



---

## Directions For Use Of Smokers' Cleanse™

### **PLEASE READ CAREFULLY!**

---

**Smokers' Cleanse** is a three-part program developed for those who want to detox the body and temporarily ease their desire to smoke.\*

**Smokers' Cleanse Part 1 “Detoxify and Support”** contains herbs, vitamins and amino acids to provide antioxidant support that helps eliminate toxins from the body.\* Herbal ingredients also help soothe mucous membranes and promote healthy lung and respiratory function.\* In addition, wasabi helps to detoxify the lungs of environmental toxins.\*

**Smokers' Cleanse Part 2 “Reduce Desire”** contains a blend of herbal ingredients and amino acids that help temporarily reduce the desire to smoke and help with stress.\* Gamma aminobutyric acid (GABA) produces a calming effect and helps relieve the feelings of tension that can trigger cravings.\* Pleasant-tasting orange-flavored chewable tablets help satisfy oral cravings.\*

**Smokers' Cleanse Part 3 “Stress Relief”** contains a combination of natural herbs that helps relieve stress and promote feelings of calmness.\*

#### **Suggested Use of Smokers' Cleanse (30-Day Program):**

- **Smokers' Cleanse Part 1** – Take one capsule in the morning with or without food. Optimum results may be obtained when taken on an empty stomach (30 minutes before or 1 hour after a meal).
- **Smokers' Cleanse Part 2** – Chew or slowly dissolve one tablet in mouth, twice daily. Best if taken between meals or when cravings occur.
- **Smokers' Cleanse Part 3** – Take one capsule in the evening before bed. Drowsiness may occur.

**Other Suggestions:** Taking a daily fiber supplement such as ReNew Life's Organic Clear Fiber™ may help optimize the detox effects of Smokers' Cleanse. To assist with healthy detoxification, we recommend taking ReNew Life's Liver Detox™ after completing Smokers' Cleanse.

This is a non-laxative formula.

#### **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, have a medical condition, have or have had liver problems, frequently consume alcoholic beverages, are allergic to salicylates or sensitive to any of the ingredients. Discontinue use if adverse effects occur. Not for use by persons under 18 years of age. Not for prolonged use. Do not exceed recommended dose. Do not take with alcohol. **Notice:** This product may cause drowsiness and should not be used while driving or operating heavy equipment. This product is contraindicated with MAO inhibitors and Parkinson's medications.

**For more information about Smokers' Cleanse 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 can I stay on Smokers' Cleanse™?
- A.** To help reduce the desire for cigarettes, you can stay on Smokers' Cleanse for up to six (6) consecutive months without taking a break.
- Q.** Should I make changes in my diet?
- A.** As during any cleansing program, emphasize whole, organic, unprocessed foods, particularly those listed under "Dietary Suggestions" and avoid processed, refined foods. Do not consume alcohol while taking Smokers' Cleanse.
- Q.** Can I take medications while on Smokers' Cleanse?
- A.** If taking medications, we recommend that you consult your physician before taking this or any product.
- Q.** What side effects will I experience?
- A.** While reducing nicotine intake, you may experience symptoms such as anxiety, headaches, irritability, and insomnia. Part 3 of Smokers' Cleanse was developed to help reduce these symptoms.

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

## Healthy 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.
- Use fresh vegetable juices and/or green drinks, if desired.
- Take a fiber supplement before bed.
- Keep stress to a minimum.
- Exercise regularly.
- Try to get 7-9 hours of sleep a night.

## Dietary 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

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