



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

Power Cleanse is a natural dietary supplement, and two-part detoxification and cleansing system formulated specifically for the high protein diets of athletes.

Power Cleanse 1 is an organ detoxification formula that contains herbs, minerals, amino acids and vitamins used traditionally to support natural detoxification functions.*

Power Cleanse 2 is a colon cleansing formula that contains herbs and minerals used traditionally to support the natural cleansing functions of the colon.*

Suggested Use of Power Cleanse:

For the first 3 days, take 1 capsule of Power Cleanse 1 in the morning and 1 capsule of Power Cleanse 2 in the evening. After 3 days, you may increase to 2 capsules of Power Cleanse 1 in the morning and 2 capsules of Power Cleanse 2 each evening. The cleanse is complete when both bottles are empty (approximately 1 month).

For Best Results:

Take Power Cleanse on an empty stomach (at least 30 minutes before a meal or one hour after a meal). Drink at least half your body weight in ounces of purified water daily.

While taking Power Cleanse, ReNew Life's Organic Triple Fiber™ is highly recommended to assist with detoxification and healthy bowel elimination.* Consuming at least 35 grams of fiber each day for optimum health and digestion is also recommended.

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.

Notice: This product contains rhubarb and cape aloe. **DO NOT USE IF YOU HAVE OR DEVELOP DIARRHEA, LOOSE STOOLS OR ABDOMINAL PAIN.** Read and follow directions carefully.

For more information about Power 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. A general total-body cleanse, like Power Cleanse, is recommended for 30 days, once or twice per year.
- 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 cleansing diet suggestions during the cleanse, you may achieve improved results.
- Q.** Can I take medications while I cleanse?
A. Power Cleanse is a dietary supplement, not a medication. If taking medication we recommend that you consult your health care provider before taking Power Cleanse. When in doubt, do not take this cleanse if taking medication.
- Q.** How long should I wait to eat?
A. Wait 30 minutes before eating, or take it 1 hour after a meal.
- Q.** What if I experience nausea, headache or diarrhea?
A. Some people experience mild cleansing reactions, which are normal due to dietary changes. If reactions are severe or persist, reduce your 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 at least half of your body weight in ounces of purified water per day.
- Try to get 7-9 hours of sleep each night.

Diet Suggestions:

- Fresh fruits and vegetables (organic is best)
- Fish
- Free-range or organic chicken and turkey
- Eggs
- Well-cooked grains: millet, buckwheat, amaranth, quinoa, spelt and 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

Note: Always wash your fruits and vegetables, even if they are organic. You can purchase a natural wash at your local health food store.

Please fill out the **Testimonial** *after* completing Power Cleanse. Helping you and others is our main objective. Please share your results from using Power 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