

# Parashield Plus

Instruction 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 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.

**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.

**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.




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




**Pau D'Arco with Selenium** contains valuable substances naphthoquinones (lapachol, beta-lapachol, xyloidine), which 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.

**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 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.

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

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

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

**Coral-Mine:** place 1 unopened Coral-Mine sachet in lukewarm water (1.5 L). After 5 minutes, the water is ready to drink.

### 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.

### 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 CONSUME:

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)