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## Directions for use of Organic Total Body Cleanse™ **PLEASE READ CAREFULLY!**

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**Organic Total Body Cleanse™ is a 14-day, 3-part internal cleansing program made with 100% organic herbs and fiber for a wholesome, gentle and effective cleanse.**

**Organic Total Body Cleanse 1 “Detoxify” – Morning Formula** supports the natural detoxification process of the body.\* It contains a proprietary blend made with 16 organic whole herbs long known to support the liver, lungs, lymphatic system, kidneys, skin and blood.\*

**Organic Total Body Cleanse 2 “Capture” – Fiber Formula**, used once or twice daily, is a critical component of colon cleansing.\* This formula uses a blend of organic oat bran, flaxseed and acacia fiber.

**Organic Total Body Cleanse 3 “Eliminate” – Evening Formula** promotes needed elimination from the colon with soothing herbs to comfort the bowel.\*

### **Suggested Use of Organic Total Body Cleanse:**

Each of the 3 parts is designed to be taken daily during this 14-day period.

- **Organic Total Body Cleanse 1 – Morning Formula:** Take 2 capsules in the morning on an empty stomach, at least 30 minutes before or 2 hours after your morning meal. Wait 30 minutes and take part 2.
- **Organic Total Body Cleanse 2 – Fiber Formula:** Take 3 capsules in the morning with 8 ounces of water and 3 capsules in the evening with 8 ounces of water. Or, take 6 capsules in the evening with 8 ounces of water. May decrease to 3 capsules once daily if bowel elimination is sluggish. This fiber supplement should be consumed with a full glass of water or juice. Consuming this product without enough liquid may cause choking. Do not use this fiber supplement if you have difficulty swallowing, acute cough or obstructed bowel.
- **Organic Total Body Cleanse 3 – Evening Formula:** Take 2 capsules in the evening. May be taken at the same time as your evening dose of part 2.

### **KEEP OUT OF REACH OF CHILDREN.**

**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. Do not use Part 3 of Organic Total Body Cleanse if you have intestinal blockage. **Notice:** Part 3 contains rhubarb. Drink plenty of water when using this product. **DO NOT USE IF YOU HAVE OR DEVELOP ABDOMINAL PAIN, DIARRHEA OR LOOSE STOOLS.** Read and follow directions carefully.

### **CleanseMORE™ Sample Packets Enclosed!**

If you experience sluggish elimination while using Organic Total Body Cleanse, try one or more CleanseMORE capsules for extra support. CleanseMORE is a gentle mineral and herbal laxative formula. Although natural, CleanseMORE is not an organic product. May be taken with part 3 in the evening.

**For more information about Organic Total Body Cleanse or other ReNew Life advanced digestive care products, call 1-800-830-1800 or visit our website at [www.renewlife.com](http://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.** Organic Total Body Cleanse is a 14-day program. We recommend a general total-body cleanse like this product be taken once or twice per year.
- Q.** Should I make any changes in my diet?
- A.** Diet changes are suggestions only. Your situation and dietary needs may vary. By following the general cleansing diet suggestions (at right) during the cleanse, you may achieve improved results.
- Q.** Can I take medications while I cleanse?
- A.** Organic Total Body Cleanse is a dietary supplement, not a medication. If taking medication, we recommend that you consult your physician before taking this product. When in doubt, do not take this cleanse if you are taking medication.
- Q.** How long should I wait to eat?
- A.** Wait 30 minutes before eating, or take one hour after a meal.
- Q.** What if I experience nausea, headache or diarrhea?
- A.** Many people experience cleansing reactions, which are normal due to dietary changes. If reactions are severe or persist, reduce the dosage by half or discontinue use. Consult your physician when in doubt.

## Lifestyle Suggestions:

- Try to adopt a lifestyle with less stress.
- Exercise regularly.
- Drink 8 to 10 glasses of purified water per day.
- Get plenty of rest.

## Diet Suggestions:

- Fresh fruits and vegetables
- Fish
- Free-range or organic chicken and turkey
- Eggs
- Well-cooked grains: millet, buckwheat, amaranth, quinoa, spelt and teff
- Pasta made from any of the above grains
- Essential fatty acids: flax oil, fish oil, borage oil
- Butter
- Raw almonds and seeds, raw almond butter

For best results, take OilSMART™ during the Organic Total Body Cleanse program. Your next recommended cleanse is Liver Detox™. After completing any cleansing program, we recommend Ultimate Flora 50 Billion™ for everyday maintenance, as well as OilSMART™ and FiberSMART™.

Please fill out this **Testimonial** *after* completing Organic Total Body Cleanse. Helping you and others is our main objective. Please share your results from using Organic Total Body Cleanse, 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: \_\_\_\_\_ E-mail: \_\_\_\_\_

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