

Para-Cleanse complete

Components

- 1 Black Walnut Hull Tincture (you can also order black walnut capsules if desired)**
- 1 Wormwood** (Pregnant or breastfeeding women and infants should not take wormwood)
- 1 Cloves**
- 1 Ornithine**
- 1 Arginine**



Dosage chart

Ornithine: ½ hr before bedtime, take 2 caps, . Start with 2 caps , then 4, then 6 – according to individual need. It takes a couple of nights to kick in.

Arginine: 1 capsule per day, or up to 4 as needed.

Day	Black Walnut Hull Tincture 1x daily before a meal in 250 ml of water (on an empty stomach)	Wormwood 1x daily before a meal (on an empty stomach)	Cloves 3x daily with a meal (Morning-Noon-Evening)
1	1 drop or 1 capsule	1 capsule	1-1-1 capsule
2	2 drops or 1 capsule	1 capsule	2-2-2 capsules
3	3 drops or 1 capsule	2 capsules	3-3-3 capsules
4	4 drops or 1 capsule	2 capsules	3-3-3 capsules
5	5 drops or 1 capsule	3 capsules	3-3-3 capsules
6	2 tsp. or 2 capsules	3 capsules	3-3-3 capsules
7	From now on 1x weekly	4 capsules	3-3-3 capsules
8		4 capsules	3-3-3 capsules
9		5 capsules	3-3-3 capsules
10		5 capsules	3-3-3 capsules
11		6 capsules	3 capsules
12		6 capsules	From now on 1x weekly
13	2 tsp. or 2 capsules	7 capsules	
14		7 capsules	
15		7 capsules	
16		7 capsules	
17		From now on 1x weekly	
18			3 capsules
19			
20	2 tsp. or 2 capsules		