



Directions for use of DIETStart™ Cleanse

PLEASE READ CAREFULLY!

DIETStart™ Cleanse is a 14-day, 2-part cleanse designed to jumpstart your weight loss program and enhance metabolism.*

DIETStart 1: Fat Flush Formula is a natural formula made with Svetol® that promotes using fat for energy.* A proven weight loss enhancer used in more than 50 products throughout Europe, Svetol is a decaffeinated green coffee bean extract rich in chlorogenic acids.* In addition to its potent antioxidant properties, it has been shown to support healthy glucose (sugar) metabolism by delaying the absorption of glucose from foods.* When this happens, stored fat is released from the body's fat cells to help supply a needed energy source for everyday functions.

DIETStart 2: Colon Cleanse Formula is a potent colon cleanse with rhubarb and cape aloe to support healthy bowel function, and magnesium to help hydrate the bowel.* Added FraxiPure®, a natural extract of the European ash tree, has been shown to help inhibit excess sugar absorption by the kidneys.*

Suggested Use of DIETStart Cleanse:

DIETStart Cleanse 1: Take one (1) capsule 2 times per day with a low-calorie meal.

DIETStart Cleanse 2: Take two (2) capsules in the evening before bed.

Drink at least half your body weight in ounces of purified water daily while using this product.

DIETStart Cleanse works naturally to help the body utilize fat for energy by supporting blood sugar health and triggering the release of stored fat, as well as environmental toxins.* The added colon cleanse promotes regular, healthy bowel movements.*

For best results, we recommend using DIETStart Cleanse in conjunction with a sensible weight loss program that includes a healthy, low-calorie, high-fiber diet and regular exercise. To maximize results, repeat DIETStart Cleanse for an additional 14-day period. Consult your physician before beginning any weight loss program.

While taking DIETStart Cleanse, Organic Triple Fiber™ is highly recommended to assist with weight loss, detoxification and healthy bowel elimination. Brenda Watson recommends consuming at least 35 grams of fiber every day for optimum health and digestion.*

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 have or have a family history of diabetes or hypoglycemia, are trying to conceive, taking medication or have a medical condition.

Notice: This product 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 DIETStart Cleanse 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 should I stay on DIETStart™ Cleanse?
- A.** You should stay on the DIETStart Cleanse for the recommended 14-day period. To maximize results, repeat DIETStart for an additional 14-day period. Consult your physician before beginning any weight loss program.
- Q.** Should I make any changes in my diet?
- A.** DIETStart Cleanse works best when combined with a healthy, low-calorie, high-fiber diet and regular exercise program. Diet changes (at right) are recommended by Brenda Watson, C.N.C. for optimum health and weight loss. Your situation and dietary needs may vary. By following these general diet suggestions during the program, you may achieve improved results.
- Q.** Can I take medications while I am cleansing?
- A.** We recommend that you consult your health care provider if taking medications. When in doubt, do not take this cleanse if taking medications.
- Q.** After taking DIETStart Cleanse, how long should I wait to eat?
- A.** Part 1 - Don't wait, take twice daily with a low-calorie meal; Part 2 - Take in the evening on an empty stomach, or at least 1 hour after eating.
- Q.** What if I experience nausea, headache or diarrhea?
- A.** Some people experience mild physical reactions due to the elimination of stored toxins. If reactions persist, reduce dosage by half or discontinue use. Consult your physician when in doubt.

Supplement Suggestions:

- Daily fiber supplement: ReNew Life's Organic Triple Fiber™

Diet Suggestions:

- Consume at least 35 grams of fiber daily
- Eat 5 to 6 small meals each day
- Eat plenty of fresh, organic fruits and vegetables
- Eat organic green "superfoods" (dandelion greens, kale, broccoli, brussel sprouts, etc.)
- Eat whole grains, beans and legumes
- Eat raw nuts and seeds
- Choose lean meats (preferably free-range or organic)
- Choose essential fatty acids from flaxseed, fish oil, borage oil
- Choose organic eggs

Note: Be sure to wash your fruits and vegetables, even organically grown foods, with a recommended wash available at your local health food store.

Lifestyle Suggestions:

- If possible, try to minimize your stress level while taking DIETStart Cleanse.
- Regular exercise and muscle boosting: at least 30 minutes three times weekly.
- Frequent eating: 5 to 6 smaller meals daily will continually fuel your metabolism.
- Enhance cleansing and detoxification with regular sauna or steam bath use.
- Drink at least half your body weight in ounces of purified water every day.
- Keep a journal of everything you eat/drink to track calories, grams of fiber, etc.
- Take a fiber supplement before each meal to increase fullness and prevent overeating.
- Do not eat after 7:30 p.m.
- Get 7-9 hours of sleep each night.

Please fill out this **Testimonial** *after* completing DIETStart Cleanse. Helping you and others is our main objective. Please share your results from using DIETStart Cleanse, 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) South, 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