a healthcare professional.

Company does not adopt any Dr. Clark Claims.

*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.