

# Parashield Pack

## PROPERTIES:

- eliminates a variety of parasitic worms
- body detox
- immunity boost
- restoration of healthy intestinal microflora

## SET INCLUDES:

- ParaFight (90 capsules)
- Coral Burdock Root (90 capsules)
- MSM (60 capsules)
- Super-Flora (90 capsules)
- Coral-Mine (30 sachets)




**ParaFight** is based on a combination of extracts from 12 plants: black walnut leaf, clove fruit, chamomile flower, gentian root, long pepper fruit, yarrow plant, althea root, mint leaf, garlic bulb, thyme leaf, sage and oregano leaf. Juglone is able to actively inhibit pathogenic bacteria, helps to improve bowel function. Flavonoids and tannins relax the smooth muscle tissues; reduce irritation and inflammation of the mucous membranes, and accelerates their healing.

**Coral Burdock Root** is a unique herbal supplement that consists of crushed root powder and an array of highly concentrated extracts of burdock root. The product helps normalize the metabolism. Due to its detoxification, diuretic, and blood purification properties it effectively removes toxins and pollutants.

**MSM** is a source of a bioavailable form of organosulfur, vitamin C and biotin. These active components help to remove toxins from the body, provide antioxidant protection, and improve the condition of the skin, hair and nails.

**Super-Flora** is a balanced combination of probiotics (bifidobacteria and lactobacteria) and inulin to normalize the intestinal microflora. Healthy microorganisms suppress the growth of pathogenic bacteria in the gastrointestinal tract and help to restore a healthy microflora balance.

**Coral-Mine** is a natural product from Japan made of deep-sea coral (scleractinias) collected in the Sea of Japan, near the islands of Okinawa and Tokunoshima. It also contains calcium, magnesium, potassium, iron, phosphorus, sulfur, silicon, chromium, manganese, zinc and other minerals. A sachet placed in water enriches it with beneficial minerals, restores water-salt balance. The components promote growth of bone and connective tissue with beneficial effects on overall health, and a mild tonic effect.

DIRECTIONS	DAY: 1-10	DAY: 11-20	DAY: 21-30
 <b>MORNING</b>	<b>ParaFight 2 capsules, Coral Burdock Root, MSM, Super-Flora 1 capsule each</b>	<b>ParaFight, Coral Burdock Root, MSM, Super-Flora 1 capsule each</b>	<b>Coral Burdock Root, MSM, Super-Flora 1 capsule each</b>
 <b>DAY</b>	<b>ParaFight 2 capsules, Coral Burdock Root, Super-Flora 1 capsule each</b>	<b>ParaFight, Coral Burdock Root, Super-Flora 1 capsule each</b>	<b>Coral Burdock Root, Super-Flora 1 capsule each</b>
 <b>EVENING</b>	<b>ParaFight 2 capsules, Coral Burdock Root, MSM, Super-Flora 1 capsule each</b>	<b>ParaFight, Coral Burdock Root, MSM, Super-Flora 1 capsule each</b>	<b>Coral Burdock Root, MSM, Super-Flora 1 capsule each</b>

Place one unopened sachet of **Coral-Mine** into 1.5 L of water (bottled or filtered preferably). The water becomes ready for consumption within 5 minutes.

## CONTRAINDICATIONS:

If pregnant or nursing, consult your health care practitioner before taking this product. This product is not intended to diagnose, treat, cure, or prevent any disease.

## RECOMMENDED DAILY WATER INTAKE:

Water does more than just quench your thirst and regulate your body's temperature; it also keeps the tissues in your body moist. Adequate water intake enables your body to excrete waste through perspiration, urination, and defecation. The kidneys and liver use it to help flush out waste, as do your intestines:

- it is recommended to drink a minimum of 1.5 L of water with Coral-Mine every day
- average daily fluid intake for an adult is 30-40 mL per kg of weight
- aim to drink in 200-250 mL portions before meals and between meals. It is undesirable to drink while eating

## GENERAL DIETARY GUIDELINES:

A balanced diet will normalize the acid levels and improve intestinal motility.

- fresh and frozen berries (raspberries, blueberries, cranberries, cloudberries, lingonberries)
- vegetables (zucchini, cucumbers, cabbage and sauerkraut, beets, cauliflower, tomatoes, horseradish, garlic)
- greens (parsley, dill, onions)
- natural dairy products without sugar
- whole grain cereals (buckwheat, oatmeal, bran)
- freshly squeezed vegetable juices
- meat dishes without sauces
- olive oil for dressing

## FOODS TO AVOID:

- sweet foods, including honey and dried fruits, baked goods
- coffee, alcohol and soft drinks
- raw meat and fish (salted and dried meat or fish)
- cereal products (white rice, wheat flour)