



Directions For Use Of MERC-Free Cleanse™ **PLEASE READ CAREFULLY!**

MERC-Free Cleanse is a two-part program designed to promote the healthy chelation of mercury from the body.* (Chelation refers to the binding of a substance with a metal to assist with its removal from the body.)

MERC-Free Cleanse Part I (Morning Formula) contains vitamins, minerals and nutraceuticals that are used to promote healthy liver detoxification and provide powerful antioxidant and immune support.*

MERC-Free Cleanse Part II (Evening Formula) contains natural herbs and bicarbonates that have been used traditionally to promote the natural chelation of mercury from the body and alkalize the urine to assist with the elimination of metals.*

Suggested Use of MERC-Free Cleanse (30-Day Program):

IMPORTANT: *Mercury is a heavy metal that must be removed slowly from the body. Detoxifying mercury too quickly may result in adverse side effects.*

- **MERC-Free Cleanse I** – For the first 3 days, take one (1) capsule of MERC-Free Cleanse I in the morning with food. After 3 days, take two (2) capsules of MERC-Free Cleanse I in the morning with food.
- **MERC-Free Cleanse II** – For the first 3 days, take one (1) capsule of MERC-Free Cleanse II in the evening on an empty stomach. After 3 days, take two (2) capsules of MERC-Free Cleanse II in the evening on an empty stomach.

Note: The cleanse is complete when the bottles are empty (approximately one month).

For Best Results: A total-body cleanse such as ReNew Life's First Cleanse™ or CleanseSMART™ is highly recommended before using MERC-Free Cleanse. To avoid adverse side effects while taking MERC-Free Cleanse, it is critical that you:

- Consume at least 35 grams of fiber daily
- Take a daily high-potency probiotic supplement
- Experience at least one healthy bowel movement daily
- Drink half your body weight in ounces of water daily

While taking MERC-Free Cleanse, the following ReNew Life products are recommended: Organic Triple Fiber™, Ultimate Flora Critical Care 50 Billion Probiotic™ and CleanseMORE™.

WARNING: KEEP OUT OF REACH OF CHILDREN. Do not take this product if you are pregnant, nursing, or trying to conceive. Consult your physician before taking this or any product if you are taking medication or have a medical condition. Not recommended for prolonged use. Do not exceed recommended dose.

For more information about MERC-Free Cleanse or our other advanced digestive care products, call 866-450-1787 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 should I stay on MERC-Free Cleanse™?
- A.** You should stay on the MERC-Free Cleanse for the recommended one-month period. MERC-Free Cleanse is not recommended for prolonged use but may be used up to twice a year for one month at a time.
- Q.** Should I make any changes in my diet?
- A.** Diet changes (at right) are suggestions only. Your situation and dietary needs may vary. By following these general detoxification 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 healthcare provider if taking medications. When in doubt, do not take this cleanse if taking medications.
- Q.** After taking MERC-Free Cleanse, how long should I wait to eat?
- A.** Part I - Don't wait, take with food; Part II - Take in the evening on an empty stomach, or at least 1 hour after eating.
- Q.** What if I experience nausea, headaches or diarrhea?
- A.** Many people experience mild reactions due to stored toxins being released into their systems. If reactions persist, reduce dosage by half or discontinue use. Consult your physician when in doubt.

Diet Suggestions:

- Plenty of fresh, organic fruits and vegetables
- Free-range or organic meats
- Organic eggs
- Well-cooked grains: millet, buckwheat, amaranth, quinoa, spelt, teff, wheat (unless sensitivity exists)
- Essential fatty acids: flax oil, fish oil, borage oil
- Raw nuts and seeds
- Organic green superfoods such as dandelion greens, kale, broccoli and Brussels sprouts

Note: If you are unable to purchase organically grown foods, be sure to wash your fruits and vegetables with a recommended wash available at your local health food store.

Supplement Suggestions:

- Digestive fiber supplement: ReNew Life's Organic Triple Fiber™
- High-potency probiotic supplement: ReNew Life's Ultimate Flora Critical Care 50 Billion™
- Natural laxative if constipated: ReNew Life's CleanseMORE™

Lifestyle Suggestions:

- If possible, try to minimize stress during the cleanse.
- Exercise regularly. If exercise is not part of your daily lifestyle, it is important for you to find a means to sweat such as utilizing a sauna, steam bath or hot salt bath. Sweating is important, as mercury and other heavy metals can be excreted through the skin.
- Get plenty of rest.
- Drink 8 to 10 glasses of purified water per day.

Please fill out the **Testimonial** *after* completing MERC-Free Cleanse. Helping you and others is our main objective. Please share your results from using MERC-Free 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 2076 Sunnydale Blvd. Clearwater, FL 33765
Or Fax to: (866) 594-5468. Call (866) 450-1787 with any questions
or visit our website at www.renewlife.com