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## Directions for Use of Flush & Be Fit™

### **PLEASE READ CAREFULLY!**

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**Brenda Watson's Vital Woman Flush & Be Fit** is a simple 3-part formula developed exclusively for women to help eliminate toxins from stored fat, increase and sustain energy levels, improve digestion and regularity, reduce belly bloat and water retention, relieve stress and irritability, and promote a balanced intestinal environment.\* Convenient 3-part daily strip-packs include a Morning Pack, Afternoon Pack, and Evening Pack.

**Morning Pack (Flush & Detox)** includes detoxifying herbs to stimulate the natural cleansing function of the liver and fuel the lymphatic system.\* This helps jumpstart weight loss by eliminating toxins from stored fat, specifically targeting problem areas such as the hips, thighs and buttocks.\* Concentrated cranberry extract, hibiscus and dandelion support urinary tract health and normal kidney function.\*

**Afternoon Pack (Energize & Balance)** includes revitalizing green tea, yerba mate, ginseng, rhodiola, ashwagandha and more to help restore energy and alleviate feelings of fatigue, stress and irritability.\* Active probiotic cultures promote a healthy vaginal and GI flora balance and help prevent yeast overgrowth.\* Effective plant-based enzymes enhance digestion and help relieve occasional bloating and water retention.\*

**Evening Pack (Cleanse & Eliminate)** is a gentle yet effective natural herbal and mineral laxative formula that promotes bowel regularity and helps relieve occasional constipation.\*

#### **Suggested Use of Flush & Be Fit:**

- **Morning Pack:** Take in the morning on an empty stomach.
- **Afternoon Pack:** Take with your midday meal.
- **Evening Pack:** Take in the evening before bed.

**Note:** Drink plenty of purified water while using this product.

#### **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. **Caution:** This product contains low levels of caffeine (5mg per serving). Please consult your physician if you are on a caffeine-restricted diet. **Notice:** This product contains cape aloe, rhubarb and buckthorn. **DO NOT USE IF YOU HAVE OR DEVELOP ABDOMINAL PAIN OR DIARRHEA.** Please read and follow directions carefully.

**For more information about Brenda Watson's Vital Woman Flush & Be Fit or our other advanced digestive care products, call 1-800-830-1800 or visit our website at [www.renewlife.com](http://www.renewlife.com).**

## Frequently Asked Questions:

- Q.** How long should I stay on Flush & Be Fit™?
- A.** You can stay on Flush & Be Fit for the recommended 2-week period. The program may be repeated depending on what you are trying to achieve. This program may be repeated for up to 3 months without a break.
- Q.** Should I make any changes in my diet?
- A.** Flush & Be Fit 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 management. 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 using Flush & Be Fit?
- A.** We recommend that you consult your health care provider if taking medications. When in doubt, do not use this product if taking medications.
- Q.** After taking Flush & Be Fit, how long should I wait to eat?
- A. Morning Pack:** Take in the morning on an empty stomach, allowing at least 30 minutes before eating. **Afternoon Pack:** Take with your midday meal. **Evening Pack:** 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 may experience mild detox reactions such as a slight headache, fatigue or flu-like symptoms. If this occurs for more than a few days or is keeping you from normal daily activity, reduce the dosage of each part by half or discontinue use. Consult your health care provider when in doubt. Call our customer support line for additional advice.

## 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

- Consume at least 35 grams of fiber daily
- Eat plenty of fresh, organic fruits and vegetables (wash thoroughly)
- Eat organic green “superfoods” (dandelion greens, kale, broccoli, Brussels sprouts, etc.)
- Eat well-cooked beans, legumes and whole grains (including millet, buckwheat, amaranth, quinoa, spelt and teff)
- Eat raw nuts and seeds, raw nut butters
- Choose lean meats, fish and poultry (preferably free-range or organic)
- Choose essential fatty acids from flaxseed, fish oil, borage oil
- Choose organic eggs

## Supplement Suggestions

- Daily fiber supplement **Organic Triple Fiber™**, **Fiber-Tastic™** or **FiberSMART™**  
- Promotes weight loss and digestive support
- Daily probiotic **Ultimate Flora Vaginal Support 50 Billion™**  
- Promotes vaginal and urinary health
- Anti-microbial herbal cleanse **CandiGONE™**  
- Promotes yeast balance
- Anti-fungal enzyme blend **CandiZYME™**  
- Promotes vaginal flora balance

Please fill out this **Testimonial** *after* completing **Flush & Be Fit**. Helping you and others is our main objective. Please share your results from using **Flush & Be Fit**, 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 program.**

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](http://www.renewlife.com)**

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.