



Directions For Use Of Intestinal Bowel Support™

PLEASE READ CAREFULLY!

Intestinal Bowel Support is a dietary supplement and two-part intestinal support system. Intestinal Bowel Support 1 - Morning Formula contains amino acids & herbs used traditionally to nourish and maintain a healthy intestinal lining.* Intestinal Bowel Support 2 - Evening Formula contains both Western and Chinese herbs used traditionally to promote regular, healthy bowel movements and help relieve occasional gas and bloating.*

Suggested Use of Intestinal Bowel Support:

Take Intestinal Bowel Support 1 - Morning Formula in the morning on an empty stomach, at least 30 minutes before eating.

Take Intestinal Bowel Support 2 - Evening Formula before bed.

Suggested Dosage Size: Take two (2) capsules of Intestinal Bowel Support 1 in the morning and two (2) capsules of Intestinal Bowel Support 2 in the evening. The system is finished when both bottles are empty (approx. 1 month).

For Best Results: Be sure to drink 8 to 10 glasses of purified water per day. Take Intestinal Bowel Support on an empty stomach. Generally, it is best if other vitamins and supplements are taken at another time during the day. Dietary changes such as eliminating refined sugars, dairy products, wheat and fried foods are also recommended.

Recommendations for Additional Support:

While taking Intestinal Bowel Support, **FishSMART Ultra™** and **FiberSMART™** are highly recommended. Fish-derived Omega-3 oils help to soothe and lubricate the bowel, as well as nourish healthy colon cells. Fiber helps to absorb and eliminate waste and toxins in the colon and provides the bulk necessary for healthy, well-formed stools.

For People with Irritable Bowel and Occasional Constipation – take **CleanseMORE™** as needed. CleanseMORE is a natural laxative formula with magnesium, cape aloe, rhubarb and soothing herbs that provide relief for occasional constipation. The magnesium retains water in the bowel which acts to soften stool while cape aloe and rhubarb stimulate the bowel to contract. Slippery elm and marshmallow provide soothing support for irritated tissues in the bowel.

For People with Irritable Bowel and Occasional Diarrhea – take **DiarrheaSTOP™** as needed. DiarrheaSTOP is an all-natural blend of kaolin clay, apple pectin and purified activated charcoal formulated to help relieve occasional diarrhea and promote overall gastrointestinal health.*

WARNING: Consult your physician before using this or any product if you are pregnant, nursing, trying to conceive, taking medication or have a medical condition. **Notice:** Discontinue use of Intestinal Bowel Support 2 if adverse effects occur, such as nausea, distention or dizziness.

KEEP OUT OF REACH OF CHILDREN.

For more information about Intestinal Bowel Support 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 Intestinal Bowel Support™?
- A.** Intestinal Bowel Support is a daily support formula and may be used on an ongoing basis.
- 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 diet suggestions while taking Intestinal Bowel Support, you may achieve improved results.
- Q.** Can I take medications while using this system?
- A.** Intestinal Bowel Support is a dietary supplement, not a medication. If taking medication we recommend that you consult your physician before taking Intestinal Bowel Support. When in doubt, do not take this product if taking medication.
- Q.** After taking Intestinal Bowel Support, how long should I wait to eat?
- A.** Wait at least 30 minutes before eating, or take it 3 hours after meals.
- Q.** What if I experience nausea or headache?
- A.** Many people experience mild physical reactions, which are normal due to dietary changes. 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.
- Get plenty of rest.
- Drink 8 - 10 glasses of purified water per day.

Diet Suggestions:

- Fresh fruits and vegetables
- Fish
- Free-range or organic chicken and turkey
- Eggs
- Well-cooked grains: millet, buckwheat, amaranth, quinoa, spelt, 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
- There is evidence that food sensitivities and allergies may contribute to IBS, as they are found in one-half to one-third of those affiliated with the problem. The most common allergens are sugar, dairy products and grains (especially wheat and corn). Other foods that often trigger episodes of IBS are coffee, tea, citrus and chocolate.

Please fill out the **Testimonial** *after* completing **Intestinal Bowel Support**. Helping you and others is our main objective. Please share your results from using **Intestinal Bowel Support**, 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