



The Para Cleanse was always the first cleanse Dr. Clark had people take in her clinic. This is the most effective of Dr. Clark's protocols. Upon Dr. Clark's insistence, the Para Cleanse features **GREEN** Black Walnut Hull made from the unripe green hulls which contain higher concentrations of the active compound juglone.

#### To get the greatest possible benefits from the Para Cleanse, please consider the following carefully:

The Digestive Aid Cleanse works synergistically with the Para Cleanse. For even better results take these two programs over the same time period. You will gain on two fronts at the same time; while the Para Cleanse balances foreign organisms systemically throughout your body, the Digestive Aid optimizes digestion in both the stomach and intestines.\*

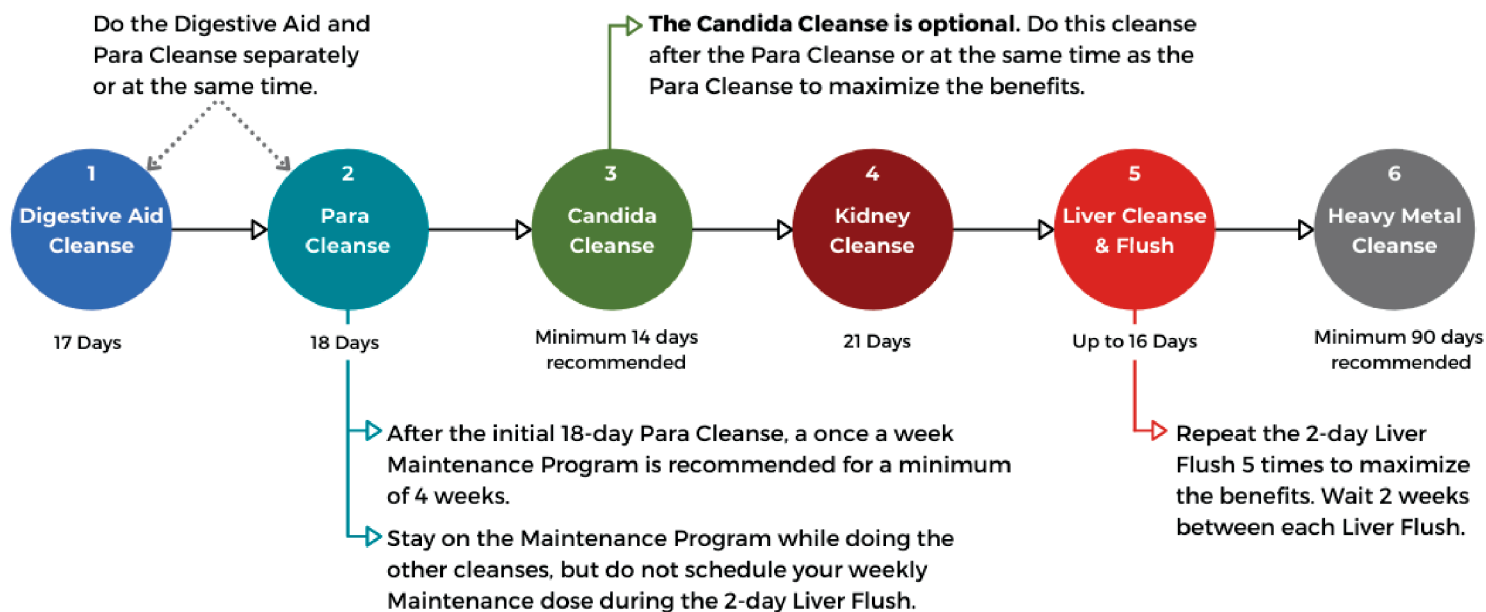
To gain even more benefits from your cleanse, **stay on the weekly Para Cleanse Maintenance Program for a minimum of 4 weeks to a year.** The benefits are cumulative as the Maintenance Program continues to minimize the effect harmful microorganisms have due to continuous re-exposure. Dr. Clark believed that in order to gain 100% of the benefits of the cleanse, it was best to stay on the Maintenance Program indefinitely. This helps free up your body's energy for issues that need attention rather than relentlessly fighting microorganisms.\*

Dr. Clark designed the Para Cleanse for maximum effectiveness without compromising safety. This is why she designed the 18-day protocol; it enables your body to slowly get used to these extraordinarily potent herbs.

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.



The directions on the bottles and packaging are minimum dosage directions for adults. You may also choose to follow dosage directions from your healthcare professional. Dr. Clark's Para Cleanse directions are included, should you want to follow those.

Please note that although you don't have to be super accurate on when you take each dose, it is best to stay as close to the schedule set forth by Dr. Hulda Clark. Therefore, please make sure you order products on time.

The Para Cleanse supports the body's defenses with natural compounds that discourage the proliferation of foreign organisms known to occupy the human body.\* This process helps to balance your body and its microorganisms.\* It is ideal for pet owners and people returning from traveling abroad.

Our Black Walnut Hull Tincture is a good example of our adherence to purity and potency. First, it is potent because we use large amounts of the unripe, green hulls from the Black Walnut tree. The average tincture strength (hull to grain alcohol) is 1:0.68. Second, in our experience, **Black Walnut Hull that is green has almost up to 10 times the amount of juglone, an essential ingredient in the tincture.**\* Other manufacturers do not go the extra mile and offer only brown or black tincture. When a tincture is brown or black, it contains much less juglone. Dr. Clark Store guarantees unopened bottles of the tincture to be green at least two years past the manufacturing date. Once the bottle is open, the tincture will start to oxidize and turn brown and then black. At this stage, it contains much less juglone, so you may have to double the dose you take.



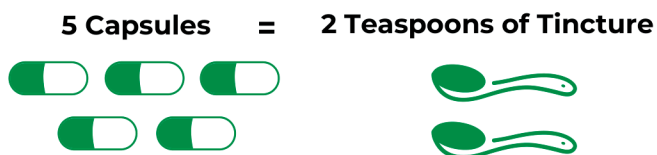
## Black Walnut Hull Tincture vs. Black Walnut Hull Capsules

Some people can't take alcohol-based tinctures. For this reason, we formulated **GREEN** Freeze-Dried Black Walnut Hull Capsules that are alcohol-free. For "pinches" of powder, as called for in the instructions, open a capsule and dump out the contents. Use your thumb and index finger to grab "pinches" referenced in the instructions.

**Note:** A "pinch" of powder is an arbitrary measurement with no predetermined value.

## Black Walnut Hull Tincture to Capsule Conversion

There is no exact conversion; however, we estimate that 2 teaspoons of tincture are equal to approximately 5 capsules.



## You May Experience Trouble Sleeping During the Cleanse

During the die-off phase, microorganisms produce uric acid, and this uric acid gets into the brain and can keep you up at night. We recommend that you take **Ornithine** when you are on the Para Cleanse. Ornithine helps your body neutralize the effect of uric acid.

### How much Ornithine do you take?

Start with 2 capsules at bedtime, but you may need up to 8 capsules in order to feel the effect. Sleep aids should not be used continuously for more than 7 days.

Take Ornithine at bedtime. Increase the dose as suggested if needed.	
DAY 1	2 Capsules
If 2 capsules are not enough, increase dose the next day.	
DAY 2	4 Capsules
If 4 capsules are not enough, increase dose the next day.	
DAY 3	6 Capsules
If 6 capsules are not enough, increase dose the next day.	
DAY 4 and onward	Up to 8 Capsules until you are sleeping soundly

## 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	BLACK WALNUT CAPSULES	WORMWOOD Labeled as Super W Blend or Wormwood Blend	CLOVES
		<b>OR</b>		
	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.
DAY				
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	<b>NONE</b>	<b>NONE</b>	4 Capsules	3 Capsules 3 times a day
8	<b>NONE</b>	<b>NONE</b>	4 Capsules	3 Capsules 3 times a day
9	<b>NONE</b>	<b>NONE</b>	5 Capsules	3 Capsules 3 times a day
10	<b>NONE</b>	<b>NONE</b>	5 Capsules	3 Capsules 3 times a day
11	<b>NONE</b>	<b>NONE</b>	6 Capsules	7 Capsules all at once
12	<b>NONE</b>	<b>NONE</b>	6 Capsules	<b>NONE</b>
13	2 Teaspoons ‡	5 Capsules	7 Capsules	<b>NONE</b>
14	<b>NONE</b>	<b>NONE</b>	7 Capsules	<b>NONE</b>
15	<b>NONE</b>	<b>NONE</b>	7 Capsules	<b>NONE</b>
16	<b>NONE</b>	<b>NONE</b>	7 Capsules	<b>NONE</b>
17	<b>NONE</b>	<b>NONE</b>	<b>NONE</b>	<b>NONE</b>
18	<b>NONE</b>	<b>NONE</b>	<b>NONE</b>	7 Capsules all at once
<b>Seven days after Day 18, take each product once per week. Refer to the Para Cleanse Maintenance Program.</b>				

† 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.

<b>Take these herbs once per week on an empty stomach, at least 13 minutes before eating.</b>			
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.			
<b>BLACK WALNUT TINCTURE</b>	<b>BLACK WALNUT CAPSULES</b>	<b>WORMWOOD</b> Labeled as Super W Blend or Wormwood Blend	<b>CLOVES</b>
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.

<b>Take for 3-5 days in a row for 3-5 weeks.</b>				
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.				
	<b>BLACK WALNUT TINCTURE</b>	<b>BLACK WALNUT CAPSULES</b>	<b>WORMWOOD</b> Labeled as Super W Blend or Wormwood Blend	<b>CLOVES</b>
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
<b>You can stop after 3 weeks if you feel no effects so far.</b>				
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 giving 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	<b>OR</b>	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	<b>OR</b>	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	<b>NONE</b>		<b>NONE</b>	<b>NONE</b>	<b>NONE</b>
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	<b>NONE</b>	<b>NONE</b>
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	<b>NONE</b>
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

## 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>