

TAYLOR DUKES WELLNESS

Clean Supplement Guide



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Clean is your go-to all-natural antimicrobial. It is a combination of 18 botanical extracts and essential oils that destroy harmful bacteria along the entire GI tract. Clean first targets the mouth and then carries the process through the gut for a deeper cleanse. It destroys pathogens like biofilms throughout the body, while selectively enhancing good organisms to maintain microbiome balance.

This all-natural herbal blend can be used throughout the nasal passages, and oral cavity, applied topically, taken orally, or more. The possibilities are endless! This is why I recommend keeping a bottle on hand for whatever comes your way!

CLEAN SUPPLEMENT GUIDE

Suggested Usage

Clean is incredibly versatile. Let's talk through how to use this diverse product.

For the ultimate gut cleanse

This is for anyone fighting symptoms of bloating, heartburn, gas, constipation, diarrhea, brain fog, fatigue and/or sugar cravings. Start with 2 drops daily and gradually work up to 15 drops twice daily. Best taken on an empty stomach at least 20 minutes before or 2 hours after a meal. Drops can be taken either directly on the tongue or diluted in $\frac{1}{4}$ cup of water. Swish the product around in your mouth before swallowing to hit the oral microbiome. Be sure to take at least 2 hours away from any probiotics. Take up to 3 bottles for best results.

Oral dosage for children

Children may use 1 drop per 10 lbs of body weight twice daily.

Cough, congestion or chest tightness

Use in [a nebulizer](#) with mask or nasal cannula attachment: Add 5-10 drops of Clean to prepared solution to the fill line (depending on manufacturer). Can use 1-3 times a day until symptoms resolve, or up to 4-6 weeks if case is chronic.

Sinus infection or nasal congestion

Add 5-10 drops of Clean in a [Neti Pot](#) saline solution. Use 1-3 times a day until improvement is seen.

Don't like nasal rinses, but experiencing sinus/nasal congestion?

Buy any brand saline nasal bottle with a removable top (I love [Xlear](#) - found on my Fullscript). Add 5-10 drops of Clean per 1 oz of prepared saline solution. Discard any remaining solution after 2 weeks. Thoroughly clean and refill. Discard the bottle upon completion of the protocol. Spray into each nostril 3-4 times a day until symptoms subside.

Chronic nasal congestion

Buy any brand saline nasal bottle with a removable top (I love [Xlear](#) - found on my Fullscript). Add 5-10 drops of Clean per 1 oz of prepared saline solution. Discard any remaining solution after 2 weeks. Thoroughly clean and refill. Discard the bottle upon completion of the protocol. Spray into each nostril 3-4 times a day for up to 6 weeks.

Sore throat

Gargle with 5 drops of Clean in warm salt water (spit out when finished!) every 2 hours until symptoms resolve.

Acne

Use Clean as an occasional mask for 20 minutes or as a spot treatment overnight.

Food poisoning

Use 15 drops twice daily of Clean. Continue for 3-7 days beyond symptom resolution. Use with one dose of [Bind](#) daily for best results.

Protection from food poisoning and exposure to bugs when traveling

Add 2 drops of Clean daily to your drinking water. Use with one dose of [Bind](#) daily for best results.

Upgrade your oil pulling

Add 2-3 drops of Clean to the oil you use for the ultimate oral cleanse.

Canker sores

Add a couple of drops of Clean to a spoonful of coconut oil and oil pull for 10-20 minutes twice daily.

Dandruff

Mix several drops of Clean into a small handful of conditioner before thoroughly applying to the scalp. Allow it to remain on the scalp for several minutes before rinsing off. Use every day until resolved.

Cradle cap

Mix several drops of Clean into a small amount of coconut oil and thoroughly apply to the scalp. Allow it to remain on the scalp for several minutes before rinsing off. Use every day until resolved.

Ear infection

Placing 3 drops of Clean into the affected ear canal, holding it in place for several minutes. Allow it to drain out completely. This may be repeated daily until pain and redness have subsided. Rinsing out the affected ear canal with a few drops of hydrogen peroxide solution following the Clean can help to thin out the Clean so that it can drain completely. **Do not use if the eardrum is ruptured/punctured.**