



Ecopurelabs.

**8-WEEK PARASITE
CLEANSING PROTOCOL
FENBENDAZOLE + SUPPLEMENTATION**

Weekly regimen (repeated for 8 weeks):

Days 1–3 (Mon–Wed): Fenbendazole

Days 4–7 (Thu–Sun): Fenbendazole break, supplemental support, detox

This is one cycle repeated for 8 weeks.

FENBENDAZOLE

Dosage: 5 mg/kg of body weight daily, Example: 60 kg = 300 mg daily

Most commonly used form: 1–2 222 mg capsules or powder

Use for 3 days in a row, then take a 4–day break.

Take fenbendazole after a meal with fat (e.g., coconut oil, butter).

Liver and kidney parameters must be within normal limits.

DAILY SUPPLEMENTATION (continuous):

1. Curcumin with piperine – 500–1000 mg daily (Turmeric with pepper has anti-inflammatory, anti-cancer properties, and supports body detoxification).

2. Vitamin E (natural) – 400 IU daily (during deworming, it protects cells from oxidative stress caused by toxins released by parasites and supports tissue regeneration and the immune system).

3. CBD (optional) – 10–30 mg daily

During deworming, it reduces inflammation, supports the immune system, regulates autoimmune responses, and helps the body cope with Herxheimer (detoxification) symptoms.

4. Vitamin D3 + K2 – depending on levels (during deworming, it strengthens the immune system, helps the body eliminate parasites more quickly, and protects against secondary bacterial infections.)

5. Probiotics – daily (e.g., Narum, Sanprobi, Vivomixx). Probiotics during deworming rebuild intestinal flora damaged by parasites and medications, support immunity, and maintain the intestinal barrier against reinfection.

6. Magnesium – 400 mg in the evening (e.g., citrate, glycinate, taurate). Magnesium during deworming supports the nervous system, relieves muscle spasms and tension, aids in detoxification, and reduces fatigue and irritability.

7. NAC – 1200 mg daily. NAC (N-acetylcysteine) during deworming supports liver detoxification, protects cells from parasite toxins, and increases glutathione levels – a key antioxidant in the body.

8. TUDCA – during deworming, protects and regenerates the liver, supports bile secretion, facilitates the removal of toxins, and reduces oxidative stress caused by parasites and their metabolites.

ADDITIONAL SUPPORT – OFF DAYS (days 4–7):

1. Berberine – 500 mg x 2 daily

2. Silymarin (milk thistle) – 140–210 mg x 2 daily, or grind the seeds dry twice daily

3. Black cumin oil or caprylic acid – 1–2 capsules daily (optional)

4. Activated charcoal – 1 teaspoon in half a glass of water at night (at least 2 hours after taking medications/supplements) every other day, i.e., days 4 and 6

ANTIPARASITIC HERBS e.g. Saturday/Sunday:

Tansy, wormwood, cloves – in capsules or tinctures, can be ground in equal proportions and taken dry, a teaspoon each morning and evening.
Tinctures: 10 drops in a glass of water, twice daily before meals.

INFUSIONS (optional):

Olive leaves, rockrose, nettle – 1–2 cups daily

IMPORTANT RULES:

Fenbendazole only after a fatty meal.

Do not use with alcohol, NSAIDs, or medications toxic to the liver.

Drink plenty of water (at least 2 liters daily), always with a pinch of salt.

Monitor your body: cleansing reactions may occur (headaches, fatigue, rashes).

IMPORTANT NOTICE:

The content is for informational and educational purposes only. It does not constitute medical or veterinary advice. The use of the substances described should be consulted with a physician or specialist. The author is not responsible for the consequences of self-use of the methods described.