

Overtired? Overwhelmed? Get Over It!

Millions of women every day experience occasional fatigue, stress, bloating, constipation, brain fog, and more due to a buildup of harmful toxins in the body. Over time those toxins can slow down healthy digestion and metabolism, leaving us feeling run down and unable to do the things we enjoy. Brenda Watson created **Flush & Be Fit™** exclusively for women to help them restore and maintain vibrant health and energy, and all in easy-to-take daily strip-packs that are perfect for carrying on the go.*

Morning Pack Flush & Detox

Detoxifying herbs stimulate the natural cleansing function of the liver, the body's main detoxifying organ.*

Concentrated cranberry extract, hibiscus and dandelion support urinary tract health and normal kidney function.*

Afternoon Pack Energize & Balance

Revitalizing green tea, yerba mate, ginseng, and more help boost and sustain energy and alleviate feelings of occasional fatigue.*

Live probiotic cultures promote healthy vaginal flora and help balance yeast levels.*

Effective plant-based enzymes enhance digestion and help relieve occasional bloating.*

Evening Pack Cleanse & Eliminate

Gentle yet effective herbal laxative formula promotes bowel regularity and helps relieve occasional constipation.*

Natural laxative herbs gently stimulate a sluggish bowel.*

Hydrating magnesium helps retain water in the bowel, making stools easier to pass.*

Soothing herbal ingredients help ease elimination.*

About Brenda Watson, C.N.C.

Brenda Watson is among the foremost experts today on natural digestive care and nutrition. Following her own personal battle with poor health, weight gain, and fatigue, Brenda came to realize the importance of a properly functioning digestive system for helping to maintain vibrant health and energy.

Brenda Watson's Vital Woman is a line of premium herbal and nutritional supplements formulated exclusively for women.



Also from Brenda Watson's
Vital Woman Line:

Rapid Yeast Relief™

7-Day Dual-Action Vaginal Yeast Program

- Helps Balance Vaginal Flora*
- Promotes Urinary Tract Health*
- Supports Immune Health*



Free of GMOs, gluten, salt, fillers, binders, preservatives, and artificial ingredients.

- Enhances Energy & Digestion*
- Eliminates Toxins and Waste*
- Promotes Vaginal & Intestinal Flora Balance*
- Helps Relieve Occasional Bloating*



Convenient All-in-One
Daily Strip-Packs

Call Toll-Free 1-800-830-1800 for Free Product Specialist Support



If you have any questions as you begin your cleansing and detoxification journey, we'd like to know. Simply call for additional information, and you will be connected to a Product Specialist who can help guide you on your way.

Manufactured in a GMP facility

Quality and Purity Guaranteed

Distributed by Renew Life Formulas® Palm Harbor, FL 34683

Questions? Call: 1-800-830-1800

Email: support@renewlife.com or visit our website at: www.renewlife.com

*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.

#15557



TAMPER EVIDENT: DO NOT USE IF PACKETS
INSIDE ARE PUNCTURED, TORN, OR OPEN.

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Stressed? Bloating? Fatigued?

BRENDA WATSON'S
Vital Woman

FLUSH & Be FIT™

Go from
Worn Out to WOW!

FLUSH AWAY Toxins and Waste*

SUPPORT A Balanced Mood*

REDUCE Bloating and Water Retention*

Plus PROBIOTICS

RENEW LIFE
The Digestive Care Experts

Brenda Watson, C.N.C.

**14 Daily
Strip-Packs**
• 28 Morning Capsules
• 28 Afternoon Capsules
• 14 Evening Capsules
Dietary Supplement

Supplement Facts

Serving Size: 1 Strip-Pack (2 capsules + 2 capsules + 1 capsule)
Servings per Container: 14

	Amount Per Serving	%DV**
Morning Pack		
WomanFlush Blend	1,090 mg	***
Milk Thistle Extract (80% silymarin) seed	...	***
Chorella	...	***
Taurine	...	***
Burdock Extract (5:1) root	...	***
Dandelion Extract (4:1) root	...	***
Horsetail Extract herb	...	***
Red Clover Extract (4:1) leaf	...	***
Turmeric Extract (4:1) root	...	***
Wild Indigo herb	...	***
Red Root bark	...	***
WomanProtect Blend	290 mg	***
Cranberry Extract (25:1) fruit	...	***
Dandelion Extract (4:1) leaf	...	***
Hibiscus flower	...	***
Afternoon Pack		
WomanEnergy Blend	900 mg	***
Yerba Mate Extract herb	...	***
Korean Ginseng Extract (4:1) root	...	***
Ashwagandha Extract (5:1) root	...	***
Gotu Kola Extract (4:1) herb	...	***
Green Tea Extract leaf	...	***
Rhodiola Extract root	...	***
Cayenne fruit	...	***
Bitter Orange Extract fruit	...	***
Banaba Extract leaf	...	***
WomanBalance Blend	...	***
S. boulardii, L. rhamnosus, L. reuteri	...	***
Total Probiotic Cultures	4 billion†	***
WomanDigest Blend	102 mg	***
Quercetin	...	***
Horsetail Extract herb	...	***
Protease 8,000 HUT	...	***
Protease, Acid Stable 30 SAPU	...	***
Amylase 1,000 DU	...	***
Lipase 150 FIP	...	***
Evening Pack		
Magnesium (from magnesium oxide/hydroxide)	200 mg	50%
WomanCleanse Blend	360 mg	***
Cape Aloe leaf	...	***
Rhubarb Extract (4:1) root	...	***
Buckthorn Extract (4:1) bark	...	***
Fennel seed	...	***
Ginger root	...	***
Marshmallow root	...	***

** Percent Daily Values (DV) are based on a 2,000 calorie diet.
*** Daily Value not established. 141 time of manufacture.

Directions: Take Morning Pack in morning on an empty stomach. Take Afternoon Pack with afternoon meal. Take Evening Pack in the evening before bed. Drink plenty of purified water while using this product.

KEEP OUT OF REACH OF CHILDREN.

WARNING: Consult your physician before using this or any product if you are pregnant, nursing, trying to conceive, taking medication, or have a medical condition.

Notice: This product contains cape aloe, rhubarb, and buckthorn. **DO NOT USE IF YOU HAVE OR DEVELOP ABDOMINAL PAIN OR DIARRHEA.** Please read and follow instructions carefully.

No refrigeration required. Store in a dry place at 59-79°F (15-26°C).

Other ingredients: Vegetable capsule (vegetable fiber, water), **Notice:** This product may contain mild traces of milk and soy from fermentation ingredients.