



The
Fiber35Diet™

ColonFit™

- Natural Colon Cleansing Formula
- Supports Bowel Health*
- Promotes Bowel Contractions*
- Prebiotics Help Nourish Good Bacteria in the Colon*

Using a proven formula based on eating at least 35 grams of fiber every day, Brenda Watson C.N.C. created the Fiber35 Diet to help you achieve your weight loss goal and improve your overall health.

Optimum bowel function is essential to maintaining a healthy body weight and cleansing and detoxifying the entire body. The Fiber35 Diet ColonFit supports healthy bowel function with a unique blend of natural ingredients.* ColonFit is a gentle, lubricating, non-cramping colon cleanse formula that promotes regular elimination while cleansing and detoxifying the colon.*

The easy-to-swallow vegetable capsules contain cape aloe and buckthorn, which together help stimulate bowel movements without causing irritation or cramping.* Magnesium helps retain water in the bowel to prevent occasional constipation and maintain the 2 to 3 healthy daily bowel movements that many experts recommend.*

ColonFit also includes acacia, a natural soluble fiber and prebiotic. Prebiotics are fiber sources that help nourish the beneficial bacteria in the intestines. An increase in the good bacteria population helps to maintain healthy colon function and reduce gas and bloating. Okra (also a prebiotic) helps to lubricate the colon and ease elimination.* Triphala, a popular Ayurvedic herbal blend, helps strengthen bowel contractions and tone the muscles of the colon.* The combination of these ingredients helps to cleanse and detoxify the colon while supporting bowel health and strength.*



ColonFit™ was formulated by natural health and nutrition expert Brenda Watson, C.N.C., creator of The Fiber35 Diet and president of ReNew Life Formulas.

Supplement Facts

| Serving Size: 2 Capsules | | Servings per Container: 30 |
|---|--------------------|----------------------------|
| | Amount per Serving | %DV** |
| Magnesium (as Magnesium Hydroxide) | 200 mg | 50% |
| Cape Aloe leaf | 200 mg | *** |
| Buckthorn bark | 150 mg | *** |
| Acacia Fiber | 100 mg | *** |
| Okra herb | 50 mg | *** |
| Triphala (Blend of Amalaki, Bibhitaki and Haritaki) | 50 mg | *** |

** 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 two capsules at night.

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



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