



Stressed? Bloating? Fatigued?

Overweight? 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 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.*
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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 new 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



Contains no GMOs, gluten, salt, fillers, binders, preservatives or 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.

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

Manufactured in a GMP facility

Cleanse and Purity Guarantee

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

*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.

Go from
Worn Out to WOW!

FLUSH AWAY Toxins and Waste*

SUPERCARGE Your Energy Level*

REDUCE Bloating and Water Retention*

Plus PROBIOTICS

RENEWLIFE
NATURAL WELLNESS

Brenda Watson, C.N.C.

14 Daily Strip-Packs

• 28 Morning Capsules

• 28 Afternoon Capsules

• 14 Evening Capsules

(Serving Capsules)



TAMPER EVIDENT: DO NOT USE IF SAFETY SEAL IS BROKEN OR MISSING.

MADE IN USA 010314



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Supplement Facts

Serving Size: 1 Strip-Pack (2 capsules) • 2 capsules • 1 capsule
Savings per Container: 14

Amount per Serving 50%*

Morning Pack

Women's Flush Blend 1,235 mg

Milk Thistle Extract (80% silymarin seed) 100%

Chromium 100%

Dandelion Extract (4:1) root 100%

Red Root bark 100%

Horsetail Extract herb 100%

Red Clover Extract (4:1) leaf 100%

Turmeric Extract (4:1) root 100%

Wool Indigo herb 100%

Women's Protect Blend 280 mg

Cranberry Extract (25:1) fruit 100%

Dandelion Extract (4:1) leaf 100%

Hibiscus flower 100%

Afternoon Pack

Women's Energy Blend 1,200 mg

Yerba Mate root 100%

Ginseng Extract (4:1) root 100%

Adaptogenic Extract (8:1) root 100%

Green Tea Extract (40% EGCG) leaf 100%

Phellodora Extract root 100%

Gotha Kola Extract (4:1) herb 100%

Cayenne fruit 100%

Bitter Orange Extract (45% synephrine) fruit 100%

Dandelion Extract (4:1) leaf 100%

Women's Balance Blend 168 mg

5,10-Dihydroxy 100%

Chromium 100%

Total Active Cultures 4 billion

Women's Digest Blend 102 mg

Quercetin 100%

Horsetail Extract herb 100%

Potassium 8,000 IU 100%

Probiotics, Acid Stable 30 SAPI 100%

Amplified 1,000 CFU 100%

Lipase 150 FIP 100%

Evening Pack

Magnesium (from magnesium ascorbate) 200 mg 50%

Women's Cleanse Blend 380 mg

Caper herb 100%

Rhubarb Extract (4:1) root 100%

Horsetail Extract (4:1) herb 100%

Marshmallow root 100%

Marshmallow root 100%

Fennel seed 100%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

†Daily Value not established.

*At time of manufacture.

NOTE: DO NOT USE IF SAFETY SEAL IS BROKEN OR MISSING.
Please read the entire label carefully. This product contains natural ingredients. Some of these ingredients may cause allergic reactions in sensitive individuals. Flush & Be Fit is not intended to diagnose, treat, cure or prevent any disease. If you are on a diet of certain foods, please consult your physician or a dietitian for more information. **DO NOT USE IF YOU HAVE AN OPENED CONTAINER.** **RENEWLIFE FORMULAS** **MADE IN USA**

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