



CLEANSEMORE™

For Quick Relief of Occasional Constipation*

- Promotes Normal, Healthy Bowel Movements*
- Highly Effective Natural Laxative Formula*
- Helps Eliminate Waste and Toxins*
- No Harsh Herbs Like Senna or Cascara Sagrada
- No Binders, Fillers, or Excipients

CleanseMORE is a natural and highly effective solution for occasional constipation.* This quality formula is a blend of herbs and magnesium that helps to gently stimulate 2-3 bowel movements per day, the amount natural health experts agree is healthiest for the body.*

The combination of ingredients in CleanseMORE is effective in promoting bowel movements in sluggish colons.* Magnesium helps retain water in the bowel, which makes stools easier to pass.* The perfect combination of cape aloe, rhubarb and triphala helps to stimulate bowel contractions and strengthen the bowel.* Marshmallow and slippery elm help soothe and lubricate the bowel.*

CleanseMORE's unique formula combines these natural ingredients:

- **Magnesium** - helps maintain stool hydration*
- **Cape Aloe** - laxative herb, gently stimulates bowel contractions*
- **Rhubarb** - laxative herb, helps maintain stool hydration*
- **Slippery Elm** - soothes the intestinal tract*
- **Marshmallow** - supports a healthy intestinal lining*
- **Triphala** - an Ayurvedic blend of three fruits (Amalaki, Bibhitaki, and Haritaki) that helps support peristalsis*

If you are experiencing occasional constipation, other suggestions to incorporate into your lifestyle include:

- Increase fiber intake to 25-35 grams per day
- Drink half your body weight in ounces of water daily
- Try going to the bathroom at the same time every day
- Take digestive enzymes with your food
- Take a probiotic supplement with a high Bifidobacteria count to support the health of the large intestine
- Take Omega 3•6•9 Supplements to help lubricate the bowel
- Exercise 3 times per week

Available in 60 ct or 100 ct

Supplement Facts

Serving Size: 2 Capsules

	Amount per Serving	%DV**
Magnesium (as magnesium hydroxide)	230 mg	58%
Proprietary Blend	1,200 mg	
Cape Aloe leaf		***
Rhubarb root		***
Slippery Elm bark		***
Marshmallow root		***
Triphala (Blend of Amalaki, Bibhitaki and Haritaki)		***

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

Other Ingredients: Vegetable capsule (vegetable fiber and water)

Directions: Take 2 capsules at night. May start with 1 capsule the first night then increase to 2 capsules each night if needed.

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



CleanseMORE was formulated by Brenda Watson, C.N.C., president of ReNew Life Formulas and the founder of natural healthcare clinics specializing in internal cleansing and detoxification.



60 CAPS



100 CAPS

*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.

RENEW LIFE
The Digestive Care Company

198 Palm Harbor Blvd. (Alt. 19) South • Palm Harbor, FL 34683 • phone: 1-800-830-1800
fax: 1-866-594-5468 • www.renewlife.com • email: support@renewlife.com