Full Elixir X Oil

X = Elisir
PARAFEXO
of 36 herbs

FEXO

Liposomal Herbal Extract

Herbal dietary supplement

FEXO

Full Elixir X Oil

Product name: FEXO / Full Elixir X Oil (X = Elixir PARAFEXO of 36 herbs)

Product category: Herbal dietary supplement

Product form: Liquid liposomal extract (triple extraction, each separately: ethanol, water, MCT oil)

D/E ratio (Drug/Extract): 4 : 1 – highly concentrated full-spectrum extract, unstandardized

Net quantity: 20 ml

Manufacturer: Wild Plant Health d.o.o.W

Country of origin: European Union – Made in Croatia

Distribution: Wild Plant Health d.o.o.
Bobovje 52G
49 000 Krapina
Croatia
www.wildplanthealth.com
e-mail: wildplanthealth@gmail.com

Storage conditions: At room temperature, away from light and heat sources.

Instructions for use: Maximum 2 ml per day, one capsule in the morning and one capsule in the evening, for 10 or 15 days, then take a 7-day break and repeat the 10 or 15-day cycle.
Use with HPMC capsules size 0 (0.68 ml) for a 15/7/15 day cycle or size 00 (0.95 ml) for a 10/7/10 day cycle.

Recommended full cycle: One full cycle contains a total of 40 ml of extract (two 20 ml bottles), divided into two phases with a break in between.
The break allows for rest and regeneration of the organs and the continuation of the action in the optimal period of the parasite's biological cycle, thus increasing the overall effectiveness and safety of use.

X = Elisir PARAFEXO of 36 herbs

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Allergens: No known allergens except propolis - not recommended for people allergic to bee products.

Quantities of regulatory monitored compounds: All regulatory monitored compounds are within the legally permitted values for maximum daily intake, according to Italian law DM 10/08/2018. Exact values are available in the laboratory analysis of the batch upon request.

Note:
Do not exceed the recommended daily dose.
The food supplement is not a substitute for a balanced diet.
Keep out of reach of children under three years of age.
Not intended for children, pregnant and lactating women.

List of ingredients: Liposomal base (sunflower lecithin, glycerol, MCT oil, distilled water);
full spectrum herbal extracts (triple extraction, each separately: ethanol, water, MCT oil) from:
Bitter Wormwood *(Artemisia absinthium L.)*, Raw Propolis *(Apis mellifera)*, Pomegranate Peel *(Punica granatum L.)*, Garlic *(Allium sativum L.)*, Clove *(Syzygium aromaticum L.)*, Sage *(Salvia officinalis L.)*, Red Willow *(Salix purpurea L.)*, Papaya *(Carica papaya L.)*, Pineapple Core *(Ananas comosus L.)*, Oregano *(Origanum vulgare L.)*, Cayenne Pepper *(Capsicum frutescens L.)*, Black Pepper *(Piper nigrum L.)*, Pumpkin *(Cucurbita pepo L.)*, Guaiac *(Guaiacum officinale L.)*, Yellow Gentian *(Gentiana lutea L.)*, Cinnamon *(Cinnamomum verum J. Presl)*, Burdock *(Arctium lappa L.)*, Gotu Kola *(Centella asiatica L.)*, Aloe arborescens *(Aloe arborescens Mill.)*, Moringa *(Moringa oleifera Lam.)*, Thyme *(Thymus vulgaris L.)*, Milk Thistle *(Silybum marianum L.)*, Ginger *(Zingiber officinale Roscoe)*, Nettle *(Urtica dioica L.)*, Turmeric *(Curcuma longa L.)*, Amla *(Emblica officinalis Gaertn.)*, Horsetail *(Equisetum arvense L.)*, Pine *(Pinus spp.)*, Tansy *(Tanacetum vulgare L.)*, Black Walnut *(Juglans nigra L.)*, Neem *(Azadirachta indica A. Juss.)*, Fairy Broom *(Eupatorium perfoliatum L.)*, Barberry *(Berberis vulgaris L.)*, Mallow *(Althaea officinalis L.)*, Bear Onion *(Allium ursinum L.)*, Black Cumin *(Nigella sativa L.)*.

Composition, publications, brief description of publications, technical specifications

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1.

Tansy

(Tanacetum vulgare L.)

PubMed link: https://pubmed.ncbi.nlm.nih.gov/24672320/

Publication description: The study showed that the crude extract and essential oil of *Tanacetum vulgare* have potent antiparasitic activity, especially against parasites of the genus Schistosoma. At a concentration of 200 µg/mL, the extract caused 100% mortality of adult parasites, confirming the potential of this plant as a natural anthelmintic.

Latin name: *Tanacetum vulgare L.*
Common name: Tansy
Part of plant used: Flower
Type of preparation: Full-spectrum liquid herbal extract (triple extraction: ethanol, water, MCT oil)
Drug/Extract ratio (D/E): 4:1 – highly concentrated full-spectrum extract, unstandardized
Characteristic substances: thujone, borneol, camphor, flavonoids, tannins, sesquiterpene lactones (tanacetin, artemorin)
Physiological function (accepted): Helps maintain healthy digestion and promotes natural cleansing of the intestinal system.
Restrictions / Warnings: Contains the naturally occurring compound thujone in quantities that are within the legally permitted values according to Italian law DM 10/08/2018. Do not use during pregnancy and breastfeeding.
Origin of plant material: Croatia - wild growth, hand-picked and air-dried.
Traditional use: A plant with a long tradition of use in European phytotherapy to support digestion, detoxification and protection against parasites.

2.

Bitter Wormwood

(Artemisia absinthium L.)

PubMed link: https://pubmed.ncbi.nlm.nih.gov/28606189/

Publication description: The study investigates the antiparasitic effect of Artemisia absinthium against Haemonchus contortus, a parasitic worm in ruminants. The results show that wormwood extract significantly reduces the vitality and reproduction of parasites, which confirms its antiparasitic effect. Enzyme inhibition and oxidative stress in the parasite are cited as possible mechanisms of action.

Latin name: *Artemisia absinthium L.*
Common name: Bitter Wormwood
Part of the plant used: Leaf and flower
Type of preparation: Full-spectrum liquid plant extract (triple extraction: ethanol, water, MCT oil)
Drug / extract ratio (D/E): 4 : 1 – highly concentrated full-spectrum extract, non-standardized
Characteristic substances: thujone, absinthin, anabsinthin, flavonoids, phenolic acids, sesquiterpene lactones.
Physiological function (accepted): Helps maintain normal digestion and promotes physiological bowel cleansing.
Restrictions / Warnings: Contains the naturally occurring compound thujone in quantities that are within the legally permitted values according to Italian law DM 10/08/2018. Do not use during pregnancy and breastfeeding.
Origin of plant material: Croatia - hand-picked and dried at low temperatures.
Traditional use: Known in European phytotherapy as one of the oldest plants for supporting digestion, stimulating bile and eliminating intestinal parasites.

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3. Black Walnut

(Juglans nigra L.)

PubMed link: https://pubmed.ncbi.nlm.nih.gov/24846583/

Publication description: Research shows that Juglans nigra bark extract, rich in juglone, has an antimicrobial and antiparasitic effect, especially against Giardia intestinalis and other enteroparasites. The study confirms inhibition of parasite growth and adhesion, with emphasis on the active component juglone as key to the antiparasitic effect.

Latin name: *Juglans nigra L.*
Common name: Black Walnut
Part of the plant used: Green rind of the fruit
Type of preparation: Full-spectrum liquid plant extract (triple extraction: ethanol, water, MCT oil)
Drug / extract ratio (D/E): 4 : 1 – highly concentrated full-spectrum extract, non-standardized
Characteristic substances: juglone, tannins, phenolic acids, naphthoquinones, flavonoids
Physiological function (accepted): Contributes to the physiological defense of the organism against microorganisms and parasites and supports the function of the digestive system.
Restrictions / Warnings: Do not use during pregnancy and breastfeeding. May cause mild irritation in individuals sensitive to the compound juglone.
Origin of plant material: Croatia - local cultivation, hand-picking of unripe fruits.
Traditional use: Traditionally used in European and North American phytotherapy for cleansing the intestines, strengthening immunity and eliminating intestinal parasites.

4. Barberry

(Berberis vulgaris L.)

PubMed link: https://pubmed.ncbi.nlm.nih.gov/10767672/

Publication description: The study shows the broad antimicrobial spectrum of berberine, including activity against protozoa such as Entamoeba histolytica and Giardia lamblia. Research indicates that berberine disrupts DNA synthesis in parasites and supports intestinal flora health, thus confirming its role in antiparasitic formulations.

Latin name: *Berberis vulgaris L.*
Common name: Barberry
Part of plant used: Root and root bark
Type of preparation: Liquid full-spectrum herbal extract (triple extraction: ethanol, water, MCT oil)
Drug/extract ratio (D/E): 4:1 – highly concentrated full-spectrum extract, unstandardized
Characteristic substances: berberine, berbamine, oxyacanthine, palmatin, tannins, flavonoids
Physiological function (accepted): Promotes proper function of the liver, gallbladder and intestines and contributes to the physiological defense of the body against microorganisms.
Restrictions/Warnings: Contains the naturally occurring compound berberine in quantities that are within the legally permitted values according to Italian law DM 10/08/2018. Do not use during pregnancy, breastfeeding or in children.
Origin of plant material: Croatia – controlled cultivation, hand-digging and shade-dried.
Traditional use: Traditionally used in European and Asian herbal medicine to support liver function, digestion, and natural cleansing of the body.

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5. Raw Propolis

(Apis mellifera)

PubMed link: https://pubmed.ncbi.nlm.nih.gov/31850377

Publication description: This study confirms that flavonoids from propolis inhibit biofilm formation and have potent antimicrobial effects, including against parasites and fungi. It also highlights the immunomodulatory effects of propolis – it increases phagocytic activity and stimulates the immune response, which contributes to defense against parasitic infections.

Latin name: *Apis mellifera*
Common name: Raw Propolis
Part used: Resin
Type of preparation: Liquid full-spectrum extract (triple extraction: ethanol, water, MCT oil)
Ratio of drug / extract (D / E): 4 : 1 - highly concentrated full-spectrum extract, unstandardized
Characteristic substances: flavonoids (pinocembrin, galangin, chrysin), phenolic acids, esters, aromatic aldehydes, terpenes
Physiological function (accepted): Contributes to the body's natural defenses and stimulates the physiological strengthening of the immune system.
Restrictions / Warnings: Not recommended for people allergic to bee products.
Origin of raw material: Croatia - apiaries with untreated hives, manual collection of propolis.
Traditional use: Traditionally used in folk and phytotherapy medicine as a natural antiseptic, immunomodulator and support in the body's defense against microorganisms.

6. Neem

(Azadirachta indica A. Juss.)

PubMed link: https://pubmed.ncbi.nlm.nih.gov/35712721

Publication description: A review study confirms that Azadirachta indica has a pronounced antiparasitic effect against a number of protozoa and helminths, including Leishmania, Plasmodium and Giardia. The main mechanisms include cell membrane damage, reduction of parasite motility and immune modulation. Antimycotic activity against Candida species has also been proven.

Latin name: *Azadirachta indica A. Juss.*
Common name: Neem
Part of the plant used: Leaf
Type of preparation: Full-spectrum liquid plant extract (triple extraction: ethanol, water, MCT oil)
Drug/Extract Ratio (D/E): 4:1 – highly concentrated full-spectrum extract, unstandardized
Characteristic substances: azadirachtin, nimbin, salannin, flavonoids, limonoids, saponins
Physiological function (accepted): Contributes to the physiological defense of the body against microorganisms and helps maintain healthy skin and digestion.
Restrictions / Warnings: Do not use during pregnancy and breastfeeding.
Origin of plant material: India - organic cultivation, drying at low temperatures.
Traditional use: In Ayurvedic and European phytotherapy, it has been used for centuries to purify the body, balance the microbiota and support the immune system.

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7. Pomegranate Peel

(Punica granatum L.)

Springer link: https://link.springer.com/article/10.1007/s00436-021-07311-8

Publication description: In an in vivo model, pomegranate peel extract showed potent antiparasitic activity against Trichinella spiralis. The study suggests that polyphenols, especially tannins and alkaloids, are responsible for damaging the parasite cuticle and reducing parasite burden. Pomegranate peel also exhibits antioxidant and anti-inflammatory activity, further supporting its use in antiparasitic protocols.

Latin name: *Punica granatum L.*
Common name: Pomegranate Peel
Part of plant used: Fruit peel
Type of preparation: Full-spectrum liquid herbal extract (triple extraction: ethanol, water, MCT oil)
Drug/extract ratio (D/E): 4:1 – highly concentrated full-spectrum extract, unstandardized
Characteristic substances: punicalagin, ellagic acid, gallic acid, tannins, flavonoids, anthocyanins
Physiological function (accepted): Contributes to the physiological defenses of the body and supports the normal function of the digestive system.
Restrictions / Warnings: No known restrictions on prescribed quantities. People with sensitive stomachs should use with a meal.
Origin of plant material: Croatia and Italy - hand-picked ripe fruits and air-dried peel.
Traditional use: Pomegranate peel is traditionally used in Mediterranean phytotherapy to support digestion, control microorganisms in the intestines and natural detoxification.

8. Garlic

(Allium sativum L.)

Journals asm.org. link: https://journals.asm.org/doi/10.1128/spectrum.00907-23

Publication description: The study demonstrates the potent antimicrobial and antiparasitic effects of allicin, the main bioactive compound in fresh garlic. Allicin disrupts cell membranes and enzymatic processes in pathogens, including Entamoeba histolytica, Giardia lamblia, and other protozoa. Activity against biofilms and more resistant forms of pathogens has also been reported.

Latin name: *Allium sativum L.*
Common name: Garlic
Part of plant used: Cloves
Type of preparation: Liquid full-spectrum herbal extract (triple extraction: ethanol, water, MCT oil)
Drug/extract ratio (D/E): 4:1 – highly concentrated full-spectrum extract, unstandardized
Characteristic substances: allicin, ajoene, diallyl disulfide, S-allyl cysteine, flavonoids, saponins
Physiological function (accepted): Contributes to the normal function of the immune and cardiovascular systems and helps maintain the microbiological balance of the intestine.
Restrictions/Warnings: Not recommended for people with blood clotting disorders or those taking anticoagulants. May enhance the effect of blood pressure lowering medications.
Origin of plant material: Croatia – local cultivation, hand-cleaning and processing of fresh cloves.
Traditional use: It is traditionally used in phytotherapy to strengthen resistance, detoxify and as a natural antimicrobial and antiparasitic agent.

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9.

Clove

(Syzygium aromaticum L.)

PubMed link: https://pubmed.ncbi.nlm.nih.gov/21272580/

Publication description: Research confirms that clove essential oil, rich in eugenol, has a pronounced ovicidal activity - it breaks down the eggs of intestinal parasites such as helminths. It also shows a wide spectrum of antimicrobial activity, including antifungal, antiparasitic and anti-inflammatory, which makes it a key component in antiparasitic formulas. Eugenol supports the physiological cleanliness of the digestive tract. Essential in combination with wormwood and black walnut.

Latin name: *Syzygium aromaticum L.*
Common name: Clove
Part of plant used: Flower buds
Type of preparation: Liquid full-spectrum herbal extract (triple extraction: ethanol, water, MCT oil)
Drug/extract ratio (D/E): 4:1 – highly concentrated full-spectrum extract, unstandardized
Characteristic substances: eugenol, acetyl-eugenol, beta-caryophyllene, tannins, flavonoids
Physiological function (accepted): Contributes to the normal function of the digestive system and the maintenance of the microbiological balance of the intestine. Supports the physiological defense mechanisms of the body.
Restrictions/Warnings: People taking anticoagulants or with sensitive stomachs should consult a specialist.
Origin of plant material: Sri Lanka and Indonesia – hand-picked and air-dried buds.
Traditional use: In phytotherapy and folk medicine, it is used to alleviate digestive problems, detoxify, reduce flatulence, and as a natural antiseptic and antiparasitic.

10.

Sage

(Salvia officinalis L.)

PubMed link: https://pubmed.ncbi.nlm.nih.gov/34072147/

Publication description: The study describes the antimicrobial and anti-inflammatory properties of sage, with an emphasis on its ability to balance the intestinal microflora. Phytochemicals from sage, such as thujone and camphor, show activity against bacteria and fungi, while polyphenols support the defense mechanisms of the intestinal mucosa. Thus, sage contributes to the stabilization of the gastrointestinal environment in antiparasitic protocols.

Latin name: *Salvia officinalis L.*
Common name: Sage
Part of plant used: Leaf
Type of preparation: Liquid full-spectrum herbal extract (triple extraction: ethanol, water, MCT oil)
Drug/extract ratio (D/E): 4:1 – highly concentrated full-spectrum extract, unstandardized
Characteristic substances: thujone, camphor, borneol, cineole, flavonoids, diterpenes, phenolic acids (rosmarinic acid)
Physiological function (accepted): Contributes to the normal function of the digestive system, stimulates the physiological defense against microorganisms and helps maintain hormonal and metabolic balance.
Restrictions/Warnings: Contains the naturally occurring compound thujone in quantities that are within the legally permitted values according to Italian law DM 10/08/2018. Do not use during pregnancy and lactation.
Origin of plant material: Croatia – coastal area, hand-picked and air-dried leaves.
Traditional use: Sage is one of the most famous Mediterranean medicinal plants; it is traditionally used to support digestion, respiratory tract, oral cavity and as a natural antiseptic and microbiota regulator.

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11.

Red Willow

(Salix purpurea L.)

Link PubMed: https://pubmed.ncbi.nlm.nih.gov/28315389/

Publication description: This study confirms that Salix purpurea bark extract contains natural salicylates, including salicin, which is metabolized in the body to salicylic acid. It has anti-inflammatory effects by inhibiting the COX enzyme, thereby reducing inflammation and pain in the mucous membranes of the digestive system. Additionally, it shows mild antimicrobial and astringent effects that may help regenerate damaged intestinal tissues.

Latin name: *Salix purpurea L.*
Common name: Red Willow
Part of plant used: Bark
Type of preparation: Liquid full-spectrum herbal extract (triple extraction: ethanol, water, MCT oil)
Drug/extract ratio (D/E): 4:1 – highly concentrated full-spectrum extract, unstandardized
Characteristic substances: salicin, salicortin, picein, flavonoids (naringenin, isosalipurposide), tannins
Physiological function (accepted): Contributes to the physiological function of joints and muscles and stimulates the body's normal response to inflammatory processes.
Restrictions/Warnings: Not recommended for people allergic to salicylates or those taking anticoagulants. Avoid during pregnancy and breastfeeding.
Origin of plant material: Croatia – natural locations and sustainable collection of young branch bark in spring.
Traditional use: Traditionally used as a natural analgesic and antipyretic, the "herbal precursor to aspirin", known for its anti-inflammatory and detoxifying effects.

12.

Papaya

(Carica papaya L.)

Jornals.asm.org link: https://journals.asm.org/doi/10.1128/iai.00517-22

Publication description: The study demonstrates the potent proteolytic effect of papain from papaya seeds. Papain breaks down the protein structures that protect parasites, thereby reducing their resistance to the immune response and other plant compounds. It has also been reported to have activity against helminths and protozoa, confirming the efficacy of papaya in antiparasitic formulations.

Latin name: *Carica papaya L.*
Common name: Papaya
Part of plant used: Seeds
Type of preparation: Liquid full-spectrum herbal extract (triple extraction: ethanol, water, MCT oil)
Drug/extract ratio (D/E): 4:1 – highly concentrated full-spectrum extract, unstandardized
Characteristic substances: carpaine, benzyl isothiocyanate, papain, flavonoids, alkaloids, fatty acids
Physiological function (accepted): Contributes to the physiological function of the digestive system and promotes the natural elimination of intestinal parasites.
Restrictions/Warnings: Not recommended during pregnancy and lactation. Use only in controlled amounts due to the presence of isothiocyanates.
Origin of plant material: Sri Lanka/India – hand-picking and drying of the seeds of ripe fruits.
Traditional use: Traditionally used in tropical phytotherapy to support digestion, detoxification and as a natural anthelmintic (especially against intestinal parasites).

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13. Pineapple Core

(Ananas comosus L.)

MDPI link: https://www.mdpi.com/2304-8158/10/10/2249

Publication Description: This publication describes bromelain as a proteolytic enzyme from pineapple that breaks down the protein structures of parasites and pathogens. Bromelain also has anti-inflammatory properties and improves the absorption of other bioactive substances. Its synergistic action with papain and other plant enzymes contributes to the effectiveness of antiparasitic protocols.

Latin name: *Ananas comosus L.*
Common name: Pineapple Core
Part of the plant used: Fruit core
Type of preparation: Liquid full-spectrum herbal extract (triple extraction: ethanol, water, MCT oil)
Drug/extract ratio (D/E): 4:1 – highly concentrated full-spectrum extract, unstandardized
Characteristic substances: bromelain, ascorbic acid, carotenoids, flavonoids, phenolic acids, polysaccharides
Physiological function (accepted): Promotes physiological drainage and digestion of proteins, contributes to the reduction of swelling and stimulates tissue regeneration.
Restrictions / Warnings: People with allergies to pineapple or proteolytic enzymes should avoid use. Do not use during pregnancy and breastfeeding without expert advice.
Origin of plant material: Costa Rica / Philippines - fresh fruits, manual core extraction and low-temperature drying.
Traditional use: Traditionally used in tropical phytotherapy for digestion, reduction of inflammation and regeneration after injuries or infections.

14. Oregano

(Origanum vulgare L.)

Springer link: https://link.springer.com/article/10.1007/s00203-022-03355-1

Publication description: The study confirms that carvacrol and thymol, the main components of oregano essential oil, are extremely effective against a wide range of microorganisms, including fungi, bacteria and protozoa. They have a disruptive effect on the cell membranes of pathogens, thereby inactivating them. Oregano excels in the fight against Candida albicans and intestinal parasites.

Latin name: *Origanum vulgare L.*
Common name: Oregano
Part of the plant used: Leaf and flower
Type of preparation: Full-spectrum liquid plant extract (triple extraction: ethanol, water, MCT oil)
Drug / extract ratio (D/E): 4 : 1 – highly concentrated full-spectrum extract, non-standardized
Characteristic substances: carvacrol, thymol, p-cymene, γ-terpinene, flavonoids, phenolic acids
Physiological function (accepted): It contributes to the physiological defense of the organism, promotes the normal function of the digestive and respiratory systems and helps maintain the intestinal microbiota.
Restrictions / Warnings: It is not recommended to exceed the prescribed amounts. People with allergies to plants from the Lamiaceae family should avoid use.
Origin of plant material: Croatia - organic farming, hand-picked and dried leaves and flowers.
Traditional use: Traditionally used as a natural antiseptic, antimicrobial and digestive tonic, with a pronounced effect on microorganisms and respiratory support.

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15. Cayenne Pepper

(Capsicum frutescens L.)

MDPI link: https://www.mdpi.com/1422-0067/21/15/5179

Publication description: This study analyzes the effects of capsaicin, the active component of cayenne pepper. Capsaicin stimulates peripheral and intestinal circulation, increases the permeability of cell membranes, thereby enhancing the absorption of phytonutrients. In addition, it exhibits antimicrobial activity and supports peristalsis, which further helps eliminate toxins and parasites from the digestive system.

Latin name: *Capsicum frutescens L.*
Common name: Cayenne Pepper
Part of plant used: Fruit
Type of preparation: Liquid full-spectrum herbal extract (triple extraction: ethanol, water, MCT oil)
Drug/extract ratio (D/E): 4:1 – highly concentrated full-spectrum extract, unstandardized
Characteristic substances: capsaicin, dihydrocapsaicin, carotenoids, flavonoids, vitamin C
Physiological function (accepted): Stimulates physiological circulation, thermogenesis and metabolism, supports digestion and contributes to maintaining body vitality and energy.
Restrictions/Warnings: Not recommended for people with digestive system irritation. Avoid contact with eyes and mucous membranes.
Origin of plant material: India - manual picking and drying of ripe fruits at low temperatures.
Traditional use: Traditionally used to stimulate circulation, digestion and detoxification, and as a natural stimulant and tonic for fatigue and weakness.

16. Black Pepper

(Piper nigrum L.)

MDPI link: https://www.mdpi.com/1420-3049/28/18/6569

Publication description: The study highlights piperine as a key compound in black pepper that increases the bioavailability of numerous phytochemicals by inhibiting enzymes that break them down in the liver and intestines. Piperine also stimulates intestinal flow and has mild anti-inflammatory effects. Its synergy with plants such as turmeric, papaya, and pineapple makes it an important enhancer of the effectiveness of antiparasitic elixirs.

Latin name: *Piper nigrum L.*
Common name: Black Pepper
Part of plant used: Fruit
Type of preparation: Liquid full-spectrum herbal extract (triple extraction: ethanol, water, MCT oil)
Drug/extract ratio (D/E): 4:1 – highly concentrated full-spectrum extract, unstandardized
Characteristic substances: piperine, caryophyllene, limonene, sabinene, flavonoids
Physiological function (accepted): Promotes digestion, stimulates circulation and contributes to better absorption of nutrients and phytocomplexes from other plants.
Restrictions/Warnings: Avoid in gastritis or stomach ulcers.
Origin of plant material: India – hand-picking of ripe fruits and sun-drying.
Traditional use: Traditionally used as a natural metabolism stimulant, a stimulant for digestion and thermogenesis, and as a synergist that increases the effectiveness of herbal preparations.

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17.

Pumpkin

(Cucurbita pepo L.)

Springer link: https://link.springer.com/article/10.2478/s11686-019-00033-z

Publication description: A study documents the efficacy of pumpkin seed extract against Hymenolepis nana, a type of tapeworm. A significant reduction in eggs and adult parasites in stool was observed. Active ingredients include cucurbitin and other amino acids that paralyze the parasites and promote their excretion. Pumpkin is considered safe and effective for use in children and susceptible individuals.

Latin name: *Cucurbita pepo L.*
Common name: Pumpkin
Part of plant used: Seeds
Type of preparation: Liquid full-spectrum herbal extract (triple extraction: ethanol, water, MCT oil)
Drug/extract ratio (D/E): 4:1 – highly concentrated full-spectrum extract, unstandardized
Characteristic substances: phytosterols, cucurbitin, tocopherols (vitamin E), unsaturated fatty acids, carotenoids
Physiological function (accepted): Contributes to the physiological function of the urinary tract and prostate and supports the elimination of intestinal parasites.
Restrictions / Warnings: No known restrictions on prescribed quantities.
Origin of plant material: Croatia / Austria – dried and ripe pumpkin seeds, hand-cleaned.
Traditional use: Traditionally used to support the urinary system, prostate health and as a natural anthelmintic against intestinal parasites.

18.

Guaiac

(Guaiacum officinale L.)

PubMed link: https://pubmed.ncbi.nlm.nih.gov/24267469/

Publication description: The study investigates bioactive compounds from Guaiacum officinale and identifies the presence of lignans and saponins with pronounced anti-inflammatory and antimicrobial activity. The text mentions immunomodulatory effects and the ability to eliminate microbiological agents, which confirms its traditional use in the elimination of infections and detoxification. It is traditionally called a sacred tree.

Latin name: *Guaiacum officinale L.*
Common name: Guaiac
Part of the plant used: Wood and resin
Type of preparation: Full-spectrum liquid plant extract (triple extraction: ethanol, water, MCT oil)
Drug / extract ratio (D/E): 4 : 1 – highly concentrated full-spectrum extract, non-standardized
Characteristic substances: guaiac acid, guaiacol, lignans, saponins, resin acids
Physiological function (accepted): Contributes to the physiological function of the joints and the elimination of toxins through the lymphatic system. It supports the normal defense of the organism.
Restrictions / Warnings: Not recommended for pregnant or breastfeeding women. May have a laxative effect in large quantities.
Origin of plant material: Caribbean / Dominican Republic - sustainable wood harvesting and natural resin collection.
Traditional use: Traditionally used in Caribbean and South American phytotherapy as an anti-inflammatory and detoxifying agent, especially for rheumatic complaints and lymphatic stagnation.

19. Fairy Broom

(Eupatorium perfoliatum L.)

PubMed link: https://pubmed.ncbi.nlm.nih.gov/22004891/

Publication Description: This publication describes the traditional use of Eupatorium perfoliatum to support liver and lymphatic function, with proven anti-inflammatory and immunomodulatory properties. The herb stimulates bile secretion, eliminates toxins, and reduces inflammation, which is useful during the antiparasitic cleansing phase. It also supports detoxification via the lymphatic system and promotes the elimination of waste products from the body.

Latin name: *Eupatorium perfoliatum L.*
Common name: Fairy's Broom
Part of plant used: Leaf and flower
Type of preparation: Liquid full-spectrum herbal extract (triple extraction: ethanol, water, MCT oil)
Drug/extract ratio (D/E): 4:1 – highly concentrated full-spectrum extract, unstandardized
Characteristic substances: eupatorin, euparin, flavonoids (quercetin, luteolin), polysaccharides, sesquiterpene lactones
Physiological function (accepted): Contributes to normal respiratory function and promotes physiological elimination of toxins via the liver and kidneys.
Restrictions/Warnings: Do not use during pregnancy and lactation. In high doses, may cause nausea due to the presence of bitter lactones.
Origin of plant material: USA / Canada – cultivated and dried aerial parts of the plant.
Traditional Use: Traditionally used in North American and European herbal medicine as a tonic for detoxification, respiratory support, and immune system support.

20. Yellow Gentian

(Gentiana lutea L.)

Cambridge link: https://www.cambridge.org/core/journals/british-journal-of-nutrition/article/-bitter-compounds-from-gentiana-lutea-reduce-in-humans/89B79E1ADDDBD4DD163F79428D713FFB

Publication description: Research shows that bitter compounds from Gentiana lutea (secoiridoids) stimulate the secretion of bile and digestive enzymes, thereby improving digestion and peristalsis. In addition, they stimulate gastric secretion and facilitate the elimination of metabolic waste, which is useful in the cleansing phase after the antiparasitic action. Physiological changes were recorded in the study already within a few minutes after intake.

Latin name: *Gentiana lutea L.*
Common name: Yellow Gentian
Part of plant used: Root
Type of preparation: Liquid full-spectrum herbal extract (triple extraction: ethanol, water, MCT oil)
Drug/extract ratio (D/E): 4:1 – highly concentrated full-spectrum extract, unstandardized
Characteristic substances: genciopicrin, amarogentin, genciamarin, xanthones, iridoid glycosides
Physiological function (accepted): Stimulates appetite, contributes to normal digestive function and supports physiological secretion of gastric juices.
Restrictions/Warnings: Not recommended for people with gastritis, stomach ulcers or excessive stomach acid.
Origin of plant material: Alps / Balkans – manual extraction and drying of the roots of adult plants.
Traditional use: Traditionally used as a strong bitter herb to stimulate digestion, appetite and liver function and as a tonic for physical exhaustion.

PHASE
II
Cleansing the body

21.

Cinnamon

(Cinnamomum verum J.Presl)

Springer link: https://chembioagro.springeropen.com/articles/10.1186/s40538-021-00238-3

Publication description: The study confirms that cinnamon essential oil, especially the compound cinnamaldehyde, has a strong antifungal effect - especially against Candida albicans and other fungi. It also stimulates microcirculation and acts as a mild local digestive stimulant. Synergistic action with other plants contributes to detoxification and improvement of absorption of bioactive substances in the intestines.

Latin name: *Cinnamomum verum J. Presl*
Common name: Cinnamon
Part of the plant used: Bark
Type of preparation: Full-spectrum liquid plant extract (triple extraction: ethanol, water, MCT oil)
Drug / extract ratio (D/E): 4 : 1 – highly concentrated full-spectrum extract, non-standardized
Characteristic substances: cinnamaldehyde, eugenol, coumarins, tannins, flavonoids
Physiological function (accepted): Contributes to the physiological regulation of glucose and lipid metabolism, stimulates digestion and the body's natural defenses.
Restrictions / Warnings: Not recommended during pregnancy. In high doses, it can irritate the gastric mucosa due to the content of cinnamaldehyde.
Origin of plant material: Sri Lanka - manual removal and drying of the inner bark of young branches.
Traditional use: Traditionally used in Asian and Mediterranean phytotherapy as a digestive, tonic and natural antiseptic; known for blood sugar regulation and circulation stimulation.

22.

Thistle

(Arctium lappa L.)

Springer link: https://link.springer.com/chapter/10.1007/978-981-16-4959-2_10

Publication description: This chapter in the scientific collection describes the pharmacological properties of Arctium lappa, including its powerful antioxidant, anti-inflammatory and detoxifying effects. Milk thistle root is traditionally used as a "blood purifier", acting by stimulating lymphatic drainage, urine excretion and supporting liver function. It contains inulin, arctigenin and other medicinal compounds that support the cleansing of the body.

Latin name: *Arctium lappa L.*
Common name: Thistle
Part of plant used: Root
Preparation type: Liquid full-spectrum herbal extract (triple extraction: ethanol, water, MCT oil)
Drug/extract ratio (D/E): 4:1 – highly concentrated full-spectrum extract, unstandardized
Characteristic substances: inulin, arctiin, arctigenin, lignans, polyacetylenes, phytosterols
Physiological function (accepted): Contributes to physiological detoxification of the body, skin function and proper liver and kidney function.
Restrictions/Warnings: No known restrictions on recommended amounts.
Origin of plant material: Croatia – root of a biennial plant, hand-extracted and dried at low temperatures.
Traditional use: Traditionally used as a diuretic, detoxifier and blood purifier; stimulates liver and skin function and is used in herbal preparations for cleansing the body.

23. Gotu Kola

(Centella asiatica L.)

Oxford academic link: https://academic.oup.com/jpp/article/57/9/1221/6147572

Publication description: The study shows that Centella asiatica has neuroprotective, antioxidant and regenerative properties. Active substances such as asiatic acid promote the regeneration of connective tissue and epithelial barriers, including the intestinal mucosa. In addition to physical regeneration, gotu kola reduces mental tension and supports the nervous system, which is especially useful in recovery after antiparasitic therapies.

Latin name: *Centella asiatica L.*
Common name: Gotu Kola / Asian Bud
Part of the plant used: Leaf
Type of preparation: Full-spectrum liquid plant extract (triple extraction: ethanol, water, MCT oil)
Drug/Extract Ratio (D/E): 4:1 – highly concentrated full-spectrum extract, unstandardized
Characteristic substances: asiaticoside, madecassoside, asiatic acid, triterpenes, flavonoids
Physiological function (accepted): Contributes to normal circulation and microcirculation, elasticity of veins and capillaries, and supports skin and tissue regeneration.
Restrictions/Warnings: Not recommended during pregnancy and lactation.
Origin of plant material: India/Sri Lanka – hand-picked and dried fresh leaves.
Traditional use: Traditionally used in Ayurvedic medicine to improve memory, circulation, and skin elasticity, and as an adaptogen and longevity tonic.

24. Aloe arborescens

(Aloe arborescens Mill.)

Springer link: https://link.springer.com/chapter/10.1007/978-3-0348-0927-6_6

Publication description: The publication describes how the gel from Aloe arborescens has laxative, regenerative and immunomodulatory effects. Active substances such as aloin and acemannan stimulate intestinal peristalsis and promote local immune activation. Aloe helps eliminate toxins, supports mucosal regeneration and has a mild antimicrobial and anti-inflammatory effect - especially useful in the cleansing and recovery phase.

Latin name: *Aloe arborescens Mill.*
Common name: Aloe arborescens
Part of plant used: Leaf
Type of preparation: Liquid full-spectrum herbal extract (triple extraction: ethanol, water, MCT oil)
Drug/extract ratio (D/E): 4:1 – highly concentrated full-spectrum extract, unstandardized
Characteristic substances: aloin, aloinosides, emodin, aloemodin, polysaccharides, enzymes, amino acids
Physiological function (accepted): Promotes physiological detoxification, contributes to the proper functioning of the digestive system and supports the immune response.
Restrictions / Warnings: Not recommended for long-term use or use in diarrhea. Do not use during pregnancy and lactation.
Origin of plant material: Italy / Portugal - hand-cutting of fresh leaves, removal of bark and controlled drying of the gel.
Traditional use: Traditionally used as a means of purifying the body, supporting digestion and tissue regeneration; known for its powerful detoxifying and immunomodulatory properties.

PHASE
II
Cleansing the body

25.

Moringa

(Moringa oleifera Lam.)

MDPI link: https://www.mdpi.com/2304-8158/11/8/1107

Publication description: The study confirms that Moringa oleifera leaves are rich in essential amino acids, vitamins, minerals and antioxidants such as quercetin and chlorogenic acid. These compounds support cellular detoxification, regeneration and immunity. Thanks to its high nutritional profile, moringa is an excellent supplement in the recovery and restoration phase after antiparasitic therapy.

Latin name: *Moringa oleifera Lam.*
Common name: Moringa / Tree of Life
Part of the plant used: Leaf
Type of preparation: Full-spectrum liquid plant extract (triple extraction: ethanol, water, MCT oil)
Drug / extract ratio (D/E): 4 : 1 – highly concentrated full-spectrum extract, non-standardized
Characteristic substances: isothiocyanates, phenolic acids, flavonoids (quercetin, kaempferol), vitamin C, carotenoids, amino acids, minerals
Physiological function (accepted): Contributes to the body's physiological defenses, antioxidant protection and natural detoxification. Helps maintain vitality and energy.
Limitations / Warnings: There are no known limitations on recommended amounts.
Origin of plant material: India - organic cultivation, hand picking and drying of leaves at low temperatures.
Traditional use: Traditionally used in Ayurvedic and African medicine as a nutritional tonic, antioxidant and adaptogen to strengthen the body's resistance.

26.

Thyme

(Thymus vulgaris L.)

Link PubMed: https://pubmed.ncbi.nlm.nih.gov/40077957

Publication description: The study confirms that thymol and carvacrol from Thymus vulgaris have a strong antimicrobial and antiparasitic effect. Thymol shows pronounced activity against Giardia intestinalis, Entamoeba histolytica and bacterial pathogens. It acts selectively on pathogens in the intestines, while supporting the balance of the microbiota, which is crucial in antiparasitic detoxification.

Latin name: *Thymus vulgaris L.*
Common name: Thyme
Part of plant used: Leaf and flower
Type of preparation: Liquid full-spectrum herbal extract (triple extraction: ethanol, water, MCT oil)
Drug/extract ratio (D/E): 4:1 – highly concentrated full-spectrum extract, unstandardized
Characteristic substances: thymol, carvacrol, borneol, flavonoids, phenolic acids
Physiological function (accepted): Contributes to the physiological function of the respiratory system, stimulates digestion and supports the body's natural defenses.
Restrictions/Warnings: People allergic to plants from the Lamiaceae family should avoid use.
Origin of plant material: Croatia – hand-picked and dried above-ground parts of the plant.
Traditional use: Traditionally used in phytotherapy and cooking as an antiseptic, expectorant and digestive tonic; helps with colds, coughs and digestive problems.

PHASE III

Organ protection

27. Milk Thistle

(Silybum marianum L.)

BMC link: https://bmccomplementmedtherapies.biomedcentral.com/articles/10.1186/s12906-025-04886-y

Publication description: In this study, it was confirmed that silymarin - a complex of flavonolignans from sikava seeds - protects hepatocytes from oxidative stress and toxic damage. Mechanisms include inhibition of lipid peroxidation, increase in protein synthesis and stabilization of cell membranes. Silymarin is proven hepatoprotective and has clinical applications in liver regeneration, which is key in antiparasitic protocols.

Latin name: *Silybum marianum L.*
Common name: Milk Thistle
Part of the plant used: Seed
Type of preparation: Liquid full-spectrum herbal extract (triple extraction: ethanol, water, MCT oil)
Drug/extract ratio (D/E): 4:1 – highly concentrated full-spectrum extract, unstandardized
Characteristic substances: silymarin (silybin, silydianin, silychristin), flavonolignans, tocopherols, phytosterols, fatty acids
Physiological function (accepted): Contributes to the physiological function of the liver, detoxification of the body and protection of cells from oxidative stress.
Restrictions/Warnings: No known restrictions on prescribed quantities. Avoid in case of allergy to plants from the Asteraceae family.
Origin of plant material: Italy/Croatia – hand-picking and drying of seeds of mature plants.
Traditional use: Traditionally used in phytotherapy to regenerate and protect the liver and as a natural detoxifying and antioxidant agent.

28. Ginger

(Zingiber officinale Roscoe)

PubMed link: https://pubmed.ncbi.nlm.nih.gov/21218090/

Publication description: The study confirms that the active components of ginger, especially gingerols and shogaols, possess strong anti-inflammatory, antioxidant and digestive properties. Ginger stimulates the secretion of bile and digestive enzymes, improves peristalsis and relieves gastrointestinal disturbances. Its thermogenic activity contributes to faster circulation and elimination of toxins, making it an ideal supplement in the cleansing phase.

Latin name: *Zingiber officinale Roscoe*
Common name: Ginger
Part of the plant used: Rhizome
Type of preparation: Full-spectrum liquid plant extract (triple extraction: ethanol, water, MCT oil)
Drug / extract ratio (D/E): 4 : 1 – highly concentrated full-spectrum extract, non-standardized
Characteristic substances: gingerols, shogaols, zingerone, essential oils, phenolic compounds
Physiological function (accepted): Contributes to the normal function of the digestive system, stimulates circulation and helps with nausea.
Restrictions / Warnings: In high doses may enhance the effect of anticoagulants. Not recommended during pregnancy without medical advice.
Origin of plant material: India - fresh rhizomes, hand-cleaned and dried at low temperatures.
Traditional use: Traditionally used in Asian and Ayurvedic medicine as a digestive, antiemetic, circulatory stimulant and natural anti-inflammatory agent.

PHASE III

Organ protection

29.

Nettle

(Urtica dioica L.)

Springer link: https://link.springer.com/article/10.1007/s11101-024-09980-6

Publication description: This new study confirms the rich mineral composition of nettle, especially iron, magnesium, calcium and potassium. It also describes its diuretic and mild anti-inflammatory effects. Nettle stimulates the kidneys and helps eliminate waste products from the body, while also supporting regeneration thanks to its high content of flavonoids and vitamins. It is crucial in the final phase of protection and remineralization.

Latin name: *Urtica dioica L.*
Common name: Nettle / Stinging Nettle
Part of plant used: Leaf
Type of preparation: Liquid full-spectrum herbal extract (triple extraction: ethanol, water, MCT oil)
Ratio of drug / extract (D / E): 4 : 1 - highly concentrated full-spectrum extract, unstandardized
Characteristic substances: flavonoids (quercetin, kaempferol), chlorophyll, lignans, minerals (iron, silicon, zinc), vitamins C and K
Physiological function (accepted): Contributes to the physiological detoxification of the body, proper urinary tract function and vitality of skin and hair.
Restrictions / Warnings: No known restrictions on recommended amounts.
Origin of plant material: Croatia - hand-picked young leaves in spring, dried at low temperatures.
Traditional use: Traditionally used as a remineralizing, purifying and toning herb; helps in the excretion of toxins and strengthens the blood count.

30.

Turmeric

(Curcuma longa L.)

PubMed link: https://pubmed.ncbi.nlm.nih.gov/34312922/

Publication description: The study confirms that curcumin, the primary active compound of turmeric, exerts potent anti-inflammatory effects through inhibition of NF-κB signaling and reduction of oxidative stress. Curcumin protects epithelial cells, enhances intestinal mucosal regeneration, and supports the immune system. In the context of an antiparasitic protocol, turmeric acts as a final support for healing and anti-inflammatory balance.

Latin name: *Curcuma longa L.*
Common name: Turmeric / Indian Saffron
Part of plant used: Rhizome
Type of preparation: Liquid full-spectrum herbal extract (triple extraction: ethanol, water, MCT oil)
Drug/extract ratio (D/E): 4:1 – highly concentrated full-spectrum extract, unstandardized
Characteristic substances: curcuminoids (curcumin, demethoxycurcumin, bisdemethoxycurcumin), essential oils (tumerone, zingiberene), phenolic compounds
Physiological function (accepted): Contributes to the physiological function of the liver, digestive system and joints; has antioxidant properties.
Restrictions / Warnings: Not recommended for biliary tract diseases.
Origin of plant material: India / Sri Lanka – manual extraction, cleaning and drying of rhizomes at low temperatures.
Traditional Use: Traditionally used in Ayurvedic medicine as an anti-inflammatory, detoxifying and protective herb for the liver and digestive system.

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Organ protection

31.

Amla

(Emblica officinalis Gaertn.)

PubMed link: https://pubmed.ncbi.nlm.nih.gov/23978895/

Publication description: The study confirms that Amla has extremely strong antioxidant activity thanks to its high content of vitamin C, gallic acid and ellagic acid. It has a hepatoprotective effect, stimulates the work of the liver and helps restore the intestinal mucosa. It is also described as an adaptogen that improves the body's resistance to stress and supports recovery in the regeneration phase after antiparasitic therapies.

Latin name: *Emblica officinalis Gaertn.*
Common name: Amla / Indian Gooseberry / Amalaki
Part of the plant used: Fruit
Type of preparation: Full-spectrum liquid plant extract (triple extraction: ethanol, water, MCT oil)
Drug / extract ratio (D/E): 4 : 1 – highly concentrated full-spectrum extract, non-standardized
Characteristic substances: vitamin C (up to 600 mg/100 g), tannins (emblicanin A and B), polyphenols, gallic and ellagic acid, flavonoids
Physiological function (accepted): Contributes to physiological antioxidant protection, strengthening immunity and normal metabolism. It helps to maintain the vitality and resistance of the organism.
Restrictions / Warnings: There are no known restrictions in the recommended amounts.
Origin of plant material: India - organic cultivation, manual picking and drying of ripe fruits.
Traditional use: One of the most important herbs in Ayurveda; it is used in formulas like Triphala for longevity, vitality and boosting the immune system.

32.

Horsetail

(Equisetum arvense L.)

BMC link: https://bmcplantbiol.biomedcentral.com/articles/10.1186/1471-2229-11-112

Publication description: The study analyzes the wealth of silicic acid in Equisetum arvense, which is essential for collagen synthesis, strengthening of connective tissue and regeneration of mucous membranes. In addition, horsetail has a mild diuretic and anti-inflammatory effect, which contributes to the elimination of toxins and the recovery of the epithelium in the digestive tract after antiparasitic therapy. It is an effective addition in the final phase of the elixir.

Latin name: *Equisetum arvense L.*
Common name: Horsetail / Polish Horsetail
Part of plant used: Stem
Type of preparation: Liquid full-spectrum herbal extract (triple extraction: ethanol, water, MCT oil)
Drug/extract ratio (D/E): 4:1 – highly concentrated full-spectrum extract, unstandardized
Characteristic substances: silicic acid, flavonoids (quercetin, kaempferol), saponins, alkaloids, minerals (potassium, manganese)
Physiological function (accepted): Contributes to the physiological remineralization of the body, elasticity of connective tissue and health of skin, hair and nails. Helps the function of the urinary system.
Restrictions / Warnings: Not recommended for kidney diseases.
Origin of plant material: Croatia / Italy – manual collection of sterile stems in spring, drying at low temperatures.
Traditional use: Traditionally used as a remineralizing and diuretic plant; rich in silicon, strengthens tissues and helps eliminate toxins.

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Organ protection

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33.

Pine

(Pinus spp.)

Oxford academic link: https://academic.oup.com/treephys/article-abstract/44/2/tpae003/7513642

Publication Description: This recent study describes the complex nutritional and bioactive composition of pine pollen – including amino acids, vitamins, minerals, flavonoids and phytohormones. Evidence is presented of its ability to act as an adaptogen, immunomodulator and endocrine regulator. It supports recovery, endurance and balancing hormonal status during the regeneration and strengthening phase of the body.

Latin name: *Pinus spp.*
Common name: Pine / Pine Pollen
Part of plant used: Pollen
Type of preparation: Liquid full-spectrum herbal extract (triple extraction: ethanol, water, MCT oil)
Drug / extract ratio (D / E): 4 : 1 – highly concentrated full-spectrum extract, unstandardized
Characteristic substances: phytosterols, amino acids, enzymes, flavonoids, vitamins (especially D and B complex), minerals (zinc, magnesium, manganese)
Physiological function (accepted): Contributes to physiological vitality, immune balance and natural hormonal function; supports the regeneration and energy of the body.
Restrictions / Warnings: People with pollen allergies should avoid use.
Origin of plant material: Croatia / Poland – manual collection of pollen from young male pine cones, natural drying at room temperature.
Traditional Use: Traditionally used as a natural tonic and adaptogen to increase energy, resilience and hormonal balance; known in Chinese medicine for thousands of years.

34.

Mallow

(Althaea officinalis L.)

PubMed link: https://pubmed.ncbi.nlm.nih.gov/29947321

Publication description: The study confirms the traditional use of Althaea officinalis in the protection and restoration of mucous membranes, especially of the digestive and respiratory systems. The high content of polysaccharide mucus acts as a protective layer, reduces irritation and helps regenerate the epithelium. The anti-inflammatory and soothing properties make mallow a valuable final component in an elixir for the protection and balance of the intestines after antiparasitic therapy.

Latin name: *Althaea officinalis L.*
Common name: Mallow / Marshmallow
Part of plant used: Root
Type of preparation: Liquid full-spectrum herbal extract (triple extraction: ethanol, water, MCT oil)
Drug/extract ratio (D/E): 4:1 – highly concentrated full-spectrum extract, unstandardized
Characteristic substances: mucilages (polysaccharides), flavonoids, phenolic acids, pectins, coumarins
Physiological function (accepted): Soothes and protects the mucous membranes of the respiratory and digestive systems; contributes to the physiological function of the throat and airways.
Restrictions/Warnings: May reduce the absorption of oral medications if taken concurrently.
Origin of plant material: Croatia / Bulgaria – root manually extracted and dried at low temperatures.
Traditional use: Traditionally used in phytotherapy to soothe coughs, sore throats and stomach irritation; known for its protective and softening effects.

PHASE

III

Organ protection

35. Bear Onion

(Allium ursinum L.)

PubMed link: https://pubmed.ncbi.nlm.nih.gov/29393867/

Publication description: Wild garlic extract exhibits antiparasitic and antimicrobial activity. The study demonstrated the ability of Allium ursinum to kill the parasites Trypanosoma sp. and Leishmania sp., probably by binding to and inactivating sulfur-containing compounds essential for the survival of the parasites.

Latin name: *Allium ursinum L.*
Common name: Wild Garlic
Part of the plant used: Leaf
Type of preparation: Liquid full-spectrum herbal extract (triple extraction: ethanol, water, MCT oil)
Drug/extract ratio (D/E): 4:1 – highly concentrated full-spectrum extract, unstandardized
Characteristic substances: allicins, sulfides, ajoenes, flavonoids, saponins
Physiological function (accepted): Contributes to normal heart and blood vessel function, maintenance of normal cholesterol levels and cleansing of the body.
Restrictions/Warnings: May irritate the gastric mucosa in large quantities. Not recommended during pregnancy.
Origin of plant material: Croatia/Slovenia – hand-picked young leaves in spring, dried at low temperatures.
Traditional use: Traditionally used as a natural antibiotic, blood purifier and immune system booster; valued for its detoxifying effect.

36. Black Cumin

(Nigella sativa L.)

PubMed link: https://pubmed.ncbi.nlm.nih.gov/39459282/

Publication description: Nigella sativa, commonly called black cumin, is one of the most widely used medicinal plants in the world. Nigella sativa has potent antimicrobial properties due to its high content of a wide range of bioactive compounds, including thymoquinone, nigelimine, nigelidin, quercetin, and O-cymene. The essential oil in N. sativa seeds effectively inhibits intestinal parasites and exhibits moderate activity against some bacteria, including Bacillus subtilis and Staphylococcus aureus.

Latin name: *Nigella sativa L.*
Common name: Black Cumin
Part of plant used: Seeds
Preparation type: Liquid full-spectrum herbal extract (triple extraction: ethanol, water, MCT oil)
Drug/extract ratio (D/E): 4:1 – highly concentrated full-spectrum extract, unstandardized
Characteristic substances: thymoquinone, nigelone, p-cymene, linoleic acid, sterols, flavonoids
Physiological function (accepted): Contributes to physiological immune function and the body's defense against oxidative stress; supports the respiratory and digestive systems.
Restrictions/Warnings: Not recommended during pregnancy. May cause mild lowering of blood pressure in sensitive individuals.
Origin of plant material: Egypt/India – hand-picking and drying of ripe seeds.
Traditional use: Traditionally used in Arabic and Ayurvedic medicine as an immunomodulator, anti-inflammatory and revitalizing herb; known for the saying: "A cure for everything except death."

Evaluation

Elixir PARAFEXO of 36 herbs is a scientifically based preparation with a three-phase effect: attacking parasites, cleansing the body and protecting the organs. The formula includes the strongest herbal components from phytotherapy – from bitter substances and enzymes to flavonoids, tannins, alkaloids and adaptogens. The physiological properties of the plants described are supported by relevant scientific studies.

Thanks to the liposomal formulation, the active ingredients are better absorbed and have a targeted effect, and the triple extraction ensures a higher yield and diversity of active ingredients. The elixir was developed without compromising on the quality and preservation of all ingredients, with clear scientific support.

Note: All scientific links in this description lead to the PubMed database – the most important scientific platform for biomedical and pharmacological information in the world, with more than 36 million publications, as well as to other relevant sources.

P.S.

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FEXO