



Directions For Use Of Liver Detox™

PLEASE READ CAREFULLY!

Liver Detox is a two-part system of herbs and antioxidants formulated to support healthy liver function and detoxification.*

Liver Detox 1 – Morning Formula contains Western herbs, minerals, amino acids and antioxidants used traditionally to support the liver's natural detoxification functions.*

Liver Detox 2 – Evening Formula contains a blend of Eastern herbs used traditionally in Ayurvedic medicine to increase bile flow and aid in liver detoxification.*

Suggested Use of Liver Detox:

Take Liver Detox 1 – Morning Formula in the morning. Optimum results may be obtained when taken on an empty stomach (30 minutes to 1 hour before eating).

Take Liver Detox 2 – Evening Formula before bed (ideally 1 to 2 hours after eating).

Suggested Dosage:

For the first 3 days, take one (1) capsule of Liver Detox 1 in the morning and one (1) capsule of Liver Detox 2 at night. After 3 days, increase to two (2) capsules of Liver Detox 1 in the morning and 2 capsules of Liver Detox 2 at night.

Other Suggestions:

Liver Detox should always be taken in conjunction with **Organic Clear Fiber**, a soluble organic fiber supplement that helps to absorb toxins in the intestines (coming from the liver) and eliminate them from the body.*

Liver Detox is a non-laxative support product and may be taken daily with all other ReNew Life cleansing products (First Cleanse, CleanseSMART, CleanseMORE, Daily Multi-Detox, CandiGONE, ParaGONE and Heavy Metal Cleanse) and daily digestive maintenance products (OilSMART, FiberSMART, Critical Liver Support, ParaZYME, DigestMORE, DigestMORE Ultra, Ultimate Flora Probiotics, IntestiNEW and Intestinal Bowel Soother).

For Best Results:

Drink at least half your body weight in ounces of purified water daily. Take Liver Detox on an empty stomach. Take **Organic Clear Fiber** to absorb toxins in the intestines that have been expelled from the liver. Take fiber supplements at least one (1) hour before or after other supplements. Brenda Watson recommends consuming at least 35 grams of fiber every day for optimum health and digestion.

KEEP OUT OF REACH OF CHILDREN. Liver Detox is a Non-Laxative formula.

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.

For more information about Liver Detox or our other advanced digestive care products, call 1-800-830-1800 or visit our website at 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.

Frequently Asked Questions:

- Q.** How long can I stay on Liver Detox™?
- A.** You may stay on Liver Detox for up to 3 consecutive months without taking a break. The product comes in kit containing a 30-day supply. After 3 months, take a 7-10 day break before resuming Liver Detox. Liver Detox may be taken bi-annually for general maintenance. People with chronic liver problems (hepatitis, cirrhosis, alcoholism) may want to follow the 3-month cycle. You may also use Critical Liver Support™ daily.
- Q.** Should I make changes in my diet?
- A.** As with any detox program, emphasize whole, organic, unprocessed foods, particularly those listed under Dietary Suggestions (at right) and avoid processed, refined foods. Alcohol need not be totally eliminated but should be consumed in moderation.
- Q.** Can I take medications while on Liver Detox?
- A.** Liver Detox is a dietary supplement, not a medication. If taking medication, we recommend that you consult your health care provider before taking Liver Detox.
- Q.** After taking Liver Detox, how long should I wait to eat?
- A.** You need not wait any specified amount of time, though optimal results may be obtained if Liver Detox is taken 30 minutes to 1 hour before eating or 1 to 2 hours after eating.
- Q.** What if I experience nausea, headache or diarrhea?
- A.** In the unlikely event that you experience such detoxification reactions while taking Liver Detox, you may wish to reduce the regular dose by half or discontinue use altogether. If reactions are severe or persistent, discontinue use. If symptoms do not resolve, consult a physician.

Note: Liver Detox is a Non-Laxative formula.

Lifestyle Suggestions:

- Drink at least half your body weight in ounces of purified water daily.
- Eat a well-planned, nutritious diet.
- Take vitamin/mineral supplements with or after meals.
- Take essential fatty acid supplements after meals.
- Consume fresh vegetable juices and/or green drinks, if desired.
- Take a flax fiber supplement before bed.
- Keep stress to a minimum.
- Exercise regularly.
- Try to get 7-9 hours of sleep every night.

Dietary Suggestions:

- Eat plenty of fresh, organic fruits and vegetables (at least 3-5 servings daily).
- Minimize high-stress proteins (beef, pork, tofu, lamb, cow's milk, shellfish, peanuts)
- Emphasize low-stress proteins (organic free-range chicken, ocean fish, fermented soy products such as tempeh and miso, tahini, eggs, sprouts, seeds and sea algae) to assist the liver in its Phase II detoxification process.
- Include well-cooked grains that are soaked before cooking: millet, buckwheat, amaranth, quinoa, spelt, teff, wheat (unless sensitivity exists).
- An abundance of cabbage, broccoli and Brussels sprouts, as well as foods rich in B vitamins (whole grains) and vitamin C (peppers, tomatoes and citrus fruits) will ensure proper function of the liver's Phase I enzyme system.
- Add freshly prepared beet, spinach, carrot, cabbage and cucumber juice (any combination).
- Add supplements as indicated under "Lifestyle Suggestions" above or "Other Suggestions" on other side.

Please fill out the **Testimonial** *after* completing Liver Detox. Helping you and others is our main objective. Please share your results from using Liver Detox, 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
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or visit our website at www.renewlife.com