



Directions for use of CandiGONE™

PLEASE READ CAREFULLY!

CandiGONE is a dietary supplement and 2-part intestinal cleansing system that contains vegetable capsules and a tincture (liquid). CandiGONE is a broad-spectrum formula containing natural ingredients that address different types of yeast imbalance.

CandiGONE 1 and CandiGONE 2 are to be taken together at the same time each day. Take CandiGONE 1 with 8 ounces of purified water to assist with swallowing. You may also mix the CandiGONE 2 tincture with a small amount of purified water.

For Best Results: Take both CandiGONE 1 and 2 on an empty stomach, and whenever possible, take other dietary supplements at another time during the day (at least 30 minutes before or after taking CandiGONE). If stomach upset occurs, however, CandiGONE may be taken with meals.

NOTE: The following cleansing suggestions are guidelines only. While we recommend beginning the program at half strength (1 capsule and 10 drops twice daily) for the first 3 days and then progressing to full strength (2 capsules and 20 drops twice daily), you may benefit from completing the entire program at half strength if you weigh less than 150 pounds or have never cleansed before. You may then complete a second 30-day cleanse at half strength or a 15-day cleanse at full strength.

If you prefer an extra-strength cleanse or if you weigh more than 150 pounds, you may wish to complete the CandiGONE cleanse at full strength. If you experience diarrhea, nausea, headaches or fatigue, reduce the strength or discontinue use of this product. We also recommend seeking the advice of your physician before using any dietary supplement.

Suggested Use: For the first 3 days, take 1 capsule of CandiGONE 1 and 10 drops of CandiGONE 2 in the morning and 1 capsule of CandiGONE 1 and 10 drops of CandiGONE 2 in the evening. After 3 days, increase to 2 capsules of CandiGONE 1 and 20 drops of CandiGONE 2 in the morning and 2 capsules of CandiGONE 1 and 20 drops of CandiGONE 2 in the evening. The CandiGONE cleansing program may be repeated for up to 3 consecutive months as needed. These products work best when taken on an empty stomach, allowing 30 minutes before eating.

Other Suggestions: Taking a daily fiber supplement such as ReNew Life's FiberSMART may help optimize the effects of CandiGONE. A powerful digestive enzyme with lysozyme, such as CandiZYME and a beneficial probiotic such as Ultimate Flora Critical Care may also play a significant role.*

WARNING: Do not take 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:** Discontinue use if adverse effects occur. **DO NOT USE IF YOU HAVE OR DEVELOP ABDOMINAL PAIN, DIARRHEA OR LOOSE STOOLS.**

A complete CandiGONE cleanse at half strength is 1 capsule (of CandiGONE 1) and 10 drops (of CandiGONE 2) twice daily. A complete CandiGONE cleanse at full strength is 2 capsules and 20 drops twice daily.

**One box of CandiGONE will complete a 30-day cleanse program at half strength.
Two boxes of CandiGONE are required to complete a 30-day cleanse program at full strength.**

For more information about CandiGONE or other ReNew Life advanced digestive care products, call 1-800-830-1800 or visit our website at www.renewlife.com.

*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.

Frequently Asked Questions:

- Q.** How long can I stay on the cleanse?
A. The complete CandiGONE program may be repeated for up to 3 consecutive months.
- Q.** What is the suggested diet during this cleanse?
A. Diet changes (below) are suggestions only. Your situation and diet needs may vary. By following these general cleansing diet suggestions during the cleanse, you may achieve improved results.
- Q.** Can I take medications while I cleanse?
A. CandiGONE is a dietary supplement, not a medication. If taking medications we recommend that you consult your health care provider before taking CandiGONE. When in doubt, do not take this cleanse if taking medications.
- Q.** How long after taking CandiGONE should I wait to eat?
A. Wait at least 30 minutes before eating, or take it at least 2 hours after a meal.
- Q.** What do I do if I experience nausea, headache, or diarrhea?
A. Some people experience mild physical reactions due to dietary changes. If reactions occur, reduce dosage by half or discontinue use. If reactions persist, discontinue use and consult a physician.

Diet Suggestions: Foods to Enjoy

- 8 to 10 glasses of purified water per day
- Fresh vegetables
- Green vegetable juices (try adding a Granny Smith apple to the juice for flavor)
- All fish except shellfish
- Free-range or organic chicken and turkey, eggs
- Lemons, limes, fresh cranberries, Granny Smith apples

- Well-cooked grains: brown or wild rice, millet, buckwheat, amaranth, quinoa, spelt, teff
- Pasta made from any of the above recommended grains
- Beans and lentils
- Raw fermented foods
- Essential fatty acids such as those in flax oil and olive oil
- Plain unsweetened yogurt
- Unsweetened soy, rice or almond milk
- Raw almonds and seeds, raw almond butter
- Herbal teas such as chamomile or peppermint
- Natural sweetener such as stevia

Foods to Generally Avoid while Cleansing

- Sugar: sucrose, fructose, maltose, lactose, glucose, mannitol, sorbitol, galactose, maple syrup, brown, raw and date sugar, honey and artificial sweeteners
- Wheat and yeast
- Alcohol, soda, coffee, ciders
- Condiments, sauces and vinegar products (mayonnaise, catsup, MSG, pickles)
- Dried or candied fruits such as raisins or dates
- Processed fermented foods such as soy sauce
- Fruit juices
- Fruits, except those listed above
- Dairy and cheese
- Mushrooms
- Peanuts

Please fill out this **Testimonial** *after* completing the CandiGONE™ cleanse. Helping you and others is our main objective. Please share your results from using CandiGONE, so we may use your experience to help others.

This information is provided to ReNew Life Formulas freely and without compensation. It may be used in whole or in part in any way. Your name, address and personal information will be kept strictly confidential.

Please do not complete and send until after finishing the cleanse.

Name: _____ Phone: (_____) _____ - _____
Address: _____ City: _____ ST _____ ZIP _____
Signed: _____ Date: _____ Email: _____

PLEASE RETURN TO: ReNew Life 198 Palm Harbor Blvd. (Alt. 19) S., Palm Harbor, FL 34683
Or Fax to: 1-866-594-5468. Call 1-800-830-1800 with any questions
or visit our website at www.renewlife.com