

CLEANSING SUPPORT

Enhance Your Results & Support Your Body



PARAGON CLEANSE Complete Protocol Guide

Paragon Capsules · Activated Charcoal Binder · TNM Liver Support

How to take it. What to expect. How to get the best results.

IMPORTANT NOTICE

This guide is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult your physician or a qualified healthcare provider before beginning any new health protocol, particularly if you are pregnant, nursing, or taking prescription medications.

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What's in Your Paragon Protocol

Your Paragon protocol can include up to three products that work together as a complete system. Use whichever combination you've ordered — the more complete the stack, the more comfortable and effective the cleanse.

PARAGON CAPSULES

60capsules · Fenbendazole+Ivermectin

Your primary antiparasitic formula. A two-phase pulse protocol combining Fenbendazole and Ivermectin — two of the most studied broad-spectrum antiparasitic compounds available.

ACTIVATED CHARCOAL BINDER

60capsules · Premium coconut charcoal

Your essential support tool. Binds to toxins released during die-off and escorts them safely out of the body — reducing detox symptoms and improving overall comfort.

TNM LIVER SUPPORT

Daily liver support · Take with food

Supports the liver while it processes everything Paragon mobilises. Taken alongside your meals throughout the protocol, TNM helps your detoxification pathways run cleanly and keeps you feeling steadier through the active phases.

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The Protocol at a Glance

The Paragon protocol runs for 25 days across two active phases, separated by a planned 5-day rest.

| PHASE | DAYS | TITLE | WHAT TO DO |
|---------|------------|----------------|--|
| Phase 1 | Days 1–10 | Active Cleanse | Take 3 Paragon capsules per day — 1 with breakfast, 1 with lunch, 1 with dinner. Take your Charcoal Binder 2 hours after Paragon as needed. |
| Rest | Days 11–15 | Planned Pause | Stop Paragon for 5 days. This allows remaining larvae to hatch and become vulnerable to Phase 2. Continue hydrating well and continue TNM if part of your stack. |
| Phase 2 | Days 16–25 | Final Cleanse | Resume Paragon at the same dose — 3 capsules per day with meals — for a final 10 days. Continue using the Binder as needed. |

Why the 5-day rest period?

This is not a gap — it is a deliberate biological strategy. Many parasites lay eggs that can survive an initial treatment cycle. Pausing for 5 days lets remaining eggs and larvae hatch and develop just enough to become vulnerable to Phase 2. This pulse method makes the protocol significantly more comprehensive than a single continuous treatment.

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How to Take Paragon Capsules

Parasites Protocol

3 capsules per day — 1 with breakfast, 1 with lunch, 1 with dinner. Always take with food — this significantly improves absorption. Never take on an empty stomach.

Cancer Support Protocol

For those using Paragon for comprehensive cellular and immune support:

2 capsules per day — 1 with your morning meal, 1 with your evening meal. Run 30 days on → 7-day break → resume. Continue for 2–3 months for a foundational protocol.

CRITICAL RULE — ALWAYS TAKE WITH FOOD

Fenbendazole in particular has dramatically better bioavailability when taken alongside a fatty meal. If you take Paragon on an empty stomach, a substantial portion of the active compounds may not be properly absorbed. A meal containing healthy fats — eggs, avocado, meat, olive oil — is ideal.

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How to Use the Activated Charcoal Binder

Why you need it

As parasites die off during the cleanse, they release metabolic waste and toxins into your gut — known as a Herxheimer or "die-off" reaction. Without a binder, this waste can be partially reabsorbed into the bloodstream, contributing to fatigue, headaches, and brain fog. The Activated Charcoal Binder intercepts this waste before it can be reabsorbed, binding to it and safely carrying it out through the stool.

THE MOST IMPORTANT TIMING RULE IN THIS GUIDE

Activated charcoal binds to **everything** — including your Paragon Capsules, TNM Liver Support, other supplements, and medications. Always take your Charcoal Binder at least **2 hours before or 2 hours after** taking Paragon, TNM, and any other supplements or medications. Getting this timing wrong reduces the effectiveness of both your cleanse and anything else you take.

Dosage & hydration

Dosage: 1–2 capsules per dose. Follow the product instructions.

Hydration is non-negotiable: drink a large glass of water (250–500ml) every time you take the binder. Charcoal can cause constipation if not accompanied by sufficient fluids.

Duration: use the binder for the active cleanse phases. Do not use it as a daily long-term supplement after your protocol ends — it can interfere with nutrient absorption.

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How to Take TNM Liver Support

Why it matters

While Paragon clears the parasites, your liver does the heavy lifting of processing everything that gets mobilised. TNM Liver Support keeps your detoxification pathways running cleanly throughout the protocol — which translates into a smoother experience day to day and better results overall.

Dosage

2 capsules per day, taken with meals — 1 with breakfast and 1 with dinner. Take TNM *alongside* your Paragon capsules at the same meals.

Duration

Take TNM every day across the full 25-day protocol — including the 5-day rest period in the middle when you pause Paragon. Continuing TNM through the rest phase keeps your liver supported while your body finishes processing the first round.

REMEMBER THE BINDER RULE

TNM Liver Support is a supplement, so it follows the same timing rule as everything else: keep it **at least 2 hours apart** from your Charcoal Binder. Taking them together means the binder will absorb TNM and you'll lose the benefit of both.

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Your Daily Schedule

Use this schedule as a template for each active day. Adjust meal times to fit your routine — **the key is maintaining the 2-hour spacing between the Binder and everything else.**

| TIME | ACTION | NOTES |
|----------|-----------------------------------|--|
| 8:00 AM | Breakfast + Paragon capsule + TNM | Always take with food. Never on an empty stomach. |
| 10:00 AM | Activated Charcoal Binder | 2 hours after Paragon and TNM. Large glass of water (250–500ml). |
| 12:30 PM | Lunch + Paragon capsule | Second daily dose of Paragon. |
| 3:00 PM | Optional: second Binder dose | Only if experiencing die-off symptoms (fatigue, headache, bloating). |
| 6:30 PM | Dinner + Paragon capsule + TNM | Final Paragon and TNM dose of the day. |

Aim for at least **2 litres of clean water every day**. Increase to 2.5–3 litres on days you experience die-off symptoms.

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What to Expect — The Die-Off Response

Around days 3 to 5 of Phase 1, many people experience a Herxheimer or "die-off" reaction. This is a normal and positive sign that the protocol is actively working.

Common die-off symptoms

- Fatigue and low energy
- Mild headache
- Nausea
- Bloating or digestive discomfort
- Skin changes or breakouts
- Brain fog
- Mild flu-like feeling

What to do

- Increase water to 2.5–3 litres
- Take your Charcoal Binder (2-hour spacing rule)
- Rest — your body is doing real work
- Avoid sugar and alcohol completely
- Eat lightly — soups and vegetables
- Push through — it peaks at days 3–5 and eases

WHEN TO PAUSE AND SEEK ADVICE

Mild die-off symptoms are expected. However, if you experience severe discomfort, high fever, or symptoms that feel serious rather than manageable — pause the protocol and consult a healthcare professional. You can also contact our support team at info@paragoncleanse.com and we will advise.

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Diet During the Protocol

What you eat directly affects how effective the cleanse is. Parasites thrive on sugar — reducing their primary fuel source while Paragon eliminates them is a powerful combination.

| EAT MORE OF | REDUCE OR AVOID |
|---|--|
| <ul style="list-style-type: none"> + Leafy green vegetables + Garlic and onion + Pumpkin seeds + Papaya and pineapple + Ginger and turmeric + Organic eggs and meat + Fermented foods (kimchi, kefir) + Bone broth + Plenty of clean water | <ul style="list-style-type: none"> - Sugar and all sweeteners - Refined carbs and white flour - Alcohol - Processed and packaged foods - Pork products - Raw fish - Excess caffeine - Dairy if sensitive |

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Frequently Asked Questions

Can I take Paragon if I'm on other medications?

If you are taking prescription medications, please consult your doctor or pharmacist before starting the protocol. Both Fenbendazole and Ivermectin are processed by the liver and may interact with certain medications.

What if I miss a dose?

Simply continue with your next scheduled dose. Do not double up to compensate. Consistency over the full 25 days matters more than perfection on any single day.

Can I exercise during the protocol?

Light to moderate exercise is fine and may support detoxification. Avoid very intense training during the peak die-off period (days 3–7) as your body is under additional load. Listen to your body and rest when needed.

How soon will I notice results?

This varies between individuals. Some people notice changes during the protocol itself. Others see the most significant shifts in the 1–2 weeks following completion, as the body continues to process and recalibrate. Give yourself a full 6 weeks post-start before fully assessing results.

Do I need a second cycle?

Many customers run a second cycle 4–6 weeks after completing the first. This catches anything that survived the initial protocol and reinforces the healthier internal environment you have created. Re-exposure through food, water, and daily life is constant — a second cycle is a sensible consolidation step.

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Contact & Support

We're here throughout your protocol. If you have questions, concerns, or want to share your experience — please reach out.

Email support

info@paragoncleanse.com

We respond to every message.

Shop online

www.paragoncleanse.com

Free shipping to USA, Canada & UK.

Thank you for trusting Paragon Cleanse.

Best of health to you.