



CLEANSEMORE™

- Natural formula to support normal elimination*
- Contains no cascara sagrada, senna, or fillers
- Can be used in conjunction with any cleansing program

Sometimes in day-to-day life, or even while taking an internal cleanse, people can experience difficult elimination. Natural health experts agree that 2-3 bowel movements daily is healthiest for the body. The natural health definition for constipation is fewer than 2-3 bowel movements per day.

CleanseMORE is a natural 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 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 Hydroxide** - helps maintain stool hydration*
- **Cape Aloe Gel** - laxative herb, gently stimulates bowel contractions*
- **Rhubarb Root** - laxative herb, helps maintain stool hydration*
- **Slippery Elm Bark** - soothes the intestinal tract*
- **Marshmallow Root** - 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 essential fatty acids to help lubricate the bowel
- Exercise 3 times per week

Supplement Facts

Serving Size: 2 Capsules		Servings per container: 50	
	Amount per Serving		%DV**
Magnesium (as magnesium hydroxide)	230 mg		58%
Proprietary Blend	1,200 mg		
Cape Aloe Leaf Gel (Aloe ferox)			***
Rhubarb Root (Rheum officinalis)			***
Slippery Elm bark (Ulmus rubra)			***
Marshmallow Root (Althaea officinalis)			***
Triphala (Blend of Amalaki, Bibhitaki, and Haritaki)			***

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

Other Ingredients: Vegetable capsule (vegetable fiber and water)

Directions: Take 1 capsule at night. May increase to 2 capsules 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. Please read and follow instructions carefully. Do not use if you have or develop abdominal pain, diarrhea or loose stools.



*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.



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

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