



CLEANTRA · YOUR ROUTINE, MADE  
SIMPLE

# The Deep Cleanse Protocol

An honest, day-by-day guide to running the full cleanse  
cycle, cleanse, disrupt, flush.

*from Maya*

## START HERE

*Hi, it's Maya. Thank you for grabbing the full kit instead of just one bottle, that's the part that actually makes this work.*

Here's the honest version: a single bottle only ever works one piece of the cycle. ParaVanish loosens up what shouldn't be there, the Oil of Oregano disrupts it directly, and the Zeolite is what actually carries it out. Skip a piece and you're doing a third of the job.

Most people notice something by day 14, less bloating, a bit more energy. The bigger shift, clearer thinking and steadier energy, tends to show up as you move through week three and beyond. **Stay on all three, daily, and give it the full stretch before you judge it.**

# Three phases, no guesswork

## DAYS 1-14 · CLEANSE + DISRUPT

### Get all three into your daily rhythm

Start ParaVanish and the Oil of Oregano together, once daily. ParaVanish is gentle enough for the whole family at the same dose, so there's no ramp-up needed. This is the stage where the two formulas work together to loosen and disrupt what's built up. Brand data shows 93% of people felt less bloated within these first 14 days.

## DAYS 15-30 · FLUSH

### The Zeolite does its job here

Keep ParaVanish and the Oil of Oregano going, and make sure the Zeolite is a daily habit too if it isn't already, this is the piece that actually binds what the first two loosened and carries it out. Skip it and you're just recirculating. This is usually where people start noticing clearer thinking and steadier energy.

## DAYS 30-90 · HOLD IT

### Consistency is the whole game from here

Stay on all three, daily. This isn't a one-time reset, it's a routine, and the people who feel the most are the ones who stay on it for months, not weeks. If you ever want to pause, that's fine, just know a bottle here and there won't get you back to where consistent use does.

#### DAYS 1-14

Cleanse + disrupt, less bloating

#### DAYS 15-30

Flush deepens, clearer energy

#### DAY 30+

Hold the routine, results compound

## Your daily rhythm

### *Morning*

1. ParaVanish, in water or directly
2. Oil of Oregano, in water or under the tongue

*Same time each day is the easiest way to make it stick.*

### *Anytime, away from meals*

1. Zeolite, in water or directly
2. A glass of water alongside it

*Zeolite binds things, so it works best on its own, not stacked right on top of a meal or another supplement.*

## YOUR KIT

## What's in it, and how to use it



### **ParaVanish Drops**

black walnut, wormwood, pumpkin seed, pau d'arco, oregano, garlic, soursop leaf, shilajit, clove

Once a day, in water or directly. Gentle enough that it's the same dose for adults and kids. This is the reset, the daily habit that loosens up what the rest of the kit goes after.



### **Oil of Oregano**

~20:1 oregano oil concentrate, 85% carvacrol, plus black seed oil

Once a day, in water or under the tongue. This is the disruptor, it goes after the unwanted stuff directly. Brand data: 93% felt less bloated within 14 days of daily use.



### **Zeolite Drops**

clinoptilolite zeolite plus D3, B12, selenium

Once a day, in water or directly, tasteless either way. This is the flush, it binds what the other two loosen so it actually leaves the body instead of getting recirculated. People report clearer thinking and steadier energy here.

## Do this, skip that

### Do

- Take all three, daily, not just the one you noticed most
- Same time each day so it becomes automatic
- Keep the Zeolite away from meals and other supplements
- Drink water alongside each
- Give it the full 30 days before you judge it
- Stay on it past day 30, that's where it compounds

### Skip

- Only running one bottle and expecting the full result
- Stacking Zeolite right on top of a meal or another supplement
- A bottle here and there instead of a daily habit
- Judging it in the first week
- Stopping right when you start feeling it

### ONE LAST THING

**These are plant-based supplements, made to gently support your body, not to treat, cure, or diagnose anything.**

Everyone's body moves at its own pace. If you're dealing with a real medical condition or take other medication, check with your doctor before starting. And you're covered either way, 90 days, money back on unopened bottles. If it isn't working for you, you've lost nothing but a little time.

Rooting for you.

— *Maya*

The ingredients and directions above are from Cleantra's product pages. Results vary person to person.