



Directions For Use Of First Cleanse™ **PLEASE READ CAREFULLY!**

First Cleanse is a gentle, two-part cleanse formulated for first-time cleansers.

First Cleanse 1 - Morning Formula contains herbs used traditionally to stimulate the body's natural detoxification processes.* These herbs support and stimulate the functions of the 7 channels of elimination (liver, lungs, lymphatic system, kidneys, skin, blood and bowel).*

First Cleanse 2 - Evening Formula contains herbs that stimulate the bowel to support its natural cleansing function.*

Suggested Use of First Cleanse: For the first three days, take one (1) capsule of First Cleanse 1 in the morning on an empty stomach at least 30 minutes before or 2 hours after your morning meal and one (1) capsule of First Cleanse 2 in the evening. After 3 days, increase to two (2) capsules of First Cleanse 1 in the morning and two (2) capsules of First Cleanse 2 in the evening.

Other Suggestions: You may need to vary your dosage of First Cleanse 2 throughout the cleanse to achieve 2 to 3 healthy bowel movements per day. If elimination is more frequent, you may reduce your dosage of First Cleanse 2 to one (1) capsule per day, 1 capsule every other day, or you may even stop using First Cleanse 2 at certain times during the cleanse. Continue to take two (2) capsules of First Cleanse 1 per day while you vary the dosage of First Cleanse 2.

For Best Results:

- Be sure to drink 8 - 10 glasses of purified water per day.
- Take First Cleanse 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 First Cleanse 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. **Note:** First Cleanse 2 contains rhubarb and buckthorn. **DO NOT USE IF YOU HAVE OR DEVELOP DIARRHEA, LOOSE STOOLS OR ABDOMINAL PAIN.** Read and follow directions carefully.

CleanseMORE™ Sample Packets Enclosed!

If you experience sluggish elimination while using First Cleanse, try one or more CleanseMORE capsules for extra support. CleanseMORE is a gentle mineral and herbal laxative formula. May be taken with part 2 in the evening.

For more information about First 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 can I stay on the cleanse?
- A.** First Cleanse™ is designed to be taken for two (2) weeks to prepare the body for a deeper cleanse such as CleanseSMART™ Advanced Cleanse.
- Q.** Should I make any changes in my diet?
- A.** Diet changes (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.** First Cleanse is a dietary supplement, not a medication. If taking medication, we recommend that you consult your physician. When in doubt, do not take this cleanse if taking medication.
- Q.** After taking First Cleanse, how long should I wait to eat?
- A.** Both First Cleanse formulas should be taken on an empty stomach, allowing 30 minutes before eating.
- Q.** What if I experience nausea, headache or diarrhea?
- A.** Many people experience cleansing reactions, which are normal. If reactions are severe or persist, reduce the 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 organic fruits and vegetables
- Fish
- Free-range or organic chicken and turkey
- Eggs
- Well-cooked grains: millet, buckwheat, amaranth, quinoa, spelt, teff and brown rice
- 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 2-week First Cleanse 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 the **Testimonial** *after* completing First Cleanse. Helping you and others is our main objective. Please share your results from using First 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) 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