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## Directions For Use Of ParaGONE™ **PLEASE READ CAREFULLY!**

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***ParaGONE is a dietary supplement and two-part intestinal cleansing system that contains vegetable capsules and a tincture (liquid). ParaGONE 1 capsules and ParaGONE 2 liquid contain natural ingredients used traditionally to support a healthy balance of intestinal microbes.\****

ParaGONE 1 and ParaGONE 2 are to be taken together and at the same time each day to support internal cleansing and healthy intestinal functions.\* Take ParaGONE 1 and 2 three times daily with purified water, and drink plenty of water to assist with swallowing. You may also mix the ParaGONE 2 tincture with a small amount of purified water.

**For Best Results:** Take both ParaGONE 1 and 2 on an empty stomach, at least 30 minutes before or three hours after eating. Whenever possible, take other dietary supplements at another time during the day.

**NOTE:** The following cleansing suggestions are guidelines only. While we recommend beginning the program at half strength (1 capsule and 7 drops three times daily) for the first 3 days and then progressing to full strength (2 capsules and 15 drops three times daily), you may benefit from completing the entire program at half strength if you weigh less than 150 pounds or have never cleansed before.

If you prefer an extra-strength cleanse or if you weigh more than 150 pounds, you may wish to complete the ParaGONE cleanse at full strength. If you experience diarrhea, nausea, headaches or fatigue, reduce the strength or discontinue use of this product. We also recommend seeking the advice of your health care provider before using any dietary supplement.

**Suggested Use:** For the first 3 days, take 1 capsule of ParaGONE 1 and 7 drops of ParaGONE 2 three times daily. After three days, increase to 2 capsules of ParaGONE 1 and 15 drops of ParaGONE 2 three times daily (for the remaining 12 days). After this initial 15-day period, discontinue use of ParaGONE 1 and 2 for five days. Resume taking ParaGONE 1 and 2 for 15 days (for a total of 35 days). Be sure to drink plenty of purified water during the cleanse (8 glasses per day are recommended). The complete ParaGONE program may be repeated for up to 3 consecutive months.

**Other Suggestions:** Taking a daily fiber supplement such as ReNew Life's FiberSMART may help optimize the detoxifying effects of ParaGONE. A digestive enzyme with hydrochloric acid, such as ParaZYME and a beneficial probiotic such as Ultimate Flora Critical Care may also play a significant role.\*

**KEEP OUT OF REACH OF CHILDREN.**

**WARNING:** Do not use this product if you are pregnant or nursing. Consult your physician before using this or any product if you are trying to conceive, have frequent diarrhea, are taking medication or have a medical condition. Not for prolonged use. Do not exceed recommended dose. **Notice:** This product contains cape aloe. Read and follow directions carefully. Discontinue use if abdominal pain, nausea or vomiting occur, unless directed by your physician. **DO NOT USE IF YOU HAVE OR DEVELOP ABDOMINAL PAIN, DIARRHEA OR LOOSE STOOLS.**

A complete ParaGONE cleanse at half strength is 1 capsule (of ParaGONE 1) and 7 drops (of ParaGONE 2) three times daily.  
A complete ParaGONE cleanse at full strength is 2 capsules and 15 drops three times daily.

**One box of ParaGONE will complete a 30-day cleanse program at half strength.  
Two boxes of ParaGONE are required to complete a 30-day cleanse program at full strength.**

\*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.

**For more information about ParaGONE or our other advanced digestive care products, call 1-800-830-1800 or visit our website at [www.renewlife.com](http://www.renewlife.com).**

## Frequently Asked Questions:

Q. How long can I stay on the cleanse?

A. The complete ParaGONE program may be repeated for up to 3 consecutive months.

Q. Do I need to stay on the diet during the 5-day rest period?

A. Diet changes (below) are suggestions only. Your situation and diet needs may vary. By following these general cleansing diet suggestions during the cleanse, you may achieve improved results.

Q. Can I take medications while I cleanse?

A. ParaGONE is a dietary supplement, not a medication. If taking medications we recommend that you consult your health care provider before taking ParaGONE. When in doubt, do not take this cleanse if taking medications.

Q. How long after taking ParaGONE should I wait to eat?

A. Wait at least 30 minutes before eating, or take it at least 3 hours after a meal.

Q. What do I do if I experience nausea, headache, or diarrhea?

A. Some people experience mild physical reactions due to dietary changes. If reactions occur, reduce the dosage by half or discontinue use. If reactions persist, discontinue use and consult a physician.

## Diet Suggestions: Foods to Enjoy

- 8 to 10 glasses of purified water per day
- Fresh vegetables
- Green vegetable juices (try adding a Granny Smith apple to the juice for flavor)
- All fish except shellfish
- Free-range or organic chicken and turkey, eggs

- Lemons, limes, fresh cranberries, Granny Smith apples
- Well-cooked grains: brown or wild rice, millet, buckwheat, amaranth, quinoa, spelt, teff
- Pasta made from any of the above recommended grains
- Beans and lentils
- Raw fermented foods
- Essential fatty acids such as from flax oil and olive oil
- Plain, unsweetened yogurt
- Unsweetened soy, rice or almond milk
- Raw almonds and seeds, raw almond butter
- Herbal teas such as chamomile or peppermint
- Natural sweeteners such as stevia

## Foods to Generally Avoid while Cleansing

- Sugar: sucrose, fructose, maltose, lactose, glucose, mannitol, sorbitol, galactose, maple syrup, brown, raw and date sugar, honey and artificial sweeteners
- Wheat and yeast
- Alcohol, soda, coffee, ciders
- Condiments, sauces and vinegar products (mayonnaise, catsup, MSG, pickles)
- Dried or candied fruits such as raisins or dates
- Processed fermented foods such as soy sauce
- Fruit juices
- Fruits, except those listed above
- Dairy and cheese
- Mushrooms
- Peanuts

Please fill out the **Testimonial** *after* completing the ParaGONE™ cleanse. Helping you and others is our main objective. Please share your results from using ParaGONE, so we may use your experience to help others.

This information is provided to ReNew Life Formulas freely and without compensation. It may be used in whole or in part in any way. Your name, address and personal information will be kept strictly confidential.

**Please do not complete and send until after finishing the cleanse.**

Name: \_\_\_\_\_ Phone: ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_ Email: \_\_\_\_\_

PLEASE RETURN TO: ReNew Life 198 Palm Harbor Blvd. (Alt. 19) S., Palm Harbor, FL 34683  
Or Fax to: 1-866-594-5468. Call 1-800-830-1800 with any questions  
or visit our website at [www.renewlife.com](http://www.renewlife.com)