



# FIRST CLEANSE™

**A gentle and effective total-body cleansing formula ideal for first-time cleansers**

- Simple 2-week, 2-part formula
- Supports the body's 7 channels of elimination\*
- For those with daily bowel movements
- Made with 29 organic whole herbs
- PhytoSorb™ blend for enhanced digestion\*

First Cleanse is an organic blend of safe, gentle and effective whole herbs that help support the body's 7 channels of elimination.\* First Cleanse is formulated for people who have never taken a cleansing supplement or who have not cleansed in a few years. The whole herbs used in First Cleanse are gentler than deep-cleansing herbal extracts.

First Cleanse 2, the colon cleanse, uses small amounts of rhubarb root and buckthorn bark instead of stronger bowel-stimulating herbs. Both formulas in First Cleanse contain PhytoSorb, a blend of 10 herbs and cellulase that helps to stimulate digestion and break down the cell wall of the whole herbs in the formulation.\*



First Cleanse 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.

\*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.

## First Cleanse 1 Morning Formula

Supplement Facts		
Serving Size: 2 Capsules	Servings per Container: 15	
	Amount per Serving	%DV**
<b>Proprietary Blend</b>	1,300 mg	
Parsley leaf (organic)		***
Artichoke leaf		***
Blessed Thistle herb (organic)		***
Burdock root (organic)		***
Dandelion leaf (organic)		***
Dandelion root (organic)		***
Echinacea Angustifolia herb (organic)		***
Fenugreek seed (organic)		***
Garlic bulb (organic)		***
Green Tea leaf		***
Hawthorn berry		***
Horsetail herb		***
Kelp (organic)		***
Milk Thistle seed (organic)		***
Mullein leaf (organic)		***
Nettle leaf (organic)		***
Oat straw (organic)		***
Oregano leaf (organic)		***
Red Clover herb		***
Turmeric root (organic)		***
Wormwood herb (organic)		***
Yarrow herb		***
Yellow Dock root (organic)		***
<b>Proprietary PhytoSorb™ Blend</b>	200 mg	
Ginger root (organic)		***
Fennel seed (organic)		***
Papaya leaf		***
Cayenne Pepper (organic)		***
Coriander seed (organic)		***
Cumin seed (organic)		***
Gentian root		***
Black Pepper (organic)		***
Peppermint leaf (organic)		***
Spearmint leaf (organic)		***
Cellulase (providing activity of 1,500 CU per serving)		***

\*\* 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:** For the first 3 days, take 1 capsule each day in the morning on an empty stomach. After 3 days, take 2 capsules each day in the morning. Please read accompanying literature.

## First Cleanse 2 Evening Formula

Supplement Facts		
Serving Size: 2 Capsules	Servings per Container: 15	
	Amount per Serving	%DV**
<b>Proprietary Blend</b>	1,300 mg	
Flaxseed (organic)		***
Buckthorn bark		***
Rhubarb root (organic)		***
Marshmallow root (organic)		***
Triphala (a blend of Amalaki, Bibhitaki and Haritaki)		***
Slippery Elm bark (organic)		***
<b>Proprietary PhytoSorb™ Blend</b>	200 mg	
Ginger root (organic)		***
Fennel seed (organic)		***
Papaya leaf		***
Cayenne Pepper (organic)		***
Coriander seed (organic)		***
Cumin seed (organic)		***
Gentian root		***
Black Pepper (organic)		***
Peppermint leaf (organic)		***
Spearmint leaf (organic)		***
Cellulase (providing activity of 1,500 CU per serving)		***

\*\* 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:** For the first 3 days, take 1 capsule each day in the evening. After 3 days, take 2 capsules each day in the evening. Please read accompanying literature.

**Notice:** This product contains rhubarb and buckthorn. **DO NOT USE IF YOU HAVE OR DEVELOP ABDOMINAL PAIN, DIARRHEA OR LOOSE STOOLS.** Read and follow directions carefully.

### For Both Bottles:

**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.