

# Parashield Plus

## Directions for use

### Parashield Plus is a set for protection from parasites.

This is an extended version of the Parashield program for a long lasting-effect.

#### THE SET CONSISTS OF:

- ParaFight, 1 bottle (90 vegetable capsules)
- Coral Black Walnut, 1 bottle (90 vegetable capsules)
- Coral Burdock Root, 1 bottle (90 capsules)
- Assimilator, 1 bottle (90 vegetable capsules)
- Pau D'Arco with Selenium, 1 bottle (90 vegetable capsules)

- MSM, 1 bottle (60 vegetable capsules)
- Super-Flora, 1 bottle (90 vegetable capsules)
- Coral-Mine, 6 packages (60 sachets).

#### THE SET CONTRIBUTES TO:

- A more thorough cleanse of different endoparasites (pinworms, ascarids, flukes, giardia, toxocara, etc.

**Duration of the program – 60 days.**

**ParaFight** is a broad-spectrum anti-parasitic agent. It is based on a combination of 12 herbal extracts: black walnut, cloves, chamomile, gentian, long pepper, yarrow, althea, garlic, peppermint, thyme, sage, and oregano. The comprehensive action of the active ingredients of these extracts helps inhibit parasites' vital activity at different stages of their life cycle, aims to stimulate their elimination from the body, and helps to cope with the processes of decay and fermentation in the intestine.

**Coral Black Walnut** is a source of juglone, essential oils and tannins. This complex helps to actively combat helminthes and normalizes the digestive system.

**Coral Burdock Root** consists of powdered burdock root and its extract, increasing the concentration of active ingredients. The active ingredients of the product accelerate the body's self-cleaning and suppress the growth of pathogenic bacteria in the gastrointestinal tract.




**MSM** is a synergistic product based on bioavailable organic sulfur (MSM), C vitamin, and biotin. The active ingredients of the product help to remove many toxic substances from the body, provide antioxidant protection, and improve the state of skin, hair, and nails.




**Pau D'Arco with Selenium** contains valuable substances naphthoquinones (lapachol, beta-lapachol, xyloidine), that activate the autoimmune system and fight pathogenic microorganisms. Selenium, which is a strong antioxidant, takes part in the synthesis of the immune system cells, supporting both innate and acquired immunity. Selenium and vitamin C have a synergistic relationship.

**Assimilator** is a complex of digestive enzymes. It promotes a high-quality breakdown of food (proteins, fats, carbohydrates) and the normalization of digestion.

**Super Flora** is a balanced combination of probiotics (bifidobacteria and lactobacilli) and prebiotic inulin to normalize intestinal microflora. It increases beneficial bacteria in the intestine, helping the process of digestion, and strengthening immunity.

**Coral-Mine** is a natural product that has a relict coral mineral composition comprised of salts of beneficial macro- and micronutrients (calcium, magnesium, potassium, etc.). When interacting with water, minerals from salts pass into water, positively affecting its physiological value and organoleptic properties.

HOW TO USE: 1TH MONTH	1-10 DAYS	11-20 DAYS	21-30 DAYS
 MORNING	<b>Super-Flora</b> 1 capsule 20 minutes before breakfast <b>ParaFight</b> 2 capsules during breakfast <b>Coral Burdock Root</b> 1 capsule during breakfast	<b>Super-Flora</b> 1 capsule 20 minutes before breakfast <b>ParaFight, Coral Black Walnut, Coral Burdock Root</b> 1 capsule during breakfast	<b>Super-Flora</b> 2 capsules 20 minutes before breakfast <b>Coral Black Walnut, Pau D'Arco with Selenium, Coral Burdock Root</b> 1 capsule during breakfast
 AFTERNOON	<b>ParaFight</b> 2 capsules during lunch <b>MSM</b> 1 capsule during lunch	<b>ParaFight, Coral Black Walnut, MSM, Assimilator</b> 1 capsule during lunch	<b>Coral Black Walnut, Pau D'Arco with Selenium, MSM, Assimilator</b> 1 capsule during lunch
 EVENING	<b>ParaFight</b> 2 capsules during dinner <b>Coral Burdock Root</b> 1 capsule during dinner	<b>ParaFight, Coral Black Walnut, Coral Burdock Root</b> 1 capsule during dinner	<b>Coral Black Walnut, Pau D'Arco with Selenium, Coral Burdock Root</b> 1 capsule during dinner

HOW TO USE: 2ND MONTH	31-40 DAYS	41-50 DAYS	51-60 DAYS
 MORNING	<b>Super-Flora</b> 1 capsule 20 minutes before breakfast <b>Coral Black Walnut, Pau D'Arco with Selenium</b> 1 capsule during breakfast	<b>Super-Flora</b> 2 capsules 20 minutes before breakfast <b>Pau D'Arco with Selenium, Assimilator</b> 1 capsule during breakfast	<b>Super-Flora</b> 2 capsules 20 minutes before breakfast <b>Pau D'Arco with Selenium, Assimilator</b> 1 capsule during breakfast
 AFTERNOON	<b>Coral Black Walnut, Pau D'Arco with Selenium, MSM, Assimilator</b> 1 capsule during lunch	<b>Pau D'Arco with Selenium, MSM, Assimilator</b> 1 capsule during lunch	<b>Pau D'Arco with Selenium, MSM, Assimilator</b> 1 capsule during lunch
 EVENING	<b>Coral Black Walnut, Coral Burdock Root</b> 1 capsule during dinner	<b>Assimilator, Coral Burdock Root</b> 1 capsule during dinner	<b>Assimilator, Coral Burdock Root</b> 1 capsule during dinner

**Coral-Mine:** place unopened Coral-Mine sachet in lukewarm water (1.5L).  
After 5 minutes, the water is ready to drink.

### CONTRAINDICATIONS:

Before use, consult a doctor. Be aware of individual intolerance to components, pregnancy and breast-feeding.

### NUTRITIONAL RECOMMENDATIONS:

Give preference to products that normalize the acid-base balance and improve intestinal functions, these are:

- fresh and frozen berries and vegetables — raspberries, blueberries
- cranberries, red huckleberries, zucchini, cucumbers, cabbage, beetroot, cauliflower, tomatoes, horseradish, garlic, onion
- freshly squeezed vegetable juices
- green herbs (dill, parsley)
- natural dairy products without sugar;
- whole grain cereals (buckwheat, oatmeal, millet, bran) and whole grain
- bakery products
- meat dishes without sauces and flour gravy
- use olive oil for dressing salads.

### RECOMMENDATIONS FOR DRINKING WATER:

Enough water is important for adequate bodily purification (liver, kidneys, gallbladder, intestine), that is why:

- during the course of the program, it is recommended to drink at least 1.5 L of water per day with Coral-Mine
- you should drink high-quality purified water;
- the average daily intake of fluid for an adult is 30-40 ml per 1 kg of weight
- it is better to drink in portions of 200-250 ml before meals and between meals. It isn't desirable to use it to wash down food.

### DURING THE PROGRAM, IT IS NOT RECOMMENDED TO EAT:

- sweet foods, including honey, fruits, dried fruits, baked goods, ice cream
- coffee, any alcoholic and sweet fizzy drinks
- products of animal origin that have not been subject to thorough heat treatment (uncooked meat, salted and dried fish and meat)
- cereal products (white rice, wheat flour)