

Parasite Detox

Core Cleanse & Deep Cleanse Protocol
for Detox, Drainage & Gut Renewal

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The **Parasite Detox** is a simple, steady, natural-medicine protocol designed to help your body do what it was made to do, clear what doesn't belong, release what weighs you down, and reset the gut so you can feel light, calm, and well again. You can follow the **Core Cleanse**, our original 4-step protocol, or choose the **Deep Cleanse**, which gently adds extra support at each phase for those who want a little more help.

Every good cleanse begins with the liver, the body's quiet filter. When it's sluggish, toxins linger, and cleansing can feel harder than it should. So this system starts by opening those pathways first and then moves step-by-step through clearing parasites, binding toxins, and restoring balance.

Each phase supports the next, creating a smooth, easy flow your body can follow without overwhelm. No guessing, no forcing... just plants, rhythm, and support. Used as the **Core Cleanse** or enhanced through the **Deep Cleanse**, this protocol helps you feel lighter, clearer, and more energized, so your body can settle back into balance, strength, and long-term wellness.

Because each phase prepares the next, the **Core Cleanse** creates a steady, foundational rhythm of detoxification. The **Deep Cleanse** simply adds extra support at each step: more hydration, more drainage, more elimination, more gut restoration, helping the body move through the process with greater ease, depth, and long-term balance.*

Core Cleanse Benefits (Steps 1-4)

- Gently opens the liver and detox pathways.*
- Helps the body release parasites and their waste.*
- Supports smoother digestion and daily elimination.*
- Reduces bloating and cleansing discomfort.*
- Binds toxins so they aren't reabsorbed.*
- Encourages steadier energy and clearer focus.*
- Creates a simple, dependable cleansing rhythm your body can follow.*

Deep Cleanse Benefits (Steps 1D-4D)

- Adds hydration, lymphatic flow, and kidney support for deeper drainage.*
- Provides stronger parasite-clearing for long-standing or stubborn concerns.*
- Enhances toxin removal with added colon and elimination support.*
- Softens cleansing reactions by keeping pathways open and moving.*
- Supports the gut lining and microbiome after toxins are cleared.*
- Helps restore long-term balance, comfort, and digestive resilience.*
- Offers a more complete "terrain reset" from start to finish.*

WHAT'S INSIDE THE DEEP CLEANSE & HOW IT WORKS

PARACLEANSE

Time-honored cleansing herbs and botanicals target unwanted organisms, soothe the digestive tract, and support healthy microbial balance for total gut harmony.*

VITALITEA

Helps hydrate, flush, and awaken natural detox pathways. Encourages lymphatic flow, kidney support, and daily digestive comfort, keeping everything moving with ease during the cleanse.*

HEPADETOX

Encourages healthy liver drainage and detox pathways, promoting gentle post-cleanse renewal, improved vitality, and balanced cellular wellness.*

COLON SUPPORT

Helps keep elimination regular and comfortable during detox. Supports smooth movement, reduces bloating, and encourages timely toxin removal for an easier cleanse.*

HEAVY METAL & TOXIN BINDER

Mineral-rich binders and restorative botanicals gently capture impurities, support safe toxin removal, and promote a smooth, detox response.*

GUT CHECK

Soothing digestive formula crafted to nourish the gut lining and support a balanced microbiome. Helps restore harmony, ease digestive tension, and promote long-term gut comfort.*

LIVER SUPPORT

Helps keep detox pathways open, bile flowing, and digestion steady. Supports cleansing, metabolic balance, and overall liver vitality.*

PURGE TONIC

A stronger herbal companion for deeper parasite-clearing support. Works with ParaCleanse to help release stubborn organisms and promote a more thorough digestive reset.*



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HOW TO USE THIS PROTOCOL

Follow each step in sequence for best results. The system is designed so that every phase builds on the last, gently opening pathways, removing parasites, binding toxins, and restoring balance. Taking time with each step keeps the process smooth, effective, and easier on your body.*



LIVER PRIMER: Liver Support to Open the Detox Pathways

Gently awakens the body's detox systems and prepares for deeper cleansing. Supports bile flow, digestion, lymphatic movement, and mineral balance.

➔ **How to Use:** Add 10 to 20 drops to 1 cup of water, up to 8 times daily. Use for 7 days before starting ParaCleanse.



ADVANCED DETOX SUPPORT: VitaliTEA to Hydrate & Support Daily Detox

Helps flush toxins, hydrate tissues, support kidneys, and keep lymph flowing — making the entire cleanse feel smoother and lighter.

➔ **How to Use:** Bring 4 cups of water to a boil and remove from heat. Add 1 teaspoon of VITALITEA to the heated water, cover, and steep at least 2 hours or overnight. Add sweetener or lemon to taste. Refrigerate. Drink 4–8 cups daily, warm or cold, from Day -7 through Day 21. From start to finish of the cleanse



PARASITE REMOVAL: ParaCleanse to Target & Remove Parasites.

Uses Wormwood, Black Walnut Hull, and Clove to help the body clear parasites, yeast, and microbial buildup at all life stages.

➔ **How to Use:** Steep 1 teaspoon of loose tea in 8 oz of 175°–185°F water for 5–7 minutes. Strain and sip warm. Enjoy up to 2 cups daily for 7–14 days before meals.



ADVANCED PARASITE SUPPORT: Purge to Strengthen Parasite Clearing.

Adds stronger herbal support for stubborn or long-standing concerns. Helps deepen the clearing phase and amplify the effects of ParaCleanse.

➔ **How to Use:** Add 325mg (1/8 tsp - approximately 20 drops) to water or juice several times each day, as needed with meals during the entire ParaCleanse window (Days 1–14).



TOXIN BINDING: Heavy Metal & Toxin Binder to Capture & Neutralize Toxins

Binds parasite waste, heavy metals, and metabolic toxins released during cleansing. Helps reduce common detox discomfort and protects liver and nervous system balance.

➔ **How to Use:** Mix ¼–1 scoop into 8–10 oz of water or juice. Take once daily, beginning 2–3 days after starting ParaCleanse (Day 3). Continue through Day 21. Take 1–2 hours away from food, supplements, or essential oils.



ADVANCED ELIMINATION SUPPORT: Colon Support to Move Waste Out

Encourages smooth, regular elimination and helps toxins exit the body efficiently. Reduces bloating, gas, and die-off intensity.

➔ **How to Use:** Add 10 to 20 drops to water or juice several times each day, as needed, from Day 3 through Day 21.



LIVER RESTORE: HepaDetox to Restore & Renew Liver Vitality

Supports liver repair, bile flow, lymphatic drainage, and cellular renewal after the active cleansing phase.

➔ **How to Use: Topical:** Apply 1–2 drops over the liver area or the liver reflex point on the right foot. **Internal:** Add 2–3 drops to the juice of ½–1 organic lemon, mix, and drink. Use from Day 15–21.



MICROBIOME RESET: Gut Check to Rebuild & Soothe the Gut

Helps restore gut lining integrity and rebalance the microbiome after parasites and toxins have been cleared. Supports long-term digestive comfort and resilience.

➔ **How to Use:** Mix 1 scoop with 2 ounces of cool water and stir with a whisk or electric frother until a smooth froth forms. Add hot or cold water to taste for tea, or add milk for a latte, and enjoy. May be sweetened to taste with preferred sweetener. Take daily from Day 15–21, and continue beyond the cleanse as desired.

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21-DAY CLEANSE TIMING CHART

Core Cleanse vs. Deep Cleanse

Prepare → Clear → Bind → Restore

WEEK 0 - PREPARE (Days -7 to 0)

Focus: Open pathways, hydrate, support liver.

Time	Core Cleanse	Deep Cleanse
Morning	Liver Support	Liver Support • VitaliTEA
Midday	Liver Support	VitaliTEA
Evening	Liver Support	VitaliTEA

WEEK 1 - CLEAR (Days 1 to 7)

Focus: Begin parasite clearing; open lymph & elimination.

Time	Core Cleanse	Deep Cleanse
Morning	ParaCleanse (cup #1) Heavy Metal & Toxin Binder (starts Day 3) Liver Support (optional)	ParaCleanse • Heavy Metal & Toxin Binder (Day 3*) Purge • VitaliTEA Liver Support (optional)
Midday	ParaCleanse (cup #2)	ParaCleanse • VitaliTEA
Evening		Colon Support (Day 3*) • VitaliTEA

WEEK 2 - BIND (Days 8 to 14)

Focus: Bind toxins; keep elimination smooth.

Time	Core Cleanse	Deep Cleanse
Morning	ParaCleanse • Heavy Metal & Toxin Binder Liver Support (optional)	ParaCleanse • Binder • Purge • VitaliTEA Liver Support (optional)
Midday		ParaCleanse • VitaliTEA
Evening		Colon Support • VitaliTEA

WEEK 3 - RESTORE (Days 15 to 21)

Focus: Repair liver; reset gut; clear lingering waste.

Time	Core Cleanse	Deep Cleanse
Morning	HepaDetox • Heavy Metal & Toxin Binder Liver Support (optional)	HepaDetox • Heavy Metal & Toxin Binder Gut Check • VitaliTEA Liver Support (optional)
Midday		VitaliTEA
Evening		VitaliTEA Colon Support (optional)

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Liver Support

herbal extract 1 ounce

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ingredients

Organic Silybum marianum (Milk Thistle), Berberis vulgaris L. (Barberry) Bark, Organic Arctium (Burdock) Root, Organic Bupleurum (Bupleurum) Root, Organic Foeniculum vulgare (Fennel), Organic Zingiber officinale (Ginger), Organic Hydrastis canadensis (Goldenseal) Root, Water, Organic Sugar Cane Alcohol (30%)

responsible cautions

- Should not be used by pregnant or lactating women, young children, and the immunocompromised
- Keep out of reach of children and pets.
- Consult with a physician before use if you have a serious medical condition or use prescription medications.
- A doctor's advice should be sought before using this and any supplemental dietary product.
- Store away from sunlight, at room temperature, with the lid securely tightened

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product summary

The liver supports almost every other organ in the body. If you want to live, you'll need a healthy liver. A healthy liver is a key element to a healthy life, and when the liver gets sick many problems can follow. Living a healthy lifestyle that includes whole food nutrition and moderate exercise can help our liver work as efficiently as possible and may lower the risk for developing liver disease.*

Our Liver Support Extract is a proprietary blend of herbs formulated to assist and promote healthy liver function.*

ingredient highlights

Milk Thistle: Used by herbalists and physicians for hundreds of years to treat a wide range of liver concerns including hepatitis and fatty liver disease. Shown in studies to protect the liver from toxins, including drugs like acetaminophen, due to its chemical constituents, especially the flavonoid silymarin.*

Barberry Bark: Boosts the secretion of bile, which helps the body digest fatty foods. Promotes overall health of both the liver and gallbladder, and may be helpful in lowering LDL "bad" cholesterol.*

Burdock Root: Traditionally employed most commonly as a diuretic and digestive aid, burdock root has been used for centuries in holistic medicine. It has been shown to contain multiple types of powerful antioxidants known to reduce inflammation as well as active ingredients proven to remove toxins from the bloodstream.*

Bupleurum Root: Used for centuries in Chinese medicine to treat liver problems and other ailments. Research indicates it may protect the liver, support a healthy immune system, and prevent complications of diabetes.*

directions

- Add 10 to 20 drops (approx. 1/16 tsp.) to water or juice several times each day, as needed.*

VITALITEA

Energy & Detox

VITALITEA is one of the most powerful detox teas available for micronutrient delivery and elimination of undigested waste in your colon and your digestive system.*

VITALITEA is filled with compounds from plants that gently cleanse your digestive system and support your health with naturally occurring phytonutrients, high antioxidants, and known healing herbs.*

All the water soluble components in the herbs float in the mild but fragrant brew. They are immediately absorbed by the cells as VITALITEA enters your system. Antioxidants, polysaccharides, oligosaccharides, flavonoids, terpenes, phytosterols, alkaloids... the list becomes thousands of compounds in each of these families of phytochemicals.*

Benefits

- Cleanses digestive system*
- Removes toxins*
- Increases energy*
- Boosts metabolism*
- Supports healthy weight*
- Supports immune system*

Responsible Cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult a healthcare provider prior to use.

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Suggested Use

Bring 4 cups of water to a boil and remove from heat. Add 1 teaspoon of VITALITEA to the heated water, cover, and steep at least 2 hours or overnight.

Add sweetener or lemon to taste. Refrigerate. The tea can be consumed hot or cold. Drink all 4 cups of VITALITEA before 4:00 pm.*

Although steeping for just a couple of hours will also work, steeping VITALITEA for up to twelve hours creates a phytonutrient-rich cocktail for your cells. The longer the herbs steep, the more vitamins and minerals that will be extracted.*

Ingredients

Organic Green Tea, Organic Matcha Green Tea, Organic Oolong Tea, Organic Red Clover Herb, Organic Passionflower, Organic Cacao Nibs, Organic Cinnamon Bark, Organic Yerba Mate, Organic Licorice Root, Organic Burdock Root, Organic Chamomile Flowers, Organic Eleuthero Root, Organic Lemon Peel, Organic Alfalfa, Organic Ginger Root, Organic Clove

ParaCleanse

Herbal Tea for Parasite, Gut & Detox Support

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ParaCleanse brings together time-honored botanicals known for their cleansing power and digestive support. Wormwood, black walnut hull, and clove work in harmony to help clear the digestive tract and create an internal environment where unwanted organisms can't thrive. Complementary herbs — rooibos, chicory root, orange peel, and cacao nibs — add antioxidant protection, gentle bitterness, and a naturally smooth, earthy flavor.

This thoughtful combination supports the body's own rhythm of detoxification, helping to restore balance from the inside out. Each cup nourishes digestion, encourages elimination, and promotes microbial harmony so you can feel lighter, clearer, and renewed from within.*



BEGINNER: GENTLE

Perfect for a light introduction to cleansing and monthly maintenance.

Basic Brew



Measure 1 teaspoon of loose tea and place in a cup or infuser.



Cover & steep 5-7 minutes to preserve beneficial compounds.



Pour 1 cup (8 oz) of hot water (175°–185°F) over tea.



Strain & sip warm. Enjoy up to 2 cups daily for 14 days, before meals.

INTERMEDIATE: DEEP

For a more potent, full-body cleanse with increased extraction.

Extended Steep Method

1. **MEASURE:** 1 teaspoon ParaCleanse per 8 ounces of water.
2. **HEAT:** Warm to 175°–185°F (not boiling).
3. **COMBINE:** Pour over herbs in a glass jar or French press.
4. **COVER & STEEP:** Cover and infuse 12–24 hrs; refrigerate after.
5. **STRAIN:** Using mesh or cheesecloth; keep chilled up to 48 hrs.
6. **USE :** Gently warm before drinking. Enjoy 1 cup twice daily before meals for 14 days.

ADVANCED: INTENSIVE

For experienced cleansers seeking maximum potency and absorption.

Maximum Potency Preparation

1. **GRIND:** Use a clean coffee or spice mill to powder the herbs finely for optimal freshness and absorption.
2. **TAKE:** Fill vegetable capsules, **or** stir the freshly ground powder into warm water to create a gentle herbal tonic.
3. **USE:** Take daily for 7 consecutive days, ideally at the same time each day, to support the body's natural cleansing rhythm.

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FUNCTIONAL CONSTITUENTS

BLACK WALNUT HULL

- **Juglone (5-hydroxy-1,4-naphthoquinone):** Juglone, a powerful compound in black walnut hulls, offers natural antimicrobial and antiparasitic support. It helps create an environment unfavorable to harmful organisms while promoting digestive balance, detoxification, and overall gut and immune health.*
- **Tannins (especially ellagitannins and gallic acid derivatives):** Tannins are astringent compounds that tone the digestive tract and support natural cleansing. They bind and remove waste and toxins, promoting smoother elimination and gut balance while protecting tissues and supporting intestinal and immune health.*

Clinical studies for Black Walnut:

- <https://clinicaltrials.gov/study/NCT04849949>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC11521631/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC6761373/>

WORMWOOD

- **Thujone (α- and β-thujone):** This natural compound in wormwood, supports healthy digestion and elimination by stimulating digestive secretions and intestinal movement. Its antimicrobial and antiparasitic properties help discourage unwanted organisms and promote overall gut vitality.*
- **Sesquiterpene Lactones (absinthin, anabsinthin, artabsin, etc.):** These compounds give wormwood its signature bitterness and digestive power. They stimulate bile flow, support liver and gallbladder function, and promote gut balance with antiparasitic, anti-inflammatory, and detox-supportive effects.*

Clinical studies for Wormwood:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7345338/>
- <https://pubmed.ncbi.nlm.nih.gov/29188968/>
- <https://doi.org/10.1016/j.jphymed.2009.10.013>

CLOVE BUD

- **Eugenol:** Eugenol, the primary compound in clove bud, delivers potent antimicrobial and antiparasitic support while promoting a healthy digestive environment. Its natural anti-inflammatory and antioxidant actions help soothe tissues, ease discomfort, and support overall gut and immune balance.*
- **β-Caryophyllene:** This potent sesquiterpene found in clove bud supports the body's natural defense and repair systems. Its anti-inflammatory and antioxidant actions help calm irritation, protect cells from oxidative stress, and promote digestive, immune, and overall balance.*

Clinical studies for Clove Bud:

- <https://pubmed.ncbi.nlm.nih.gov/32019140/>
- <https://pubmed.ncbi.nlm.nih.gov/24991103/>
- <https://pubmed.ncbi.nlm.nih.gov/35810198/>

GREEN TEA

- **Catechins (EGCG, EGC, ECG, EC):** Potent antioxidant compounds found in green tea, catechins such as EGCG, EGC, ECG, and EC help neutralize free radicals, support metabolism, and promote detoxification. They also aid cardiovascular and liver health while reducing inflammation and protecting cells from oxidative stress.*
- **Polyphenols & Flavonoids (quercetin, kaempferol, myricetin):** Naturally occurring antioxidants in green tea, these compounds help combat oxidative stress, support circulation, and strengthen immune defenses. They also promote cellular repair and contribute to overall metabolic and cardiovascular health.*

Clinical studies for Green Tea:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC2855614/>
- <https://pubmed.ncbi.nlm.nih.gov/27689985/>
- <https://pubmed.ncbi.nlm.nih.gov/31585866/>

RED ROOIBOS

- **Aspalathin:** A rare antioxidant found only in rooibos, this compound helps combat oxidative stress, support balanced blood sugar, and protect cardiovascular and liver health. Its anti-inflammatory properties also promote cellular resilience and overall vitality.*

Clinical studies for Red Rooibos:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10774856/>
- <https://pubmed.ncbi.nlm.nih.gov/24738022/>

ORANGE PEEL

- **Limonene:** A dominant compound in sweet orange, this citrus terpene supports natural detoxification, healthy digestion, and immune balance. Its uplifting aroma and antioxidant properties also help reduce oxidative stress and promote overall vitality.*

Clinical studies for Orange:

- <https://pubmed.ncbi.nlm.nih.gov/26907240/>
- <https://pubmed.ncbi.nlm.nih.gov/28420125/>

CHICORY ROOT

- **Inulin (Fructooligosaccharides):** A natural prebiotic fiber found in chicory root, this compound feeds beneficial gut bacteria, supporting healthy digestion, balanced microbiome function, and regularity. It also helps regulate blood sugar and promotes gentle detoxification through improved digestive flow.*

Clinical studies for Chicory Root:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8912540/>
- <https://pubmed.ncbi.nlm.nih.gov/29873488/>

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ParaCleanse

Herbal Tea for Parasite, Gut & Detox Support

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FAQ

Q. Why is this tea steeped so long?

A. Steeping for 24 hours allows full extraction of bitter compounds that are otherwise trapped in woody or fibrous plant material. This maximizes potency without alcohol or chemical solvents.

Q. Can I drink it cold?

A. Yes, ParaCleanse can be consumed cold. The active constituents remain stable when chilled. Many customers prefer to reheat gently before drinking to aid digestion. It can also be added to smoothies or taken as a shot.

Q. How long should I use ParaCleanse?

A. Use for 14 days, then take a 2-week break before repeating if desired.

Q. Can I combine it with other products?

A. For enhanced detox support, pair with Heavy Metal & Toxin Binder to help absorb released toxins and minimize die-off symptoms.

Q. Does it need to be refrigerated?

A. Yes, after steeping beyond 8 hours or once strained. Store in an airtight, covered container in the refrigerator and use within 48 hours.

Q. Is it safe for kids or pets?

A. No. ParaCleanse is intended for adult use only. Always keep out of reach of children and pets.

Nutrition Facts				Serving Size: 1 teaspoon		Servings per container: 30	
Amount per serving				Amount per serving		% Daily Value	
Calories 0				Parasite Defense Blend		720mg	
				Organic Juglans nigra (Black Walnut Hull), Organic Artemisia absinthium (Wormwood Aerial Parts), Organic Syzygium aromaticum (Clove Bud)			
% DV				% DV			
Total Fat	0g	0%		B Vitamins [B1, B2, B3, B6]	Trace		
Sodium	24mg	1%		Calcium	10mg	1%	
Total Carbohydrate	4g	1%		Magnesium	6mg	1%	
Protein	0g			Potassium	30mg	1%	
Vitamin C	~2mg	3%		Iron	0.2mg	1%	
Vitamin A (as Beta Carotene)	Trace			Zinc	~0.1mg	<1%	
Vitamin E	Trace			Manganese	0.2mg	10%	
Vitamin K	Trace			Copper	Trace		
Not a significant source of cholesterol, dietary fiber, total sugars, and vitamin D.				†Daily Value not established. The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.			
Allergen Information: This product is manufactured in a facility that produces other products which may contain soy, dairy, wheat, tree nuts, shellfish, fish, peanuts, and eggs, and may contain traces of all of the above.							
Important Information: This is not a medicinal product. If in doubt, consult a doctor before taking dietary supplements. Dietary supplements must not be used as a substitute for a varied & balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, or on any medication, please consult a doctor before use. Store in a cool, dry place. Keep away from children. Discontinue use if any adverse reactions occur.							

CAUTIONS

- Not for children, pets, or during pregnancy/breastfeeding. Contains wormwood and black walnut, which may interact with medications. Not for long-term use. Consult a healthcare provider if you are taking prescriptions, anticoagulants, or have a seizure disorder.



Contains black walnut hull. Avoid if allergic. Wormwood may cause reactions in sensitive individuals.

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Purge Tonic

gut health • detox • immunity

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Purge Tonic is a powerful herbal blend designed to help your body flush out parasites and toxins naturally. Formulated for gentle yet effective cleansing, this water-soluble formula allows for rapid absorption and maximum benefits. Beyond detoxification, Purge Tonic supports digestion, boosts energy and mental clarity, and strengthens immune function - helping you feel lighter, more energized, and refreshed from the inside out!*

DIRECTIONS

- Add 325mg (1/8 tsp - approximately 20 drops) to water or juice several times each day, as needed.*

MEDICINAL CONSTITUENTS

- **Sesquiterpene lactones:** These natural compounds found in the Asteraceae plant family, are known for their powerful parasite-fighting properties. They help eliminate harmful invaders, support detoxification, and promote a healthier body. Research shows that sesquiterpene lactones can weaken and break down parasites, making them a valuable tool for deep, natural detox support.*
- **Anthraquinones:** Found in plants like Aloe, Senna, and Rhubarb, anthraquinones are known for their strong cleansing and parasite-fighting properties. These powerful compounds help flush out unwanted invaders, support digestion, and promote detoxification. Studies show that anthraquinones can disrupt parasites' ability to survive, making them a key ingredient in natural cleansing and gut health support.*
- **Naphthoquinones:** Known for their strong anti-parasitic properties, these natural compounds help weaken and eliminate harmful parasites, supporting a deep and effective detox. Research suggests they disrupt parasite survival and reproduction, making them valuable for cleansing the body and promoting overall wellness.*
- **Oxindole alkaloids:** Found in Cat's Claw and other medicinal plants, these compounds are known for their powerful parasite-fighting and immune-boosting properties. They help disrupt parasite activity, support detoxification, and promote gut health. Research suggests they can weaken and eliminate harmful invaders while also enhancing the body's natural defenses, making them a valuable tool for deep cleansing and overall wellness.*

Clinical studies for Purge Tonic ingredients:

- <https://pubmed.ncbi.nlm.nih.gov/35405251/>
- <https://pubmed.ncbi.nlm.nih.gov/37446683/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC6920142/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC5745730/>
- <https://pubmed.ncbi.nlm.nih.gov/35852920/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC56902/>
- <https://pubmed.ncbi.nlm.nih.gov/17210508/>
- <https://pubmed.ncbi.nlm.nih.gov/16042502/>

INGREDIENTS

Organic Dandelion (*Taraxacum officinale*) Root, Organic Burdock (*Arctium lappa*) Root, Organic Rhubarb (*Rheum palmatum*) Root, Pau D'Arco (*Tabebuia avellanedae*) Bark, Organic Cat's Claw (*Uncaria tomentosa*) Bark, Organic Sheep Sorrel (*Rumex acetosella*) Herb, Organic Goldenseal (*Hydrastis canadensis*) Root, Water, Organic Sugar Cane Alcohol (30%)

CAUTIONS

- **Safety Group 4:** Not for use by children, pregnant or nursing women, or individuals with weakened immune systems.*
- **Read and follow directions carefully.** This product contains Rhubarb Root (*Rheum palmatum*) and should not be used if you have or develop diarrhea, loose stools, or abdominal pain as Rhubarb Root may worsen such conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition. Keep out of reach of children.*
- A doctor's advice should be sought before using this and any supplemental dietary product.*

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Heavy Metal & Toxin Binder

Supports Cellular Renewal & Daily Cleansing

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Heavy Metal & Toxin Binder helps the body release what doesn't belong and restore what it truly needs. Everyday life exposes us to unseen stressors — pollutants in the air, trace metals in food and water, and residues from packaging, cookware, cosmetics, and even dental materials. Over time, these compounds can accumulate in tissues, displace vital minerals like zinc, calcium, and magnesium, and disrupt normal cellular balance.

This advanced blend unites mineral-rich binders with restorative botanicals that capture impurities and carry them safely out of the body while replenishing essential micronutrients lost through environmental exposure. Supporting the body's natural detox rhythm helps sustain energy, mental clarity, and resilience — keeping you clean, nourished, and aligned with your body's natural rhythm of renewal*



BEGINNER: GENTLE DAILY SUPPORT

Perfect for a light, introductory cleanse or monthly maintenance.



Mix ¼ scoop into 8–10 ounces of water or juice.



Take once daily, for 14 days, then rest 3 days before repeating.



Stay well hydrated by drinking plenty of water to support elimination.

INTERMEDIATE: DEEP DETOX RHYTHM

For a more focused cleanse and deeper renewal.

1. **USE:** ½ scoop once daily in 8-10 ounces of water or juice.
2. **CONTINUE:** 14 consecutive days while emphasizing clean, plant-based meals and light activity.
3. **DRINK:** Herbal teas or mineral-rich water throughout the day to encourage full elimination.

ADVANCED: INTENSIVE CELLULAR CLEANSE

Designed for experienced cleansers seeking optimal results.

1. **USE:** 1 scoop daily in 8–10 ounces of water or juice for 7-10 days.
2. **COMBINE:** With ParaCleanse for a complete mobilize-and-bind protocol.
3. **MAINTAIN:** High hydration, prioritize rest, and include mineral-rich foods or Healing Trilogy to restore balance.

IF USING WITH PARACLEANSE

For best results, take **Heavy Metal & Toxin Binder** about 1 hour after drinking your **ParaCleanse** Tea. This timing ensures that toxins released by ParaCleanse are captured and removed, *not reabsorbed*, so your cleanse feels smoother, lighter, and more complete.

Continue this pairing daily during your cleanse for full synergy: **ParaCleanse mobilizes; Heavy Metal & Toxin Binder captures and removes.***

Heavy Metal & Toxin Binder

Supports Cellular Renewal & Daily Cleansing

HBnaturals
PRODUCT INFORMATION PAGE

FUNCTIONAL CONSTITUENTS

ACTIVATED CHARCOAL (FROM COCONUT SHELLS)

A highly porous form of carbon, activated charcoal works through adsorption—binding toxins, chemicals, and impurities to its surface for safe elimination. Its extensive surface area traps heavy metals and metabolic byproducts in the digestive tract, helping prevent reabsorption while supporting gut clarity, digestive comfort, and overall detox balance.*

Clinical studies for Activated Charcoal:

- <https://www.ncbi.nlm.nih.gov/books/NBK482294/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC1306980/>
- <https://pubmed.ncbi.nlm.nih.gov/3516107/>

BENTONITE CLAY (MONTMORILLONITE)

Rich in trace minerals and carrying a natural negative ionic charge, bentonite clay attracts and binds positively charged toxins, heavy metals, and impurities for safe elimination. It supports full-body detoxification, encourages regular elimination, and helps balance essential minerals to maintain internal harmony. Bentonite also soothes and protects the digestive tract, making it ideal for gentle, continuous cleansing and long-term digestive wellness.*

Clinical studies for Bentonite Clay:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC5632318/>
- <https://pubmed.ncbi.nlm.nih.gov/32013819/>
- <https://pubmed.ncbi.nlm.nih.gov/27748171/>

FULVIC ACID

Derived from ancient plant matter, fulvic acid functions as both a powerful detoxifier and nutrient transporter. It helps chelate and neutralize heavy metals while enhancing the absorption and delivery of essential minerals at the cellular level. Fulvic acid supports energy production, antioxidant protection, and efficient elimination for total-body rejuvenation and vitality.*

Clinical studies for Fulvic Acid:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC6151376/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7758121/>
- <https://pubmed.ncbi.nlm.nih.gov/32995299/>

CHLORELLA VULGARIS (BROKEN CELL WALL)

This freshwater microalgae is a potent source of chlorophyll and plant-based micronutrients that help bind heavy metals and environmental toxins. Broken cell wall chlorella is specially processed for superior bioavailability, allowing the body to better absorb its nutrients and cleansing compounds. It supports liver detoxification, enhances cellular renewal, and promotes digestive and immune balance through its powerful alkalizing properties.*

Clinical studies for Chlorella:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7551956/>
- <https://pubmed.ncbi.nlm.nih.gov/29037431/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC4734693/>

ORGANIC SPIRULINA

A nutrient-rich blue-green alga packed with protein, B vitamins, and antioxidants, spirulina binds heavy metals and free radicals while nourishing cells. It supports liver health, boosts energy, and promotes balanced inflammation.*

Clinical studies for Spirulina:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8839264/>
- <https://pubmed.ncbi.nlm.nih.gov/36273817/>

ORGANIC KELP

A blend of *Laminaria hyperborea*, *Ascophyllum nodosum*, and *Laminaria digitata* delivers iodine, alginates, and antioxidants that support thyroid function and toxin removal. Their alginates gently bind heavy metals, while trace minerals restore balance and replenish nutrients lost during detoxification.*

Clinical studies for Kelp:

- <https://pubmed.ncbi.nlm.nih.gov/14583417/>
- <https://doi.org/10.1093/nutrit/nyy066>

ORGANIC PSYLLIUM HUSK

A soluble fiber that aids digestion and toxin removal, psyllium husk forms a gentle gel that cleanses the colon and supports regularity while promoting satiety and gut balance.*

Clinical studies for Psyllium:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10389520/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8221300/>

ORGANIC MILK THISTLE

A renowned liver protectant, milk thistle's silymarin complex supports liver regeneration, detoxification, and oxidative defense while promoting bile flow and digestive comfort.*

Clinical studies for Milk Thistle:

- <https://www.ncbi.nlm.nih.gov/books/NBK11896/>
- [https://www.amjmed.com/article/S0002-9343\(02\)01244-5/abstract](https://www.amjmed.com/article/S0002-9343(02)01244-5/abstract)

ORGANIC DANDELION ROOT

A traditional detox herb used for hundreds of years, dandelion root supports liver, kidney, and gallbladder function, stimulating bile flow, aiding fat metabolism, and promoting gentle elimination while nourishing gut flora.*

Clinical studies for Dandelion:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8063808/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC12299503/>

ORGANIC PARSLEY POWDER

Rich in chlorophyll and antioxidants, parsley supports kidney health, promotes gentle detoxification, and helps maintain electrolyte balance and cellular hydration.*

Clinical studies for Parsley:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10856782/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC11672790/>

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Heavy Metal & Toxin Binder

Supports Cellular Renewal & Daily Cleansing

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PRODUCT INFORMATION PAGE

FAQ

Q. What benefits can I expect?

A. Users often describe feeling lighter and more balanced as their body's natural cleansing processes are supported. The formula is designed to assist gentle detoxification, encourage regular elimination, and help maintain overall wellness and vitality.

Q. Who should consider using this product?

A. Anyone seeking daily detox support, individuals concerned about environmental toxin exposure, or those looking to promote digestive health may benefit. Always consult a healthcare professional if you're pregnant, nursing, or under medical care.

Q. How long should I use it?

A. It can be used daily as part of a gentle, ongoing detox routine. For targeted detox protocols, follow the guidance of your healthcare provider.

Q. Can I combine it with other products?

A. Because it binds substances in the gut, take it at least 2 hours apart from food, supplements, or medications to avoid interference with absorption.

Q. Are there any side effects?

A. Mild digestive changes (like temporary bloating or constipation) may occur as the body adjusts. Drinking extra water helps support comfortable elimination.

Q. Is it safe for kids or pets?

A. No, this product is intended for adult use only. Always keep out of reach of children and pets.

Nutrition Facts			Serving Size: 1 scoop (3g)	Servings per container: 60
Amount per serving			Amount per serving	% Daily Value
Calories 2			Detox Binding Complex	1920mg †
			Activated Charcoal (from Coconut Shells), Bentonite Clay (Montmorillonite), Fulvic Acid, Chlorella vulgaris (Broken Cell Wall), Organic Spirulina (Arthrospira platensis) Powder, Organic Kelp (Laminaria hyperborea), Organic Kelp (Ascophyllum nodosum), Organic Kelp (Laminaria digitata)	
			Fiber Support	870mg †
			Organic Plantago ovata (Psyllium Husk)	
			Liver & Cellular Defense Complex	210mg †
			Organic Silybum marianum (Milk Thistle), Organic Dandelion (Taraxacum officinale) Root, Organic Parsley (Petroselinum crispum) Powder	
Allergen Information: This product is manufactured in a facility that produces other products which may contain soy, dairy, wheat, tree nuts, shellfish, fish, peanuts, and eggs, and may contain traces of all of the above.				
Important Information: This is not a medicinal product. If in doubt, consult a doctor before taking dietary supplements. Dietary supplements must not be used as a substitute for a varied & balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, or on any medication, please consult a doctor before use. Store in a cool, dry place. Keep away from children. Discontinue use if any adverse reactions occur.				
†Daily Value not established. The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.				

CAUTIONS

- Not for children, pets, or during pregnancy/breastfeeding. Do not exceed the recommended serving unless directed by a healthcare professional. Keep out of reach of children.

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Colon Support

herbal extract

*HB*Naturals
PRODUCT INFORMATION PAGE

Colon health is key to efficient waste removal, digestion, and nutrient absorption, yet often overlooked. Our Colon Support Extract is a proprietary herbal blend designed to support healthy colon function, reduce inflammation, and promote gentle regularity - without harsh effects. By nourishing and balancing the digestive system, this natural formula helps keep your body running smoothly and feeling its best.*

DIRECTIONS

- Add 10 to 20 drops (approx. 1/16 tsp.) to water or juice several times each day, as needed.*

MEDICINAL CONSTITUENTS

- **Sesquiterpenes:** Powerful anti-inflammatory and immune-boosting compounds known for their digestive, detoxifying, and pain-relieving properties. They help soothe the gut, support liver function, and combat harmful invaders, making ginger a key ally for digestion, immunity, and overall wellness.*
- **Anthraquinones:** Found in plants like Aloe, Senna, and Rhubarb, anthraquinones are known for their strong cleansing and parasite-fighting properties. These powerful compounds help flush out unwanted invaders, support digestion, and promote detoxification. Studies show that anthraquinones can disrupt parasites' ability to survive, making them a key ingredient in natural cleansing and gut health support.*
- **Anthracenes:** Natural compounds found in plants like aloe, rhubarb, and senna, known for their powerful detoxifying and digestive benefits. They help stimulate bowel movements, support liver function, and promote gentle cleansing, making them essential for gut health and toxin removal. With their mild laxative and antimicrobial properties, anthracenes aid in maintaining a healthy digestive system and overall well-being.*
- **(E)-anethole:** This key compound in anise, fennel, and star anise, is known for its digestive, anti-inflammatory, and antimicrobial properties. It helps soothe the gut, reduce bloating, and support healthy digestion, while also acting as a natural detoxifier by aiding liver function and flushing out toxins. With its antioxidant and immune-boosting benefits, (E)-anethole promotes overall wellness and balance in the body.*

Clinical studies for Colon Support ingredients:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7019938/>
- <https://pubmed.ncbi.nlm.nih.gov/31331547/>
- <https://pubmed.ncbi.nlm.nih.gov/36716659/>
- <https://pubmed.ncbi.nlm.nih.gov/34502424/>
- <https://pubmed.ncbi.nlm.nih.gov/20750684/>
- <https://pubmed.ncbi.nlm.nih.gov/20750858/>
- <https://pubmed.ncbi.nlm.nih.gov/35802574/>
- <https://pubmed.ncbi.nlm.nih.gov/38068725/>

INGREDIENTS

Organic Zingiber officinale (Ginger) Root, Organic Rheum rhabarbarum (Rhubarb) Root, Frangula purshiana (Cascara Sagrada) Bark, Organic Foeniculum vulgare (Fennel) Seed, Organic Rubus idaeus (Raspberry) Leaf, Organic Capsicum annuum (Cayenne), Lobelia erinus (Lobelia) Leaf, Organic Hydrastis canadensis (Goldenseal) Root, Berberis vulgaris L. (Barberry) Bark, Water, Organic Sugar Cane Alcohol (30%)

CAUTIONS

- **Safety Group 4:** Not for use by children, pregnant or nursing women, or individuals with weakened immune systems.*
- Do not use if you have or develop diarrhea, loose stools, or abdominal pain, as Rhubarb Root and Cascara Sagrada Bark may worsen these conditions.*
- A doctor's advice should be sought before using this and any supplemental dietary product.*
- Store away from sunlight, at room temperature, with the lid securely tightened.*

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HepaDetox

detoxification blend

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PRODUCT INFORMATION PAGE

HepaDetox is a potent essential oil blend that supports liver detoxification, regeneration, and overall health. Featuring Carrot Seed, Peppermint, Lemon, and Rosehip Seed oils, it helps the liver process and eliminate toxins from food, alcohol, drugs, and the environment. Over time, toxin buildup can slow liver function, impacting overall wellness. HepaDetox promotes cell repair, enhances natural detox pathways, and restores balance. Best used after the acute phase of illness, it helps the liver rebuild and strengthen for optimal health.*



DIRECTIONS

- **Topical Use:** Rub 1 to 2 drops neat (undiluted) on the liver reflex area of the right foot. Massage in thoroughly.*
- **Topical Use:** Apply 1 to 2 drops, neat (undiluted), to the skin directly over the liver area. Massage in thoroughly.*
- **Internal Use:** Add 2 to 3 drops to the juice of ½ to 1 whole organic lemon. Mix and drink.*

MEDICINAL CONSTITUENTS

- **Monoterpenes:** Naturally occurring compounds known for their cleansing, immune-boosting, and antioxidant properties. They help detoxify the body, support respiratory health, and promote cellular repair by neutralizing harmful free radicals. Monoterpenes also aid digestion, reduce inflammation, and enhance mood, making them a key component in natural wellness and healing.*
- **Menthol:** A cooling compound found in peppermint and other mint oils, is known for its soothing, detoxifying, and anti-inflammatory properties. It helps clear respiratory congestion, support digestion, and flush out toxins, promoting overall wellness. Menthol also aids in relieving muscle and joint discomfort, easing headaches, and enhancing mental clarity. With its refreshing and purifying effects, it supports circulation, lymphatic drainage, and natural detoxification, making it a powerful ally for cleansing and revitalization.*
- **Limonene:** A powerful compound found in citrus peels, is known for its cleansing, detoxifying, and antioxidant properties. It helps flush out toxins, support liver function, and promote digestive health by stimulating the body's natural detox pathways. Limonene also boosts circulation, reduces inflammation, and strengthens immune function, making it a key component in natural detox and overall wellness.*

Clinical studies for HepaDetox ingredients:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7582973/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10609285/>
- <https://pubmed.ncbi.nlm.nih.gov/31969098/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC5814329/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC5761127/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8348102/>

INGREDIENTS

Daucus carota (Carrot Seed), Mentha piperita (Peppermint), Citrus limon (Lemon), Rosa rubiginosa (Rosehip Seed)

CAUTIONS

- **Safety Group 3:** Not for use by children under 10 years of age and pregnant or nursing women.
- Do not exceed recommended dosages.
- Non-toxic, non-irritant, non-sensitizing.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Dilution not required, but can be done with carrier oil if individual skin sensitivity occurs *
 - **Healthy individuals ages 10 and over:** Dilute 60 drops per 1 ounce of carrier oil.*
- Keep out of reach of children and pets.
- Store away from sunlight, at room temperature, with the lid securely tightened.*

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Gut Check

matcha probiotic hydration

HBNaturals
PRODUCT INFORMATION PAGE

Gut Check blends ceremonial grade matcha, MicrobiomeX®, and fulvic minerals to support gut health and overall wellness. Rich in antioxidants and nutrients, matcha has been cherished for centuries in traditional Japanese tea ceremonies for its numerous health benefits, while MicrobiomeX® promotes a balanced microbiome. Enjoy it hot, cold, in smoothies, or even baked goods for a delicious, nourishing boost.*

DIRECTIONS

- Mix 1 scoop (½ teaspoon) with 2 ounces of cool water and stir with a whisk or electric frother until a smooth froth forms. Add hot or cold water to taste for tea, or add milk for a latte, and enjoy. May be sweetened to taste with preferred sweetener. Refrigerate after opening for maximum freshness.*



MEDICINAL CONSTITUENTS

- **Catechins:** Powerful antioxidants found in tea, particularly green tea, that support overall health and digestion. They help reduce inflammation, combat oxidative stress, and promote a balanced gut microbiome. In the colon, catechins may aid in preventing harmful bacterial overgrowth, supporting healthy digestion, and reducing the risk of digestive discomfort. Their anti-inflammatory properties also contribute to overall colon health and may help protect against certain gastrointestinal issues.*
- **Flavonoids:** Potent plant-based antioxidants that support overall health, particularly in the digestive system. They help reduce inflammation, combat oxidative stress, and promote a healthy gut microbiome. In the colon, flavonoids may aid digestion, support regularity, and protect against harmful free radicals that contribute to digestive discomfort. Their anti-inflammatory and immune-boosting properties also play a role in maintaining optimal colon health and overall well-being.*
- **Fructans:** A type of prebiotic fiber found in foods like onions, garlic, leeks, and bananas, known for their powerful benefits to gut health. They nourish beneficial gut bacteria, promoting a balanced microbiome and improving digestion. Fructans also enhance nutrient absorption, support immune function, and may help regulate blood sugar levels. Additionally, they contribute to overall colon health by increasing stool bulk and promoting regularity, making them an essential component of a healthy diet.*

Clinical studies for Gut Check ingredients:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10529306/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8698834/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8401650/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7554000/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC6364418/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC11397174/>

INGREDIENTS

Organic Camellia sinensis (Matcha Green Tea) Powder, Organic Cocos nucifera (Coconut Water) Powder, Organic Blue Agave Inulin (Agave Tequilana) Powder, Organic Luo han guo (Monk Fruit) Powder, MicrobiomeX® Citrus Flavonoid Extract (Citrus sp.)(Whole Fruit), Fulvic Mineral Powder Concentrate

MicrobiomeX

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CAUTIONS

- **Safety Group 3:** Not for use by children under 10 years of age and pregnant or nursing women.*
- A doctor's advice should be sought before using this and any supplemental dietary product.*
- Keep out of reach of children and pets.*

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