

# ParaPro FAQ



Here are frequently asked questions and tips for using our ParaPro Formula:

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## When should I take the ParaPro capsules?

The capsules are best taken about 30 minutes before a meal. If you have a sensitive stomach, you may take them after you've eaten a full meal.

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## What are the best foods to eat while taking ParaPro? What not to eat? Can I drink alcohol?

Generally, you want to eat as healthy as possible (keeping in mind that balance is key and you don't have to be perfect!) Focus on foods that naturally support your liver's detoxification pathways, such as cruciferous vegetables (broccoli, cabbage), apples, beets, carrots, lemons, etc. Red grapes, celery, and parsley, for example, support kidney function which is also important. Fiber is your best friend - beans and peas are some of the highest fiber foods, and our favorite brand for beans is Jovial because they pre-soak and pressure cook their beans to minimize digestive discomfort. Limit dairy, wheat and added sugar if possible. Keep drinking to a minimum to keep the burden low on your liver pathways, and if you do indulge opt for lower sugar options.

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## How much water should I drink?

You want to drink a full 8oz. glass of water with every dose of ParaPro. Throughout the day, aim to drink half your body weight in ounces. If you drink a lot of water and still feel dehydrated, add a pinch of pink Himalayan sea salt and a squeeze of lemon to get some minerals in. We also love to make nourishing herbal infusions ("overnight tea") when we're feeling dehydrated, and have a step-by-step video [here](#).

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## What should I be looking for while on the cleanse?

As gut microbiome balance is supported, you may feel less occasional gas and bloating, healthy energy and vitality, a greater sense of mental clarity, and smooth digestion. You may also find that skin health and minor blemishes are supported over time via the gut-skin axis.\*

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## Will I be running to the bathroom or experiencing urgency that may interfere with day-to-day tasks?

You should not experience any urgency with ParaPro Formula, however, everyone is different. It is more common to feel a bit backed up than to experience loose stool, which is why we emphasize the importance of drinking adequate fluids and eating healthy foods with plenty of fiber to support bowel movements.

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## How often should I be going to the bathroom?

Aim for 1-2 bowel movements per day while taking ParaPro Formula in order to ensure elimination pathways are supported. If you're occasionally feeling constipated, eating apples and/or pears can help, along with prune juice and magnesium. Our favorite magnesium formula to use for occasional constipation is OxyPowder by Global Healing Center.

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## Is it common to experience die-off effects?

For some people, herbs that support gut microbiome balance may initially generate detoxification or "die-off" symptoms, which means you may initially feel a bit worse before feeling better. This may present as a temporary uptick in bloating, low energy levels and more. While not all will experience this, we can minimize and often mitigate discomfort with several basic pillars: 1. Be sure to hydrate. The first step is to drink at least a full glass of water with each dose, as this will support healthy bowel movements. 2. Go slow. You don't want to clear microbiome imbalances too quickly, so it's important to be gentle with dosage until you get a feel for your body's preference (and perhaps throughout the full duration of the cleanse). We find that those who are most sensitive do well with even just 1 capsule per day. 3. Fiber is your friend. Studies show that dietary fiber, specifically soluble fiber (beans have the highest concentration!) helps to bind impurities that may cause discomfort. Foods rich in soluble fiber include: beans, peas, carrots, apples, flax seeds, and other fruits & veg. Apples have the added benefit of a special fiber called pectin. 4. Support your detox pathways. Cruciferous veggies naturally support our own production of glutathione, the liver's master antioxidant. Garlic, asparagus, broccoli, and brussels sprouts for example, support our detoxification pathways naturally. 5. Prioritize sleep, rest, and light to moderate exercise to work up a sweat and support your lymphatic system if possible.

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## How often can I utilize this formula, and when is it most helpful?

After completing their first bottle, many choose to utilize ParaPro Formula every 1-2 years as a reset for general digestive wellness and microbiome health.\* If your microbiome balance needs more support, especially when it comes to skin health and blemishes, you may work with your practitioner to complete several rounds as needed in combination with probiotic support. You can also use ParaPro during and after international travel to keep your GI tract feeling happy and healthy.

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