



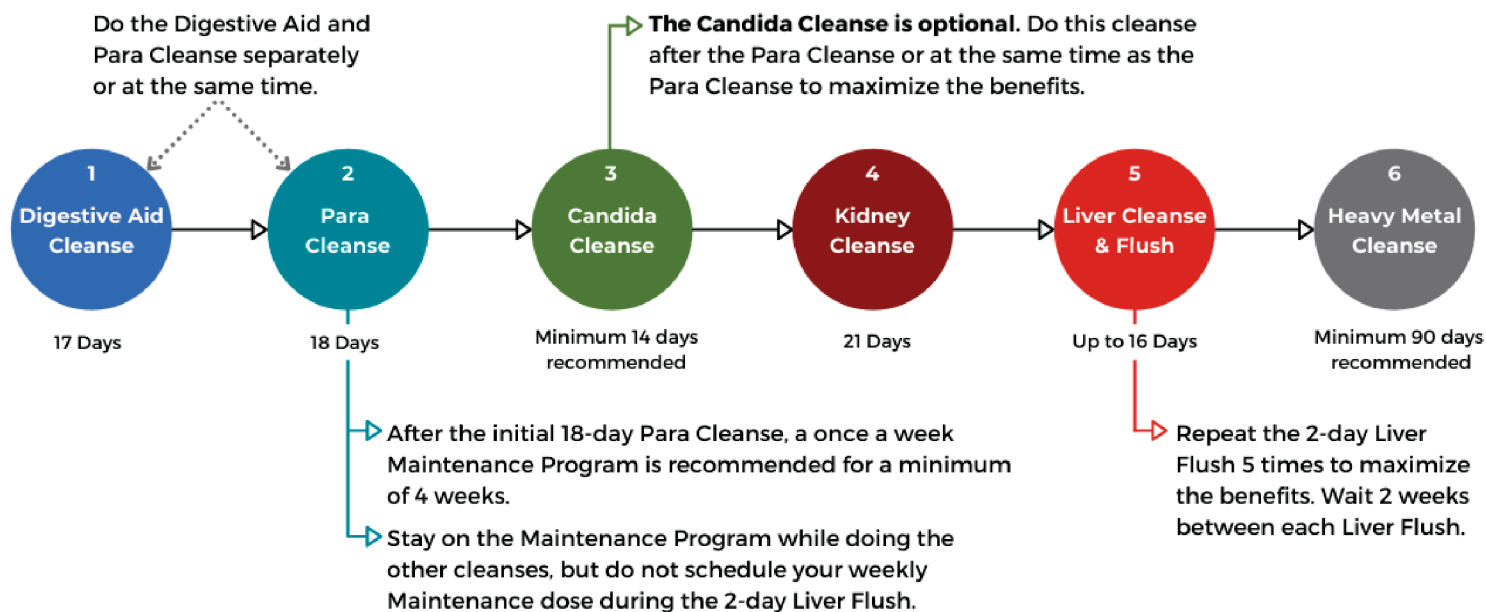
The Liver & Gallbladder Cleanse and Flush is a two-part cleansing protocol: Liver Support Tea (Part 1) and the 2-day Liver Flush (Part 2). One of the most fantastic cleanse protocols of Dr. Hulda Clark's is the Liver Flush, but you should never attempt this when constipated.

For the best results, drink the Liver Support Tea for 1 to 2 weeks before doing the Liver Flush. Consider doing a total of 5 Liver Flushes with a resting period of 2 weeks between each Flush. You can continue to stay on the weekly Para Cleanse Maintenance Program during the Liver & Gallbladder Cleanse, but refrain from taking your Maintenance dose during the 2-day Liver Flush.

If you decide to follow Dr. Clark's directions herein, please keep in mind that although it is best to stay as close to the schedule as possible, if you miss a day or two you can simply pick up where you left off. If you need help, please contact us for clarification of cleanse directions, but please note that we cannot give medical advice of any sort.

Cleanse Flowchart

The following is a suggested sequence for those completing the full Dr. Clark cleanse protocol.



Everything you eat, drink, breathe, and absorb through your skin is purified and detoxified in your liver. Every day your body is being polluted by harmful chemicals, and what your body doesn't eliminate ends up getting stored in your body, including inside the liver. Dr. Clark's Liver & Gallbladder Cleanse helps to lighten the load on your liver and gallbladder with a systematic cleanse that helps to maintain your liver's vitality.*

How Does Your Liver Function?

It is the job of the liver to make bile, 1 to 1 ½ quarts (1 liter to 1 ½ liter) per day. The liver is full of biliary tubes that deliver the bile to the common bile duct. The gallbladder is attached to the common bile duct and acts as a storage reservoir for bile, which aids in the breakdown of proteins and fats. Eating fat or protein triggers the gallbladder to squeeze itself empty after about 20 minutes, and the stored bile finishes its trip down the common bile duct to the intestine.

The biliary tubes in a healthy liver allow the bile to flow with minimum restriction into the common bile duct. The Liver Support Tea and Liver Flush may help you maintain healthier and cleaner bile ducts, encouraging good flow.*

How Often Should You Perform the Liver Flush?

This depends on the toxins you eliminate. Initially, you may repeat the Flush at two-week intervals. This allows your organs to get enough rest in between. After your initial Flushes, a quarterly or semi-annual Flush may be enough.

Cleaning Your Liver

Your body produces and eliminates waste every second. You can see your body releasing toxins in four different ways, through: 1) lungs by breathing; 2) skin by perspiring; 3) kidneys by passing urine; 4) large intestine by bowel movements.

Your liver is the biggest and most important organ in your body. It has everything to do with how you live - that's why it's called the liver. Your liver condition can determine how long you will live and how well you look and feel.

You have two main filters for detoxification. The first one is your liver. Your blood carries nutrients and waste from the digestive system through your liver filter. Your liver breaks down the toxins and absorbs the nutrients. Your blood travels out of your liver, partly clean, into your kidneys, your second main filter. Your kidneys keep the nutrients in the bloodstream but relieve toxins through urination.

Are You Nervous About the Liver Flush?

Here are a few simple ways to gain courage to flush out your liver and gallbladder.

1) Test how you react to Epsom Salt (Magnesium Sulfate)

If you have Magnesium Sulfate capsules, take 1 capsule daily and increase the dose by 1 capsule per day until you are taking 15 capsules. If you have Epsom Salt crystals, take 1 teaspoon dissolved in ¾ cup cold water and increase the dose daily by no more than 1 teaspoon until you're taking 3 teaspoons. Do not take more than 3 teaspoons at once. You can stop this practice run at any time.

2) Test how you react to Olive Oil

Take 1 tablespoon of Olive Oil with 1 tablespoon of freshly pressed, cold, grapefruit or lemon juice. Increase the dose by 1 tablespoon daily, as follows.

DAY 1	Drink 1 tablespoon olive oil mixed with 1 tablespoon grapefruit or lemon juice.
DAY 2	Drink 2 tablespoons olive oil mixed with 2 tablespoons grapefruit or lemon juice.
DAY 3	Drink 3 tablespoons olive oil mixed with 3 tablespoons grapefruit or lemon juice.
DAY 4	Drink 4 tablespoons olive oil mixed with 4 tablespoons grapefruit or lemon juice.

You can stop this practice run after 4 days or continue for longer if you like. You do not need to exceed 8 days.

DAY 5	Drink 5 tablespoons olive oil mixed with 5 tablespoons grapefruit or lemon juice.
DAY 6	Drink 6 tablespoons olive oil mixed with 6 tablespoons grapefruit or lemon juice.
DAY 7	Drink 7 tablespoons olive oil mixed with 7 tablespoons grapefruit or lemon juice.
DAY 8	Drink 8 tablespoons olive oil mixed with 8 tablespoons grapefruit or lemon juice.

3) Read about other people's experiences online

Search "Liver Flush" in your browser.

Precautions – Please read thoroughly before attempting the Liver Cleanse & Flush

The Liver Flush is generally safe for people in reasonable health and without complicating factors.* Consuming fatty foods may carry a comparable risk. Regardless, please adhere to the following precautions. This information is not intended to replace the advice and treatment from a healthcare professional who specializes in the treatment of diseases. **Do not perform the Liver Flush when constipated.** Get the bowels moving regularly first. If you experience occasional constipation, you can take the Dr. Clark Digestive Aid Cleanse and Para Cleanse, both of which help to regulate the bowels.* If you are chronically constipated, please consult with your healthcare professional. Once your bowels are moving regularly, for best results, do the Dr. Clark Kidney Cleanse and the Liver Support Tea before you start the Liver Flush. You want your kidneys, bladder, and urinary tract in top working condition so they can efficiently remove any undesirable substances absorbed from the intestine as the bile is being excreted.

Do not Flush when ill. Consult with your healthcare professional to get an X-ray and CT scan before doing the Liver & Gallbladder Flush if you suspect you have an obstructed bile duct or gallstones.

Please follow the detailed directions in this kit. If you change these recipes, you may experience problems. The liver is quite sensitive. If you plan to make changes, be sure to seek the assistance of a qualified healthcare professional.

Do not take medications, vitamins or supplements that you can do without during the Flush. They could prevent success. Make sure you check with your physician before stopping your medications.

If you are taking medications, ask your physician about possible drug interactions prior to the Flush. Ask about known interactions to the items in the Liver Cleanse kit.

The Flush is only for individuals over 18 years of age. Although individual use on the product labels suggests that it can be used for adults and children 12 and over, for safety we do not recommend anyone under 18 years to go through any of the cleanses, except the Dr. Clark Para Cleanse modified for minors.

Do not take during pregnancy or lactation. Keep cleanse items away from children.

Make sure you are able to tolerate Magnesium Sulfate (Epsom Salt) before you attempt the Flush. People unable to tolerate Magnesium Sulfate may suffer a negative reaction, even death. People have died as a result of Epsom Salt overdose. See testing procedures on the previous page – Test how you react to Epsom Salt.

If you experience initial symptoms of hypermagnesemia such as nausea, vomiting, and weakness, discontinue use and contact your doctor.

You will get diarrhea after taking Epsom Salt. This is a normal reaction. In fact, please contact your healthcare professional if you do not experience diarrhea.

USAGE WARNING: Consult a healthcare professional before starting this cleanse if taking medication, or if you have a medical condition. Do not take this 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 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.

Liver Support Tea Preparation

- 1) Add ½ bag (½ cup) of herbs to 2 quarts (2 liters) of water. Bring to a boil.
- 2) Turn off the heat source and cover with a lid.
- 3) Let mixture soak for 6 hours or overnight at room temperature or in the refrigerator.
- 4) Strain the herbs. You can save the stained herbs, storing them in the freezer, and use one more time. The second brew will not be as strong.
- 5) **Optional:** Add natural sweetener, such as honey, to the tea. You can also add fresh coconut water.

Drink 3 cups of Liver Support Tea daily for 1 to 2 weeks prior to the 2-day Liver Flush. If you miss a day or two, simply pick up where you left off.

It's highly recommended that you complete the Para Cleanse and Kidney Cleanse before you do the 2-day Liver Flush. Completing these cleanses helps to clear the channels of elimination. If you purge the toxins out of your liver and do not have clear elimination channels, you run the risk of recirculating toxins, and this can make you ill.

If you are following the weekly Para Cleanse Maintenance Program, take your Maintenance dose within seven days of starting the Liver Flush, but refrain from taking the Maintenance dose during the Liver Flush.

Preparing for the Liver Flush

STEP 1	<p>Schedule 2 days to complete the Liver Flush.</p> <p>Start on a day that allows you to rest the following day. Also, choose a comfortable location to perform the Flush. You will need easy access to a toilet.</p>
STEP 2	<p>Prepare for a zero-fat diet.</p> <p>For best results, stop eating fat and protein the night before you begin the Flush. On Day 1, continue eating a zero-fat breakfast and lunch. For best results, finish eating by 12 PM with only sips of water thereafter. This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more toxins. Limit the amount of food you eat to the minimum you can get by on. You will purge more toxins if you do.</p>
STEP 3	<p>Assemble supplies not included in the Liver Cleanse kit.</p> <ol style="list-style-type: none">1) Fresh pink grapefruit 1 large or 2 small, enough to squeeze ½ cup of juice. Wash grapefruit twice in hot water and dry before cutting it open. You can substitute lemon juice for grapefruit juice. Squeeze 1 lemon and add enough water to make ½ cup of liquid. Adding natural sweetener such as honey or agave syrup is optional.2) Empty 1 pint (½ liter) jar with lid3) ½ cup olive oil If you did not purchase the complete Liver Cleanse kit, you need to supply your own olive oil. Light olive oil is easier to get down. Cold pressed, extra virgin olive oil is recommended.4) Natural sweetener (optional) For example, honey or agave syrup.
STEP 4	<p>Organize items on the supply list.</p> <ol style="list-style-type: none">1) Pint jar (½ liter) with lid2) Epsom Salt - 60 Magnesium Sulfate capsules OR 4 tablespoons of Epsom Salt crystals3) Olive Oil - ½ cup4) Citric Acid - ½ teaspoon5) Vitamin C - ½ teaspoon (if using Epsom Salt crystals)6) Fresh pink grapefruit (or lemon) - enough to squeeze ½ cup of juice7) Natural sweetener (optional)8) Ornithine - 4 to 8 capsules (don't skip this or you may have difficulty relaxing)9) Wide drinking straw10) Black Walnut Hull - 1 teaspoon of tincture OR 2 capsules

Liver & Gallbladder 2-Day Flush Schedule

For best results, stop eating any fat the night before. For the remainder of the Flush, eat no fat and no artificial sweeteners. Fruit and fruit juice are fine. No dairy, butter, oils, meat, eggs, nuts/seeds or sweets. **Before you start the Flush, read the list of precautions (page 3) AND the schedule below so you know what to expect.**

DAY 1

8:00 AM

Eat a non-fat (containing zero fat) breakfast and lunch, such as cooked cereal, fruit, fruit juice, or bread with preserves or honey (no butter or milk). Oatmeal is the most ideal choice. For lunch, eat plain cooked or steamed vegetables with white rice. Do not eat any protein foods such as butter, or you might feel ill during the Flush.

2:00 PM

Do not eat or drink after 2 PM; otherwise you could feel quite ill later. Make sure you have 60 capsules of Magnesium Sulfate (Epsom Salt) handy (you will take 15 capsules per dose for a total of 4 times per Flush). If you prefer to drink the Magnesium Sulfate dissolved in water, you can either buy Epsom Salt or pull the capsules apart.

If you use Epsom Salt crystals, mix 4 tablespoons and ½ teaspoon Vitamin C in 3 cups water and pour into a jar. This makes four servings, ¾ cup each. Store in refrigerator.

6:00 PM

DOSE 1

Take 15 capsules Magnesium Sulfate (or ¾ cup Epsom Salt solution) with no more than ¾ cup water. If you are drinking the Epsom Salt solution, you may bite into a lemon or rinse your mouth but spit out the water. Get the olive oil (ozonated if possible) and grapefruit out if not already at room temperature.

8:00 PM

DOSE 2

Take 15 capsules Magnesium Sulfate (or ¾ cup Epsom Salt solution) with no more than ¾ cup water. You haven't eaten since 2 PM, but you shouldn't feel hungry. Get your bedtime chores done. The timing is critical for success.

9:45 PM

Make the Grapefruit and Olive Oil drink.

- 1) Pour ½ cup (measured) olive oil into a pint jar.
- 2) Wash grapefruit twice in hot water and dry. Squeeze by hand into a measuring cup. Remove pulp with fork. You may squeeze lemons in the juice also. You should have at least ½ cup juice (measured). Add this to the olive oil. Close the jar tightly with the lid and shake hard until watery (only fresh grapefruit juice does this).
- 3) Add ¼ to ½ teaspoon citric acid to the olive oil and grapefruit mixture to improve the taste. Stir mixture until dissolved. **Do not drink yet!**
- 4) Have 2 capsules of the Black Walnut Hull or 1 teaspoon tincture and 4 to 8 capsules of Ornithine ready.
- 5) Now visit the bathroom one or more times, even if it makes you late for your 10 PM drink. **Don't be more than 15 minutes late or you may not be as successful with the Flush.**

Before bedtime, make sure you have the following items ready:

Grapefruit and Olive Oil drink
Ornithine - 4 to 8 capsules
Black Walnut Hull - 1 teaspoon tincture or 2 capsules
Natural sweetener (optional) - 1 tablespoon
Cinnamon (optional)

10:00 PM

Drink the Grapefruit and Olive Oil solution standing or sitting up. Get it down in 5 to 15 minutes. Drinking through a wide straw helps it go down easier. You may use cinnamon or natural sweetener to chase it down between sips. Have these premeasured.

Take 2 Black Walnut Hull capsules or 1 teaspoon of tincture and 4 to 8 Ornithine capsules with the first sips. Taking 4 Ornithine will help you sleep through the night. Take 8 if you already suffer from insomnia.

Now lie down immediately. Don't get out of bed and don't eat. You may fail to remove toxins if you do. The sooner you lie down, the more toxins you will release. Be ready for bed ahead of time.

As soon as the drink is down, lie flat on your back with your head resting high on a pillow. Try to keep perfectly still for at least 20 minutes. You may feel toxins traveling along the bile ducts. There is no pain because the bile duct valves are open due to the Epsom Salt. Go to sleep. You may fail to remove toxins if you don't.

DAY 2

Expect diarrhea in the morning.

6:00 AM or Later

DOSE 3

Upon waking, take 15 capsules Magnesium Sulfate (with no more than ¾ cup water) or ¾ cup of Epsom Salt drink. If you have indigestion or nausea, wait until it is gone before taking the capsules or Epsom Salt drink. **Do not take before 6 AM.** You may go back to bed.

2 Hours Later

DOSE 4

Take the last dose of 15 Magnesium Sulfate capsules or ¾ cup of Epsom Salt drink. You may go back to bed again.

After 2 More Hours

Now you can eat. Start with fruit juice. You can add ½ teaspoon of citric acid to the juice to remove even more toxins. Thirty minutes later, eat some fruit. One hour later, you can eat regular food but keep it light. Start with vegetables. Don't eat too much fruit and avoid sweets. By dinner time, you should feel recovered.

NOTICE TO CONSUMERS IN CALIFORNIA

California Proposition 65 Warning

WARNING: This product contains chemicals, including lead, known to the State of California to cause cancer, and birth defects or other reproductive harm.

California has adopted the most stringent standards in the US for permissible trace levels of heavy metals in supplements. These standards only apply in California. The warning below is required by California's Proposition 65.

What is Proposition 65?

Proposition 65 was enacted by a voter ballot initiative, not the California Legislature. This law requires companies to provide clear warnings about the presence of any one of over 800 chemicals, including chemicals that occur naturally in the environment. California has a formal process for adding these chemicals to the Proposition 65 list, including reports based on animal studies. In many instances, these animal studies involve extremely high dosages of chemicals. There are many substances that require the California Proposition 65 warning at levels that are far more stringent than federal action limits. **A Proposition 65 warning does not automatically mean that the product is unsafe.** Although its intentions were good, Proposition 65 has brought about unforeseen consequences. For instance, it requires a warning on supplements - especially raw, unrefined herbal supplements.

Why is there a Proposition 65 warning for my cleanse but not on food items?

When you buy food, there are no directions on the packaging that direct you to eat a certain amount per day. This gets the food companies off the hook. Without those directions trial lawyers cannot make a case for Proposition 65 violations.

Even "chemicals" that we think of as toxic, such as elements like lead and cadmium, naturally occur in the Earth's soil and are present in everyday foods. Although lead is naturally occurring, its presence has increased in soil due to human activities. Lead is found in most organic, raw, and unrefined foods you buy. Proposition 65 requires a warning on products that expose consumers to as little as 0.5 micrograms of lead per day. This is an extremely small amount. Proposition 65 doesn't discriminate between plant-based minerals and metallic minerals, and we believe it is not a significant health concern when applied to most, if not all, supplements taken according to suggested dosages, especially if these supplements are taken for a limited period of time.

Should I be concerned about my dietary supplements?

According to the California Office of Environmental Health Hazard Assessment, which is the government agency that oversees Proposition 65, "A Proposition 65 warning does not necessarily mean a product is in violation of any product safety standards or requirements." Are your dietary supplements likely to put you at risk? **No.** Even if you follow the Dr. Clark cleanse directions you will not exceed FDA limits. That being said, you should always consider your total exposure from all sources.

FDA vs Proposition 65

Using lead as an example, in comparison to the FDA, Proposition 65 requires a warning at 0.5 mcg per day, a level significantly lower than the FDA's 12.5 mcg limit for adults (as of 2018).

How can I be assured that DR. CLARK STORE supplements are pure?

As part of our compliance with current Good Manufacturing Practice (GMP) regulations and quality assurance procedures, we regularly test all DR. CLARK STORE branded formulas for heavy metals with an ICP-MS. In addition, all DR. CLARK STORE branded supplements are tested for:

- The presence of microorganisms. Every formula must meet USP specifications to be released.
- Identity. Every raw material is tested for identity using FTIR, HPTLC and HPLC.
- Finished product potencies. Each ingredient must meet the label claim displayed on the supplement facts box.
- We also test per Dr. Hulda Clark's biofeedback methods for all the contaminants she was concerned about.

Important Points to Takeaway:

- DR. CLARK STORE formulas follow the strictest possible practices for purity - from procurement of raw materials to production of finished products.
- DR. CLARK STORE formulas meet the purity criteria of the FDA and Proposition 65 when taken per label directions.
- The Proposition 65 warning applies only to cleanses taken according to the directions.

You can learn more about California Proposition 65 at <https://oehha.ca.gov/proposition-65>