

## FIRST CLEANSE™ 1

### Morning Formula

**Directions:** Take three (3) capsules in the morning with 8 oz. of purified water on an empty stomach. Drink plenty of purified water while using this product.

#### Supplement Facts

Serving Size: 3 Capsules Servings Per Container: 14

|                    | Amount Per Serving | %DV** |
|--------------------|--------------------|-------|
| Calories           | 8                  |       |
| Total Carbohydrate | 2 g                | <1%   |
| Dietary Fiber      | 2 g                | 8%    |
| Soluble Fiber      | 0.5 g              | ---   |
| Insoluble Fiber    | 1.5 g              | ---   |

#### Detoxify Fiber Blend

1,185 mg

Out Fiber (organic)

Acacia Fiber (organic)

Apple Pectin

#### Detoxify Herbal Blend

1,065 mg

Dandelion root & leaf, Burdock root, Fenugreek seed, Garlic bulb, Kelp, Milk Thistle seed, Turmeric root, Artichoke leaf, Blessed Thistle leaf, Cayenne pepper, Cumin seed, Echinacea Angustifolia herb, Fennel seed, Ginger root, Green Tea leaf, Hawthorn berry, Horsetail herb, Mullein leaf, Oat straw, Oregano leaf, Papaya leaf, Parsley leaf, Red Clover herb, Stinging Nettle leaf, Wormwood herb, Yarrow herb, Yellow Dock root

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## FIRST CLEANSE™ 2

### Evening Formula

**Directions:** Take three (3) capsules in the evening before bed with 8 oz. of purified water. Drink plenty of purified water while using this product.

#### Supplement Facts

Serving Size: 3 Capsules Servings Per Container: 14

|                    | Amount Per Serving | %DV** |
|--------------------|--------------------|-------|
| Calories           | 10                 |       |
| Total Carbohydrate | 2 g                | <1%   |
| Dietary Fiber      | 2 g                | 8%    |
| Soluble Fiber      | 0.5 g              | ---   |
| Insoluble Fiber    | 1.5 g              | ---   |

#### Cleanse Herbal Blend

1,440 mg

Buckthorn bark

Rhubarb root

Marshmallow root

Triphala Blend of Tribulus monstata fruit, Amra fruit, Belleric myristatin fruit

Slippery Elm bark

#### Capture Fiber Blend

810 mg

Out Fiber (organic)

Flaxseed (organic)

Acacia Fiber (organic)

Apple Pectin

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# Good for your Gut!

Your gut is your engine, your digestive core.

Keep it running smoothly with Renew Life® Cleanses.

Our comprehensive herbal programs promote

regular elimination and support the body's

natural detoxification process.\*

## CLEANSE & RESTORE

Did you know that we come into contact with toxins every day—from the environment, our food, and even within our own digestive tract? While the body was built to process these toxins, today's world places increased stress on our elimination channels.

Renew Life Cleanses help re-establish digestive health so you feel better, lighter and more energized.\*

## TO COMPLEMENT YOUR CLEANSE:

For optimal cleansing results, add a probiotic supplement.\*



Ultimate Flora™  
15 Billion Probiotic

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Renew Life®

## Gentle Care

# First CLEANSE™

## TOTAL BODY CLEANSE\*

## 14-Day Program

- Helps Eliminate Waste & Toxins\*
- Supports Regularity\*
- Made with Wholesome Herbs & Fiber

PART 1 – 42 VEGETABLE CAPSULES

PART 2 – 42 VEGETABLE CAPSULES

Dietary Supplement

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# Digestive wellness, Naturally

At Renew Life®, we believe a healthy gut is a happy gut.

For nearly two decades, we have pioneered superior-quality digestive care supplements to help people achieve optimal health from the inside out.\*

## GENTLE TOTAL BODY CLEANSING PROGRAM\*

Renew Life Gentle Cleansing Programs are wholesome, herbal formulas to help you get rid of digestive toxins and support regularity.\* They provide targeted support to your body's pathways of elimination: liver, lungs, lymphatic system, kidneys, skin, blood and bowel.\*

First Cleanse™ is an easy and effective two-part cleansing program with herbs and fiber ideal for those who are new to cleansing or just want a more gentle cleansing experience.\* The morning cleanse supports detoxification; the evening cleanse promotes elimination.\*

Call toll-free 1-800-830-1800 for support. Got questions? Our Cleansing Product Specialists are on call and happy to help.

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TAMPER EVIDENT: DO NOT USE IF EITHER THE OUTER NECK BAND OR THE INNER SEAL ON BOTTLES IS BROKEN OR MISSING.