



Directions for use of Total Kidney Detox™

PLEASE READ CAREFULLY!

Total Kidney Detox is a two-part formulation of herbs and potassium used traditionally to support the natural detoxifying processes of the kidneys, bladder and urinary tract.*

Total Kidney Detox Part 1 (Morning Formula) – The morning herbal support formula contains herbs that have been used traditionally to help promote a healthy urinary tract and to stimulate and detox the urinary system.*

Cranberry Extract: used traditionally to support detoxification of bacteria from urinary tract walls*

Parsley: used traditionally to help flush the urinary tract*

Horsetail Herb Extract: used traditionally to help flush the urinary system; supports kidney health; helps to reduce urinary tract irritation*

Stinging Nettle Extract: used traditionally to help flush the urinary tract; supports kidney health; contains calcium and potassium*

Dandelion Extract: used traditionally to help flush the urinary system; supports kidney health*

Couch Grass: used traditionally to help flush the urinary system; supports detoxification of bacteria; supports bladder regularity; supports kidney health*

White Kidney Bean Extract: used traditionally to help detox the urinary system; supports bladder health*

Corn silk: used traditionally to help detox the urinary tract; contains potassium*

Buchu Extract: used traditionally as a urinary cleanser to support the health of the urinary tract; helps prevent the overgrowth of harmful bacteria in the urinary system; has a similar effect to uva ursi*

Total Kidney Detox Part 2 (Evening Formula) – The evening support formula contains alkalizing compounds used traditionally to help soothe kidney, bladder and urinary tract irritation.* Part 2 contains a potent uva ursi extract, which has been used traditionally for its detoxification properties on the kidneys and bladder.*

Potassium: included to help maintain a healthy potassium balance*

Uva Ursi Extract: promotes healthy balance of bacteria of the urinary tract; helps to reduce urinary tract irritation*

Suggested Use of Total Kidney Detox:

For the first 3 days, take 1 capsule of Total Kidney Detox 1 - Morning Formula in the morning with an 8-oz. glass of purified water, at least 30 minutes before or 1 hour after your morning meal. Take 1 capsule of Total Kidney Detox 2 - Evening Formula with your evening meal and a full glass of purified water. After 3 days, take 2 capsules of Total Kidney Detox 1 in the morning with a full glass of water and 2 capsules of Total Kidney Detox 2 with your evening meal and a full glass of water (for the remaining 11 days).

Allow a resting period by discontinuing the use of the product for 2 weeks (14 days). After a 2-week rest period, resume the detox program by taking 2 capsules of Total Kidney Detox 1 in the morning with a full glass of purified water and 2 capsules of Total Kidney Detox 2 with your evening meal and a full glass of purified water.

Other Suggestions:

During the entire 6-week detox process, we suggest a diet high in fruits, vegetables and fiber. We also recommend staying well hydrated by drinking at least half your body weight in ounces of purified water and non-caffeinated beverages daily.

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:** Total Kidney Detox is designed to be taken for two 2-week periods with a 2-week resting period in between. You should not take Total Kidney Detox for longer than two consecutive weeks without utilizing the suggested rest period. Discontinue use if adverse effects occur.

KEEP OUT OF REACH OF CHILDREN.

For more information about Total Kidney Detox 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 detox program?

A. Total Kidney Detox is designed to be taken for two 2-week periods with a 2-week resting period in between. You should not take Total Kidney Detox for longer than two consecutive weeks without utilizing the suggested rest period.

Q. Should I make changes in my diet?

A. Diet changes (at right) are suggestions only. Your situation and diet needs may vary. It is suggested that you stay fully hydrated by drinking plenty of purified water or herbal tea daily.

Q. Can I take medications while I detox?

A. Total Kidney Detox is a dietary supplement, not a medication. If taking medication, we recommend that you consult your physician before taking this product. When in doubt, do not take this detox program if you are taking medication.

Q. How long should I wait to eat?

A. For Total Kidney Detox Part 1, wait at least 30 minutes before eating. Total Kidney Detox Part 2 should be taken with your evening meal.

Q. What if I experience nausea, headache or diarrhea?

A. Some people experience mild physical 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:

- If possible, minimize stress during the cleanse.
- Exercise regularly.
- Get plenty of rest.
- Drink 8 to 10 glasses of clean, purified water daily.

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
- Minimize consumption of processed, refined foods.
- Avoid refined sugars and beverages containing high-fructose corn syrup.

For best results, we recommend taking FiberSMART™ and Ultimate Flora Critical Care 50 Billion™ during this detox. For women, Ultimate Flora Vaginal Support Formula 50 Billion™ is also recommended.

Please fill out the **Testimonial** *after* completing Total Kidney Detox™. Helping you and others is our main objective. Please share your results from using Total Kidney 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
Or Fax to: 1-866-594-5468. Call 1-800-830-1800 with any questions
or visit our website at www.renewlife.com