



Advanced Total-body Support for a Woman's Needs

Women today face a greater challenge than ever before when it comes to staying healthy in our modern world. In addition to an increased exposure to chemical and environmental toxins, natural aging and hormonal changes can leave them feeling run down and overwhelmed by problems such as fatigue, irritability, belly bloat and more.

Brenda Watson's Vital Woman Flush & Be Fit was created exclusively for women to help them restore and maintain vibrant health and energy.* The simple 3-part formula helps eliminate toxins from stored fat, supercharge energy levels, improve digestion and regularity, reduce belly bloat and water retention, relieve stress and irritability.* It includes a women-specific balancing probiotic blend with 4 billion active cultures chosen for their prevalence in a healthy vaginal and urinary tract.*



Flush & Be Fit was formulated by Brenda Watson, C.N.C. for her latest line of products, Brenda Watson's Vital Woman. She is the president of ReNew Life Formulas and the founder of natural healthcare clinics specializing in digestive care.

BRENDA WATSON'S VITAL WOMAN™ FLUSH & Be FIT™

2-week, 3-part Energizing Cleanse & Detox Formula for a Woman's Special Needs*

- Supercharges Energy Levels*
- Helps Eliminate Toxins from Stored Fat*
- Reduces Belly Bloat & Water Retention*
- Improves Digestive Health & Regularity*
- Restores Vaginal & GI Flora Balance*
- Relieves Stress & Irritability*
- Convenient All-in-One Daily Strip-Packs
- No Fillers or Binders

Supplement Facts

Serving Size: 1 Strip-Pack (2 capsules + 2 capsules + 1 capsule)
Servings per Container: 14

	Amount per Serving	%DV**
Morning Pack		
WomanFlush Blend	1,235 mg	***
Milk Thistle Extract (80% silymarin) seed	***	***
L-Taurine	***	***
Chlorella	***	***
Burdock Extract (5:1) root	***	***
Dandelion Extract (4:1) root	***	***
Red Root bark	***	***
Horsetail Extract (7% silica) herb	***	***
Red Clover Extract (4:1) leaf	***	***
Turmeric Extract (4:1) root	***	***
Wild Indigo herb	***	***
WomanProtect Blend	290 mg	***
Cranberry Extract (25:1) fruit	***	***
Dandelion Extract (4:1) leaf	***	***
Hibiscus flower	***	***
Afternoon Pack		
WomanEnergy Blend	1,200 mg	***
Yerba Mate herb	***	***
Ginseng Extract (4:1) root	***	***
Ashwagandha Extract (5:1) root	***	***
Green Tea Extract (40% EGCG) leaf	***	***
Rhodiola Extract (3% rosavin) root	***	***
Gotu Kola Extract (4:1) herb	***	***
Cayenne fruit	***	***
Bitter Orange Extract (6% synephrine) fruit	***	***
Banaba Extract (1% corosolic acid) leaf	***	***
WomanBalance Blend	168 mg	***
S. boulardii	***	***
L. rhamnosus	***	***
L. reuteri	***	***
Total Active Cultures†	4 billion	
WomanDigest Blend	102 mg	***
Quercetin	***	***
Horsetail Extract (7% silica) herb	***	***
Protease 8,000 HUT	***	***
Protease, Acid Stable 30 SAPU	***	***
Amylase 1,000 DU	***	***
Lipase 150 FIP	***	***
Evening Pack		
Magnesium (from magnesium oxide/hydroxide)	200 mg	50%
WomanCleanse Blend	360 mg	***
Cape Aloe leaf	***	***
Rhubarb Extract (4:1) root	***	***
Buckthorn Extract (4:1) bark	***	***
Marshmallow root	***	***
Ginger root	***	***
Fennel seed	***	***

** Percent Daily Values (DV) are based on a 2,000 calorie diet.
*** Daily Value not established
† At time of manufacture



Other Ingredients: Vegetable capsule (vegetable fiber and water)

Probiotics may contain mild traces of milk proteins from fermentation ingredients.

Directions: Take Morning Pack in the morning on an empty stomach. Take Afternoon Pack with your midday meal. Take Evening Pack in the evening before bed. Drink plenty of purified water while using this product.

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. **Caution:** This product contains low levels of caffeine (5mg per serving). Please consult your physician if you are on a caffeine-restricted diet.

Notice: This product contains cape aloe, rhubarb and buckthorn. **DO NOT USE IF YOU HAVE OR DEVELOP ABDOMINAL PAIN OR DIARRHEA.** Please read and follow instructions carefully.



*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.