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## Directions for use of Total Body RAPID Cleanse™ **PLEASE READ CAREFULLY!**

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**Total Body RAPID Cleanse™ is a 7-day, deep-acting, total-body cleansing and metabolic jumpstart program.\***

**Total Body RAPID Cleanse 1 “Detoxify” – Morning Formula** supports the natural detoxification process of the body.\* Potent herbal extracts, amino acids and Vitamin C provide powerful antioxidant and deep-cleansing support.\* Amino acids and herbal extracts support the liver, the primary detoxification organ.\* Herbal extracts support the lungs, lymphatic system, kidneys, skin and blood.\*

**Total Body RAPID Cleanse 2 “Capture” – Fiber Formula**, used twice daily, is a critical component of colon cleansing. This formula uses natural acacia fiber, which dissolves completely when mixed with water and has no taste or gritty texture.

**Total Body RAPID Cleanse 3 “Eliminate” – Evening Formula** contains herbs and minerals used traditionally to support the normal functions of the colon.\*

### **Suggested Use of Total Body RAPID Cleanse:**

Each of the 3 parts is designed to be taken daily during this 7-day period.

- **Total Body RAPID Cleanse 1 – Morning Formula:** Take 2 capsules in the morning on an empty stomach, at least 30 minutes before or 2 hours after your morning meal. Wait 30 minutes and take Rapid Cleanse 2.
- **Total Body RAPID Cleanse 2 – Fiber Formula:** Take 1 level scoop mixed in 8 ounces of water in the morning and 1 level scoop mixed in 8 ounces of water in the evening. Follow with at least 8 additional ounces of water. May decrease to one scoop a day if elimination is sluggish. This fiber supplement should be consumed with a full glass of water or juice. Consuming this product without enough liquid may cause choking. Do not consume this fiber supplement if you have difficulty swallowing, acute cough or obstructed bowel.
- **Total Body RAPID Cleanse 3 – Evening Formula:** Take 2 capsules in the evening. May be taken at the same time as your evening dose of part 2.

### **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. Do not use Part 3 of Total Body RAPID Cleanse if you have intestinal blockage. **Notice:** Part 3 contains cape aloe and rhubarb. **DO NOT USE IF YOU HAVE OR DEVELOP ABDOMINAL PAIN, DIARRHEA OR LOOSE STOOLS.** Read and follow directions carefully. Drink plenty of water when using this product.

**For more information about Total Body RAPID Cleanse or other advanced digestive care products from ReNew Life, call 1-800-830-1800 or visit our website at [www.renewlife.com](http://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 the cleanse?
- A.** Total Body RAPID Cleanse is a 7-day program. We recommend a general total-body cleanse like this product be taken 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 dietary 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.** Total Body RAPID Cleanse is a dietary supplement, not a medication. If taking medication, we recommend that you consult with your physician before taking this product. When in doubt, do not take this cleanse if you are taking medication.
- Q.** How long should I wait to eat?
- A.** Wait 30 minutes before eating, or take one hour after a meal.
- Q.** What if I experience nausea, headache or diarrhea?
- A.** Many people experience cleansing 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.
- Drink 8 to 10 glasses of purified water per day.
- Get plenty of rest.

## Diet Suggestions:

- Fresh fruits and vegetables
- 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

For best results, take OilSMART™ during Total Body RAPID Cleanse. Your next recommended cleanse is Liver Detox™. After completing any cleansing program, we recommend Ultimate Flora 50 Billion™ for everyday maintenance, as well as OilSMART™ and FiberSMART™.

Please fill out this **Testimonial** *after* completing Total Body RAPID Cleanse. Helping you and others is our main objective. Please share your results from using Total Body RAPID 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: \_\_\_\_\_ E-mail: \_\_\_\_\_

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)