



# DrClarkStore.com

## Self Health Resource Center

LEADER IN PURITY | Established by Dr. Clark's Family in 1993

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.

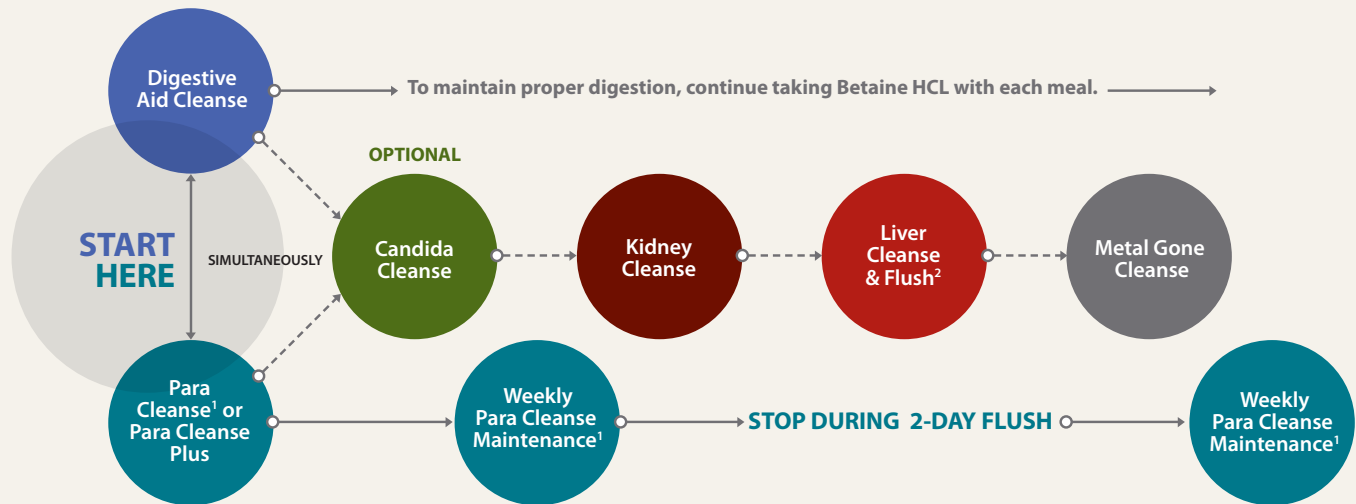
For the best results drink the Liver Support Tea for 1 to 2 weeks prior to the Liver Flush. Consider doing a total of five Liver Flushes with a resting period of two weeks between each Flush. You can continue to stay on the weekly Para Cleanse Maintenance Program during the Liver & Gallbladder Cleanse, 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 give us a call 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.



- 1 Stay on the weekly Para Cleanse Maintenance Program until the 2-day Liver Flush. Do not take during the 2-day Flush. Continue after the Liver Flush is complete. A minimum of 4 weeks of the Maintenance Program is recommended.
- 2 Repeat the 2-day Liver Flush 5 times. Wait 2 weeks between each Liver Flush.

\*Disclaimer Notice: 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 of 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. **Interaction with Medication and Other Supplements:** If you are taking medications, you should check with your physician or pharmacist before cleansing. You may also search online for: Interaction with Medications and Supplements.

## Frequently Asked Questions

### Q: Which cleanse do I do first?

**A:** Dr. Clark recommended starting with the Digestive Aid Cleanse. It is beneficial to do the Para Cleanse with the Digestive Aid as it will aid in the cleansing process. You can do the Digestive Aid, Para Cleanse, and Kidney Cleanse at the same time. Just remember that these are very potent herbs. If you begin having difficulties taking them together, slow down and take one at a time.

### Q: Can I do the Liver Cleanse first?

**A:** It is never recommended to do the Liver Cleanse before completing all 3 of the other cleanses. The reason for this is if you purge the toxins out of your liver and do not have clear channels of elimination, you run the risk of simply re-circulating the toxins. This can make you very ill.

### Q: When do I start the Para Cleanse Maintenance Program?

**A:** The maintenance program starts 7 days after the last day of the Para Cleanse.

### Q: Do I stop taking the Para Cleanse Maintenance Program while I am taking the other cleanses?

**A:** No. Just do not take it during the 2-day Liver Flush.

### Q: How often should I do the cleanses?

**A:** Dr. Clark recommended that everyone take the Para Cleanse Maintenance Program indefinitely. If you decide not to do that, then consider taking it once weekly for 4 weeks minimum. If you take a break, say for about 3 or 12 months, then we recommend you take the 18-Day Para Cleanse before you go back on the once weekly Para Cleanse Maintenance Program. You can always take the 18-Day Para Cleanse a bit faster or in an abbreviated fashion if you have done it before. The biggest benefits you get from the cleanse are always received from the once weekly

Para Cleanse Maintenance Program, so stay on it as long as you can. Do the Kidney Cleanse and Liver Cleanse & Flush yearly. Initially do at least 5 liver flushes. The Digestive Aid Cleanse complimented with enzymes should be taken on an as needed basis. Remember also to do the enemas once per year.

### Q: What are the side effects of the cleanses?

**A:** You can expect increased elimination from all of the cleanses. Few people have reported minor flu-like symptoms. If you experience discomfort you should stop taking the supplements and contact your healthcare professional.

### Q: How long are the cleanses?

**A:** The Digestive Aid is 17 days long. The Para Cleanse is 18 days long. The Kidney Cleanse is 21 or 56 days. The Liver and Gallbladder Cleanse & Flush is approximately 2 weeks.

### Q: Are the cleanses safe for children?

**A:** Dr. Clark did not recommend any of the cleanses, except the Para Cleanse, be administered to children. We don't recommend you give the Para Cleanse to your child unless you do so under careful guidance and supervision of your healthcare professional.

### Q: Are the cleanses safe for my pets?

**A:** Only the Para Cleanse can be adapted for pets.

### Q: My family members don't want to take the Para Cleanse, what can I do?

**A:** Ask your healthcare professional or contact us for the Quick ParaZap Cleanse, it is simpler to take.

### Q: I can't take alcohol tinctures, what can I do?

**A:** Ask your healthcare professional or contact us for the Para Cleanse with the Freeze Dried GREEN Black Walnut Hull capsules instead of the tincture.



## SyncroZap™ Model A11 is now available!

From the makers of the SyncroZap™ —  
the 1st Zapper brand worldwide.

- 100% compliant with Dr. Hulda Clark's research
- Available with either wristbands or copper tubes
- Smaller in size but the same robust durability

### New features include:

- Pre-programmed frequencies
- One-touch bottle copy mode
- Continuous body zapping mode
- Continuous Zappicator mode

Dr. Clark turned away from zapping with specific frequencies because she found it less effective than other methods. She replaced frequency zapping with plate zapping. The Dr. Clark Store SyncroZap™ uses plate zapping technology – it does not use “smart keys” with frequencies. Dr. Clark did not use those!

Everything you eat, drink, breathe and absorb through your skin is purified and detoxified in your liver. Everyday 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 and Flush helps lighten the load on your liver and gallbladder with a systematic cleanse that helps 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 and thereby continued good flow.

### How Often to 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 perspiration
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.

### Too afraid to do the Liver Flush?

Here are simple ways to gain courage to Flush the liver and gallbladder.

#### 1. Test how you react to Epsom Salt:

If you have Magnesium Sulfate capsules then take 1 capsule daily and increase 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 daily by no more than 1 teaspoon until you're taking 3 teaspoons. Do not take more than 3 teaspoons at once.

**Stop this practice run when desired!**

#### 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 by 1 tablespoon daily:

**Day 1** - Take 1 tbsp. of oil + 1 tbsp. of juice

**Day 2** - Take 2 tbsp. of oil + 2 tbsp. of juice

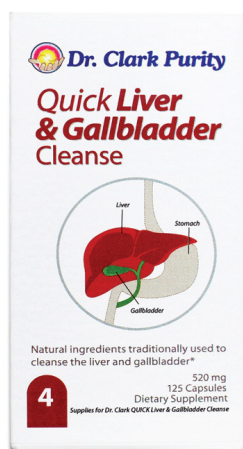
**Day 3** - Take 3 tbsp. of oil + 3 tbsp. of juice

**Day 4** - Take 4 tbsp. of oil + 4 tbsp. of juice

**Stop this practice run when desired and start the Flush!**

#### 3. Read about other people's experiences online:

Google "Liver Flush"



## Discover the Quick Liver & Gallbladder Cleanse

In 2008, Dr. Clark was asked to come up with cleanse formulas that could be taken more conveniently. After giving it some thought, the Dr. Clark Quick Cleanses are what she came up with. The Quick Liver & Gallbladder Cleanse is a readymade blend of ingredients. It's convenient for traveling and busy people on the go! Take on an empty stomach at least 13 minutes before a meal. **Please note that the Quick Liver & Gallbladder Cleanse does not replace the 2-day Liver Flush. For better results, do the Liver Flush after doing the Quick Liver & Gallbladder Cleanse. For the best results, do the standard 2-week Liver & Gallbladder Cleanse and Flush – it's more potent.**

## 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 of a healthcare professional who specializes in the treatment of diseases. Do not Flush when constipated. Get the bowels moving regularly first. Should you be occasionally constipated, 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 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 health 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 might expect 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 first.

**If you are taking medications, please check with your physician 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 the Epsom Salt.** This is a normal reaction. In fact, please contact your healthcare professional if you do not experience diarrhea.

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**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 taking cleanse and seek advice from a qualified healthcare professional.

## Liver Support Tea Preparation

There is no time to waste! Prepare the Liver Support Tea by completing the following steps:

- 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 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 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 & Gallbladder Flush

<b>STEP 1</b>	<b>Schedule 2 days to complete the Liver Flush</b> - Start on a day that allows you to rest the following day.
<b>STEP 2</b>	<b>Prepare for a zero fat diet</b> – 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.
<b>STEP 3</b>	<b>Assemble supplies not included in the Liver Cleanse kit</b> <ol style="list-style-type: none"><li>1) Fresh pink grapefruit - 1 large or 2 small, enough to squeeze ½ cup 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 is optional.</li><li>2) 1 pint (½ liter) jar with lid</li><li>3) Make sure you have at least ½ cup Olive Oil on hand. Light Olive Oil is easier to get down. Choose Extra Virgin Olive Oil because it is cold pressed.</li><li>4) Honey (optional for sweetening)</li></ol>
<b>STEP 4</b>	<b>Organize items on the supply list</b> <ol style="list-style-type: none"><li>1) <b>Pint jar</b> (½ liter) with lid</li><li>2) <b>Epsom Salt</b> – 60 capsules Magnesium Sulfate OR 4 tablespoons Epsom Salt crystals</li><li>3) <b>Olive Oil</b> – ½ cup</li><li>4) <b>Citric Acid</b> – ½ teaspoon</li><li>5) <b>Vitamin C</b> – ½ teaspoon (if using Epsom Salt crystals)</li><li>6) <b>Fresh pink grapefruit (or lemon)</b> – enough to squeeze ½ cup juice</li><li>7) <b>Honey</b> – 1 tablespoon (optional)</li><li>8) <b>Ornithine</b> – 4 to 8 capsules (don't skip this or you may have difficulty relaxing)</li><li>9) <b>Large drinking straw</b></li><li>10) <b>Black Walnut Hull</b> – 1 teaspoon tincture OR 2 capsules</li></ol>

## Liver & Gallbladder 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 entire list of precautions.**

**8:00 AM:** Eat a **no-fat** (containing zero fat) **breakfast and lunch** such as cooked cereal, fruit, fruit juice, 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 four 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** Repeat by taking 15 capsules Magnesium Sulfate or ¾ cup of Epsom Salt drink. 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-grapefruit mixture to improve taste. Stir until dissolved. **Do not drink yet!**
4. Have 2 capsules of the Green 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 going to bed make sure you have the following on hand:

- Grapefruit/Olive Oil drink
- 1 tablespoon honey (optional)
- Ornithine (4 to 8 capsules)
- 1 teaspoon Green Black Walnut Hull tincture or 2 capsules
- Cinnamon (optional)

**10:00 PM – Drink the Grapefruit/Olive Oil mix standing or sitting up.** Get it down within 5 minutes (15 minutes maximum). Drinking through a large plastic straw helps it go down easier. You may use cinnamon or honey to chase it down between sips. Have these premeasured. Take the oil mix to your bedside if you want. **Remember to take 2 Black Walnut Hull capsules or 1 teaspoon of tincture and 4 to 8 Ornithine capsules with the first sips.** Four Ornithine will help you sleep through the night. Take eight if you already suffer from insomnia.

Now lie down immediately. Don't get out of bed and don't eat. You may fail to get toxins out if you do. The sooner you lie down the more toxins you will get out. Be ready for bed ahead of time. Don't clean up the kitchen. **As soon as the drink is down lie down flat on your back with your head up high on the 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 get toxins out if you don't.

*Expect diarrhea in the morning.*

**6:00 AM or Later (next morning): 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: You may eat.** Start with fruit juice. You may add another ½ teaspoon of citric acid to get even more toxins out. Half an hour later eat some fruit. One hour later you may eat regular food but keep it light. Don't eat too much fruit and avoid sweets. Start with vegetables. By dinner time you should feel recovered.

# NOTICE TO CONSUMERS IN CALIFORNIA

## **California Proposition 65 Notice and Optional Cleanse Directions based on the Protocols of Dr. Hulda Clark.**

Every batch of Dr. Clark Store products is analyzed for the presence of heavy metals (metallic and plant based), using ICP-MS, to maximize purity.

When following Dr. Clark's Protocols, please know that the level of heavy metals will be slightly higher than those allowed by Proposition 65 but are within safe levels established by safety and regulatory reviews.

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.

California Residents Prop 65 WARNING: This product contains chemicals, including lead, known to the State of California to cause cancer, and birth defects or other reproductive harm.
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## **CALIFORNIA PROPOSITION 65 WARNING** and Your Cleanse

**As explained below, the following warning is required for those who follow the cleanse directions in the state of California only:**

“This product contains a chemical known to the State of California to cause cancer and birth defects, or other reproductive harm.”

### **Explanation of the Proposition 65 warning given above:**

As a rule of thumb, raw herbs taken in large quantities, as recommended in Dr. Clark’s cleanses, may require this warning because of the presence of certain listed chemicals, such as lead, that are widely distributed throughout the environment. As a result, many of these chemicals are found in commonly eaten raw and unprocessed foods throughout the food supply, even though these chemicals are not intentionally added to foods or nutritional supplements.

In keeping with Dr. Clark’s protocols, we favor raw and unprocessed herbs over refined, extracted herbs because extracts, as explained by Dr. Clark, are often contaminated with solvents. Please note that every single serving of Dr. Clark Store product complies with Proposition 65 when taken according to the directions on the label. It isn’t until you take the product as described by the cleanse directions that this warning is required.

We analyze **each batch of Dr. Clark Store products for the presence of heavy metals using FDA recommended ICP-MS analytical equipment.** Please keep in mind that the ICP-MS does NOT discriminate between metallic and plant-based heavy metals. We at Dr. Clark Store require additional quality tests over and above GMP regulations. All our finished goods are required to pass Dr. Clark’s biofeedback test for lead, other heavy metals, and pollutants. However, due to government requirements, we cannot rely on the biofeedback test results when complying with regulations. You can find out more about Dr. Clark’s biofeedback testing online on our “Difference” page.

So that you can better understand this warning and what it means for consumers like you, let’s take a look at what Proposition 65 is and why it may not be producing its intended effect.

### **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 through 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 - when food escapes the warning requirements of Proposition 65.**









**Why is there a Proposition 65 Warning on my cleanses and not my food?**

There are two reasons for this. The food and candy companies are large and can afford to litigate. When you buy food, there are no directions attached to the container your food comes in directing you to eat a certain amount per day. This gets the food companies off the hook. Without those directions the trial lawyers looking to make an easy buck on Proposition 65 lose their ability to litigate.

Even “chemicals” that we think of as toxic, such as elements like lead and cadmium, are naturally occurring in the Earth’s soil and are present in everyday foods like butter. 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 in the health food store. Proposition 65 requires a warning on products that expose consumers to as little as 0.5 micrograms per day. As explained below, 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 recommended dosages, especially when these supplements are taken for a limited period of time.

Consider the lead content (Table 1) in a single serving of commonly consumed natural foods, as calculated from the Food and Drug Administration (FDA).

**Table 1. Lead content in a 4 oz. (1/2 cup) serving.**

Food, 4 oz	Mean, mcg	Max, mcg	Food, 4 oz	Mean, mcg	Max, mcg
 Graham Crackers	0.45	2.27	 Spinach, Fresh/Frozen, Boiled	0.45	2.04
 Butter, Regular (Salted)	0.23	3.52	 Collards, Fresh/Frozen, Boiled	0.23	2.84
 Grapefruit, Raw	0.11	2.38	 Shrimp, Boiled	1.36	20.41
 Avocado, Raw	0.11	3.40	 Dill Cucumber Pickles	1.02	5.56

**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.** That being said, you should always consider your total exposure from *all* sources.

The FDA created an extremely cautious provisional total tolerable intake level for lead for certain individuals and age groups (Table 2). You can see that even these more stringent federal “safe” levels are much higher than what might be found in dietary supplements or in common foods. Even if you follow the Dr. Clark cleanse directions you will not exceed FDA limits:

**Table 2. FDA’s Provisional Total Tolerable Intake Level for Lead (mcg/day) \***

For Whom	Amount Thought to Cause Health	FDA’s Provisional Total
Children < 6	60	6
Children ≥ 7	150	15
Pregnant Women	250	25
Adult	750	75

*\*FDA has stated that it is rethinking its position on these levels but has yet to amend them.*

### **FDA vs Proposition 65**

In comparison to FDA, Proposition 65 requires a warning at 0.5 mcg per day, a level 15,000% lower than the FDA limits for adults.

### **Proposition 65 vs The Rest of the World**

This regulation applies only to supplements sold in the state of California. To our knowledge, no other state or country has enacted such stringent requirements.

### **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 formulas for heavy metals with an ICP-MS. In addition, all of DR. CLARK STORE 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 FDA and Proposition 65 when taken per label directions.
- The Proposition 65 warning applies only to cleanses taken according to the directions.

If you need additional information, please contact DR. CLARK STORE Customer Service at [Service@DrClarkStore.com](mailto:Service@DrClarkStore.com) We value our customers and wish to keep them informed.