

BEGINNER

	WAKE UP	MORNING	NOON	EVENING	BEDTIME
BioToxin Binder		1 🍯	1 🍯	1 🍯	
Para 1	2 🍯				2 🍯
Para 2	2 🍯				2 🍯
Para 3		10 🍷 in water	10 🍷 in water	10 🍷 in water	

🍷 = drops 🍯 = capsules

INTERMEDIATE

	WAKE UP	MORNING	NOON	EVENING	BEDTIME
BioToxin Binder		2 🍯	2 🍯	2 🍯	
Para 1	4 🍯				4 🍯
Para 2	4 🍯				4 🍯
Para 3		20 🍷 in water	20 🍷 in water	20 🍷 in water	

🍷 = drops 🍯 = capsules

Return to your regular dosing until the next full moon

ADVANCED

	WAKE UP	MORNING	NOON	EVENING	BEDTIME
BioToxin Binder		4 🍯	4 🍯	4 🍯	
Para 1	6 🍯				6 🍯
Para 2	6 🍯				6 🍯
Para 3		40 🍷 in water	40 🍷 in water	40 🍷 in water	

🍷 = drops 🍯 = capsules

Return to your regular dosing until the next full moon

Para Kit



The supplements in this kit provide key herbs and nutrients to support the body's natural ability to detoxify during a full moon.* These ingredients also support digestion, intestinal health, and immunity.*



* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

WHY CLEANSE DURING A FULL MOON?

The supplements in this kit provide key herbs and nutrients to support the body's natural ability to detoxify during a full moon, including Mimosa pudica seed, amla fruit, black walnut hull, clove bud, holy basil, and neem.* These ingredients also lend increased support to digestion, the immune system, and the gut microbiome.*

The brightness of the full moon naturally creates a drop in melatonin production, which downregulates the immune system. The Para Kit is designed to optimize the body's natural detoxification processes and nourish your system before, during, and after a full moon — which occurs 12 times per year.*



NEW TO THE PARA KIT

The 5-day and 7-day Full Moon Challenges aren't recommended for people who are brand new to cleansing. Immediately jumping into high doses of the supplements in the Para Kit may cause unwanted reactions to naturally promoting the body's ability to detoxify.

We recommend focusing on drainage support and one of the beginner kits (such as the Jumpstart Kit), Foundational Protocol, or Comprehensive Protocol before promoting periods of deeper cleansing during a full moon.



DON'T FORGET ABOUT DRAINAGE

Before starting patients on the Para Kit, it's imperative to ensure their drainage pathways are moving well. This means 1-3 bowel movements per day and the ability to sweat. We recommend adding intestinal-moving herbs (such as Bowel Mover) or lymphatic drainage herbs (such as LymphActiv) to increase their drainage support, especially if the patient is prone to constipation.



ALWAYS LISTEN TO YOUR BODY

These are guidelines. You may want to play around and test your limits with higher or lower doses.



CHOOSE YOUR CHALLENGE LENGTH

You can do the Para Kit for 3, 5, or 7 days.

Choose from beginner, intermediate, or advanced dosing for each length of time.

	3 DAYS BEFORE	2 DAYS BEFORE	1 DAY BEFORE	FULL MOON	1 DAY AFTER	2 DAYS AFTER	3 DAYS AFTER
Beginner			◯	◯	◯		
Intermediate		◐	◯	◯	◯	◑	
Advanced	◑	◐	◯	◯	◯	◑	◑

