

	If Using Black Walnut Hull Tincture Extra Strength Dose	If Using Black Walnut Freeze Dried Capsules Dose (300 mg)	Wormwood Capsule Dose (200-300 mg)	Clove Capsule Dose (500 mg)
Day	drops 1 time per day, like before a meal	capsules 1 time per day, on empty stomach	capsules 1 time per day, on empty stomach (before meals)	capsules 3 time per day, like at mealtime
1	1	1 capsule	1	1,1,1
2	2	1 capsule	1	2,2,2
3	3	1 capsule	2	3,3,3
4	4	1 capsule	2	3,3,3
5	5	1 capsule	3	3,3,3
6	2 tsp.	2 capsules	3	3,3,3
7	Now once a week		4	3,3,3
8			4	3,3,3
9			5	3,3,3
10			5	3,3,3
11			6	3
12			6	Now once a week
13	2 tsp.	2 capsules	7	
14			7	
15			7	
16			7	
17			Now once a week	
18				3

## Instructions - 20 Day Cleanse

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Congratulations to a better you!  
 You have purchased enough ingredients for a 20 Day  
 Parasite Cleanse.  
 Dr. Clark suggests a 90 day follow-up, followed by  
 kidney, liver and bowel cleanses.  
 May we be of service?  
 New Action Products - 1-800-455-6459

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Use 1/4 tsp. when preparing black walnut tincture or sprinkle on food.

**NOTE:** If you are using Black Walnut Freeze Dried Capsules, 1 capsule is equivalent to 1 teaspoon of extra strength black walnut tincture.