



Directions for use of CleanseSMART™ Advanced Cleanse **PLEASE READ CAREFULLY!**

CleanseSMART Advanced Total-Body Internal Cleanse is a dietary supplement and two-part cleansing system.

CleanseSMART 1 - Morning Formula contains herbs used traditionally to support normal cleansing functions of the liver, lungs, lymphatic system, kidneys, skin and blood.*

CleanseSMART 2 - Evening Formula contains herbs and minerals used traditionally to support normal cleansing functions of the colon.*

Suggested Use of CleanseSMART: For the first 3 days, take one (1) capsule of CleanseSMART 1 in the morning on an empty stomach at least 30 minutes before or 2 hours after your morning meal. One (1) capsule of CleanseSMART 2 in the evening. After 3 days, increase to two (2) capsules of CleanseSMART 1 and two (2) capsules of CleanseSMART 2. The cleanse is finished when both bottles are empty (approx. 1 month).

Other Suggestions - CleanseSMART 2, the Evening Formula, supports natural bowel elimination and cleansing functions.* If your elimination is frequent, you may wish to reduce your intake of CleanseSMART 2 to one tablet daily, one tablet every other day, or even stop using the colon cleanse formula during certain parts of the cleanse. You can continue to use CleanseSMART 1 at normal dosage while you vary the CleanseSMART 2 dosage as needed for elimination. (Please be patient and remember that it is wise to start out slowly when cleansing.) It is important that you are having at least 2 bowel movements daily.

For Best Results:

- Be sure to drink 8 - 10 glasses of purified water per day.
- Take CleanseSMART 1 on an empty stomach (an empty stomach is generally 30 minutes before a meal or 2 hours after a meal)
- Take FiberSMART™ (a soluble/insoluble flax fiber) 30 minutes before or after taking CleanseSMART 2. Fiber helps to absorb toxins that have been released into the intestines from the liver. FiberSMART also supports the natural eliminatory function of the bowel.*
- Take OilSMART™ (an Omega-3•6•9 oil) to add lubrication to the bowel to support elimination while cleansing.
- Take other vitamins, supplements and medications at another time during the day.

KEEP OUT OF REACH OF CHILDREN.

WARNING: Do not use this product if you are pregnant or nursing. Consult your physician before using this or any product if you are trying to conceive, taking medication or have a medical condition. Not for prolonged use. Do not exceed recommended dose. **Notice:** CleanseSMART 2 contains rhubarb and cape aloe. **DO NOT USE IF YOU HAVE OR DEVELOP ABDOMINAL PAIN, DIARRHEA OR LOOSE STOOLS.** Read and follow directions carefully.

For more information about CleanseSMART or our other advanced digestive care products, call 1-800-830-1800 or visit our website at www.renewlife.com.

Frequently Asked Questions:

- Q.** How long can I stay on the cleanse?
A. A general total-body cleanse like CleanseSMART™ is recommended at least once or twice per year.
- Q.** Should I make any changes in my diet?
A. Diet changes (at right) are suggestions only. Your situation and diet needs may vary. By following these general cleansing diet suggestions during the cleanse, you may achieve improved results.
- Q.** Can I take medications while I cleanse?
A. CleanseSMART is a dietary supplement, not a medication. If taking medication we recommend that you consult your physician before taking CleanseSMART. When in doubt, do not take this cleanse if taking medication.
- Q.** How long should I wait to eat?
A. Wait 30 minutes before eating, or take it 1 hour after a meal.
- Q.** What if I experience nausea, headache or diarrhea?
A. Many people experience cleansing reactions, which are normal due to dietary changes. If reactions are severe or persist, reduce your dosage by half or discontinue use. Consult your physician when in doubt.

Lifestyle Suggestions:

- Try to adopt a lifestyle with less stress.
- Exercise regularly.
- Drink 8 to 10 glasses of purified water per day.
- Get plenty of rest.

Diet Suggestions:

- Fresh fruits and vegetables
- Fish
- Free-range or organic chicken and turkey
- Eggs
- Well-cooked grains: millet, buckwheat, amaranth, quinoa, spelt and teff
- Pasta made from any of the above grains
- Essential fatty acids: flax oil, fish oil, borage oil
- Butter
- Raw almonds and seeds, raw almond butter

For best results, take FiberSMART™ and OilSMART™ during the 30-day CleanseSMART program. Your next recommended cleanse is Liver Detox™. After completing any cleansing program, we recommend Ultimate Flora 50 Billion™ for everyday maintenance, as well as OilSMART™ and FiberSMART™.

Please fill out this **Testimonial** *after* completing CleanseSMART. Helping you and others is our main objective. Please share your results from using CleanseSMART, so we may use your experience to help others.

This information is provided to ReNew Life Formulas freely and without compensation. It may be used in whole or in part in any way. Your name, address and personal information will be kept strictly confidential.

Please do not complete and send until after finishing the cleanse.

Name: _____ Phone: (_____) _____ - _____
Address: _____ City: _____ ST _____ ZIP _____
Signed: _____ Date: _____ Email: _____

PLEASE RETURN TO: ReNew Life 198 Palm Harbor Blvd. (Alt. 19) S., Palm Harbor, FL 34683
Or Fax to: 1-866-594-5468. Call 1-800-830-1800 with any questions
or visit our website at www.renewlife.com